



**You are valid no matter what you go through.**

Your life doesn't need to be defined by your experience, you can move forward with support. Life has good things to offer.

Reach out to services if you are feeling worried or concerned about any relationships.

There are safe and secure spaces to talk about your feelings and experiences.



# BE A BRAVE LASSIE AND BLETHER ABOUT YOUR FEELINGS!



Every young person should have access to support services if or when they need it.

Every young person would like support services to:

- Listen, understand and be comforting
- Work with people at an individual's pace
- Help people feel validated, safe and treated like an equal
- Be open, welcoming and accessible to all young people

**Brave Lassies Bletther** is a youth-led campaign delivered as part of the Young Women Know project by The Young Women's Movement and NSPCC Scotland. The campaign is being delivered in partnership with Angus Council and aims to help young people to access support services.

## Where can I get support?

You can get support by calling Childline on 0800 1111 or by visiting [childline.org](https://www.childline.org) or calling the RASAC helpline on 01382 201 291.

If you are an adult with concerns for a young person you can call the NSPCC Helpline on 0808 800 5000.