



**You are
stronger
than you
think.**

Pass it on

Hey! We're Headstrong

We're a mental wellbeing app
designed for young people.
Discover new skills to help you
navigate everyday challenges
and **feel more in control.**



@headstrongnz



**You are
capable of
anything you
put your
mind to.**

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**You are
loved
for who
you are.**

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Are you all good?

Turn me over

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