



[Innovation](#) > [Sport & Fitness](#) > [Virtual roleplaying game helps teenagers deal with depression](#)

## VIRTUAL ROLEPLAYING GAME HELPS TEENAGERS DEAL WITH DEPRESSION



SPORT & FITNESS

**SPARX is a 3D fantasy game that teaches young people with mental health issues the skills they need to boost their confidence.**

### UNLOCK THIS INNOVATION AND MUCH MORE... //

Become a member today and get early access to the ideas transforming our world from just **£39 per month\***

#### Exclusive member benefits:

- Access to over 13,000 innovations
- Monthly horizon scanning reports
  - Exclusive feature articles

**BECOME A MEMBER**

Already a member? [Sign in here](#)

[Download PDF](#)