

START NOW IS YOUR SPACE
FOR FEELING GOOD.
FOR GETTING THROUGH
TOUGH DAYS.
FOR FIGURING THINGS OUT.
FOR BEING YOU.

14-16



YOU'LL FIND IDEAS TO

- ✿ Boost your wellbeing.
- ✿ Handle school, exams and big changes.
- ✿ Make sense of what's going on in your head
- ✿ Get help and support if you need it.
- ✿ Discover free stuff, fun ideas and useful tips.



START NOW

You've
got this!

START
NOW

www.startnowcornwall.org.uk
Whatever's going on... **START NOW.**