

Useful resources



The Low Down

The Lowdown website offers a choice of actions students can take to manage their anxiety. It has a section dedicated to issues around school and leaving school.

Publisher: The Low Down

[Visit website](#)



School and jobs

This site provides support tips for teenagers as they manage school and move to life beyond school. It focuses on strategies for reducing stress and thinking ahead.

Publisher: TeensHealth

[Visit website](#)



School Leavers' Toolkit

Practical advice and resources to support young adults find their way after leaving school. The online toolkit contains information on: tertiary education, moving out of home, getting a job, money and tax, taking care of myself and others, government and voting. The toolkit is in English and Māori.

[Visit website](#)

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