“It was really easy to isolate myself further during the COVID-19 restrictions.

Pandemic restrictions have negatively impacted young people’s capacity for casual interactions with peers, negatively impacting mental health & wellbeing.

CoRE members can take action to support young women by:

- not assuming all young women are safe and/or connected online
- valuing connection and recognising face-to-face as still important
- recognising the mental health implications of being online all the time.

WHG women’s health GRAMPIANS

CoRE COMMUNITIES of RESPECT & EQUALITY