

Wellbeing Action Plan introduction and how to get started guide... - Film Script	
For more information get in touch. headstartyouth@cornwall.gov.uk	
<p>Introduction</p> <p>The young people who worked with us on the WAP thought that a film was a better introduction than loads of text on the screen.</p> <p>They wanted young people to address the camera directly</p> <ul style="list-style-type: none"> • talking in a headshot • standing or walking in front of camera (outside or inside) or • casually sitting on a wall or bench outside • Looking at the action plan on a tablet / phone. 	
<p>As well as the YP talking to camera there would be screen shots and other useful images added so some of the commentary would just be in voice-over (great if you'd like to take part but not be on screen 😊).</p> <p>We've divided the script into different chunks – you can film / record any or all of them... You don't have to use the exact words as long as the information is there and it is clear.</p> <p>Grab a friend or a family member to help you...</p> <p>Check out the Start Now website for some top tips for filming using a Smartphone</p> <p>When we've got all the film together we'll choose the best clips and it will be edited by our friends at Pirate FM who help HSK Youth make our Youth in Mind films.</p>	
Draft Script Part 1 introduction	Write your filming ideas here (location / type of shot)
Hello, Welcome to the Start Now Wellbeing Action Plan...	
It's been created by young people in Cornwall involved in HSK Youth.	
HSK Youth helps to make sure young people's voice is about emotional wellbeing and mental health is heard in Cornwall.	
<p>We all have mental health in the same way we have physical health, and sometimes:</p> <ul style="list-style-type: none"> • You're feeling great! • You're just about OK • You can be a bit down in the dumps and • Sometimes your mental health can get to the point where it's not OK at all and it's important to get some extra support. 	
The Start Now Wellbeing Action Plan is for everyone wherever you're at.	



<p>It's full of self-care ideas and great reminders about the things that help you can do to look after your wellbeing.</p> <p>It can help you recognise when you need to get support and how to find it.</p>	
<p>The Wellbeing Action Plan has been put together by young people in Cornwall just like you.</p> <p>All the ideas have worked for someone but none have worked for everyone... you are unique and so should your plan be too.</p> <p>Choose what's going to be best for you.</p>	
<p>And if YOU have a great idea that's helped you that you would like to share with others get in touch – we'd love to hear from you</p>	

Draft script Part 2 getting started	
So, how does it work?	
<p>The Wellbeing Action Plan is made up of these sections:</p> <ul style="list-style-type: none"> • Things that support my wellbeing • Things to avoid • Triggers, challenges and early warning signs • Getting help and support • My one-minute safety plan 	
<p>We've got some other stuff to help you too:</p> <p>The wellbeing toolbox - lots of ideas and activities to support your wellbeing</p> <p>What am I feeling? – A fun way to help you understand your emotions and feelings.</p>	
<p>You can dive right in and have a look round now but if you fill anything it won't be saved. If you want to save and keep your plan to update / print off you'll need to log in.</p>	
<p><i>IMPORTANT the website is super safe and no-one can see / get into your Wellbeing Action Plan once you've logged out, so it's OK to do your plan on a shared computer at school... no one will be able to see your plan except you....</i></p> <p><i>Oh, and check out our privacy and data protection policies to see how we look after your information.</i></p>	
So, back to getting started...	



<p>You can choose which sections to complete and you can do them in any order.</p> <p>There are spaces for you add your ideas and information in each of the sections and if you're stuck for ideas click on the suggestions button to see what others have found useful. You can just click on any of the ideas to add them to you plan.</p> <p>When you're ready you can download a pdf and print a copy to have with you. You can even choose how your printed copy looks.</p> <p>You can complete the Wellbeing Action Plan on your own or work through it with a trusted adult.</p>	
<p>It's a good idea to revisit and refresh your plan every so often as our mental health and wellbeing changes for all sorts of reasons...</p>	
<p>We'd love your feedback and suggestions: get in touch using the link on the website.</p> <p>And remember – It's OK Not To Be OK! / #YouGotThis</p>	

Good Luck, Have Fun and Thank You

Everyone at Headstart Youth

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www.startnowcornwall.org.uk



START
NOW