

# HEADSTART KERNOW

We want to support **your** wellbeing. We can help **you** build resilience to help prevent mental health issues developing.

HeadStart is providing different types of help and support to 10-16 year olds in in Cornwall in schools, online and where you live.

We can help you understand what mental health is and how you can look after it!

- Realise **when you need help**
- Know **where to get help**
- Be confident **to ask for help**
- Help **your friends**
- Make sure **your voice** and **your views** are heard

**Start Now.**

**Get more information and get involved**

📍 [www.startnowcornwall.org.uk](http://www.startnowcornwall.org.uk)

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**HeadStart  
Kernow is  
for you!**