> After years of fighting for recovery, In lockdown I relapsed within just a few days.

Young women are more likely to feel the pandemic has negatively impacted their confidence and ability to achieve future goals.

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