“In lockdown, living with housemates wasn’t the same as being with family & friends.

Digital communications fulfil only part of the daily social connection young people need. During the pandemic, some young people found social media, with constant COVID-related content, was exacerbating mental health issues & stressors.

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