

HEADSTART KERNOW

StartNow has
been created
by HeadStart
Kernow Youth

We want all young
people in Cornwall to:

- ✗ Know how to look after *your own* wellbeing and mental health
- ✗ Know it's OK not to be OK
- ✗ Also know how to *be aware* when you or your friends need help and *how to get it*



We wanted to...

- share what **HSK Youth** is and how **young people** can get involved
- share **our thoughts** about emotional wellbeing and mental health
- **make resources for schools** to use to engage students in Headstart work
- reach out to **young people who aren't in school**

We have...

- come up with **the idea** of Start Now
- designed/built our own website, **go have a look!**
- helped design our **new look** and **illustrations**
- shared things **we thought** are most important with other young people like "It's OK not to be OK"

Start Now. Get more information and get involved