

Tools to manage anxiety

Sometimes students don't want to talk. As an alternative, introduce students to resources and tools that can help them manage their anxiety or feelings of being overwhelmed or stuck.

- ✓ [SPARX](#) is an online e-therapy tool provided by the University of Auckland. SPARX helps young people learn skills to deal with feeling depressed or stressed.
- ✓ [The Lowdown](#) has a leaving-school section that offers a choice of actions students can take to manage their anxiety as they approach leaving school.

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