

Asking for help

You are not alone.

Knowing that there's help and support there for us, as well as how to access it, is a top resilient move.



You can find wellbeing support

at school (teachers, support staff, your school nurse), your GP, and through local services for young people, like Kernow Connect or Young People Cornwall.

Other support...

There are other resources and groups that can help you become more resilient:

- Youth clubs
- Resources, information and activities from your local library
- Help to develop your skills and talents from clubs and groups



www.startnowcornwall.org.uk/get-help