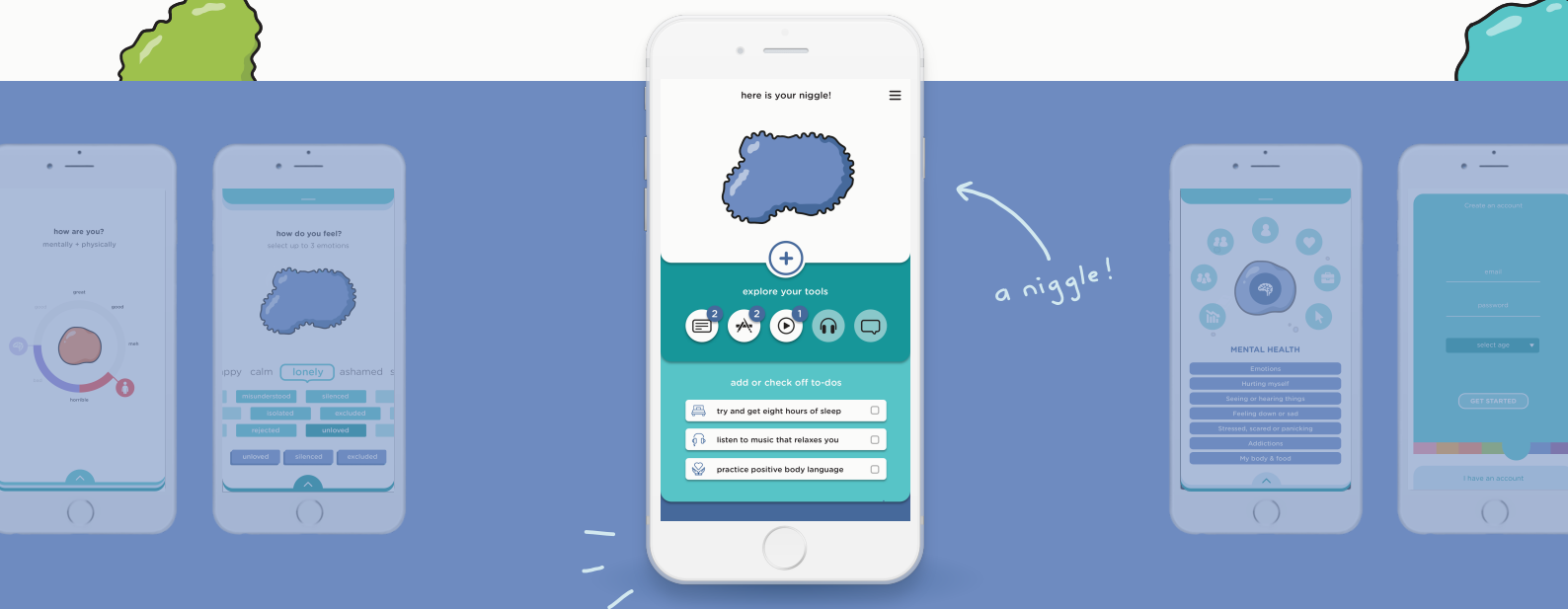


niggle

## *A nigggle is a feeling that won't go away*

It grows and grows and has a life of its own.  
When you have a nigggle, it can be a challenge.  
But you don't have to do it alone...



## Introducing nigggle.

*The app that allows you to capture your niggles and do something about them.*

Brought to you by **Kids Helpline** and **Queensland University of Technology (QUT)**, nigggle was created in collaboration with young people for young people.

Track your wellbeing and get personalised information, videos, podcasts, quizzes and tips to help you tame your niggles. Plus, hear from other young people as they share their stories and find out what helped them!

From feeling down or sad to sexual identity, dealing with conflict, loneliness and more - this is your take home, self-help toolkit that is here for you 24/7 for all things related to mental, social and emotional wellbeing.

An expert team of Kids Helpline counsellors, psychologists and designers have worked together to deliver a wide range of resources dedicated to helping young people deal with those issues prevalent in their lives. Over 700 young people were involved in a study of the app's efficacy and the results suggest Niggle helped increase their wellbeing and resilience.

### Get help with things like:

- Mental health
- Physical health and identity
- Friends

- Family
- Relationships and sex
- School and work
- Life issues
- eSafety