



A chatbot to help young people cope with stress

#coronavirus



Aroha

# ARE YOU FEELING STRESSED?

Meet Aroha, our Chatbot

We want to know if Aroha helps you.  
Your feedback can help us to make her better in the days to come.

TO SIGN UP OR FIND OUT MORE, VISIT  
<http://tiny.cc/aroha>

YOU NEED TO BE AT LEAST 13 YEARS OF AGE

Developed by



MEDICAL AND HEALTH SCIENCES



Funded by

National  
SCIENCE  
Challenges

A BETTER  
START

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If you have any questions, contact us at [habits@auckland.ac.nz](mailto:habits@auckland.ac.nz).

This study has been approved by the University of Auckland Human Participants Ethics Committee on 18 Jun, 2019 for three years. Ref. Number 023234.