“Culturally, seeking help is taboo. We need to support those people who need help.

1 in 5 young people disclose needing assistance with their mental health, while the majority are not following through to seek help when they need it.

CoRE members can take action to support young women by:

- being proactive and reaching out to young women
- implementing mental health checks for young women
- following up if an appointment or meeting time is missed
- making sure your physical spaces are safe to access
- promoting your services where young women will be
- making resources available in multiple languages.

WHG women's health GRAMPIANS

CoRE COMMUNITIES of RESPECT & EQUALITY