



hey girls...

we're good for communities...



who we are...

LATNEM is a Mental Health Peer Support service offering support to ALL mums and birthing people in Scotland, regardless of any disability, gender, sexual orientation, age, race or ethnicity with children of any age who need support with their mental health.

how we partnered with hey girls...

LATNEM founders Linsey and Gill, personally had Hey Girls period pads from Aberdeenshire council as part of their free period products offering and found them really good. They noticed the 'buy one, donate one' scheme and decided to apply.

L A T N E M



matched donation



community partner



the need...

People use the word 'triggered' a lot – normally to describe feeling uncomfortable but to someone with PTSD being triggered is incredibly debilitating and can effect you for days.

It takes you right back to your trauma, the worst time in your life and you often re experience pain or very distressing events. The impact on your day of not having that happen is huge.

the impact...

Periods are a reality but they don't have to be scary now. Period pants seem like the 'rolls royce' of period products but their costs can be prohibitive, we have been able to provide these to mums who otherwise wouldn't be able to afford them.



the products...

Our favourites have got to be the night pads and period pants. We support a lot of mums with birth trauma who find that seeing lots of blood can be very triggering on traditional period pads.

"I'm not scared of my periods now"

from the community...

“They give me much more confidence during my period and take a weight off in terms of having to remember to buy/get pads”

“10/10!, life changing.”
from Latnem Mums



say hey...

Want to get the period dignity conversation flowing in your community? Say hey now:
donationsheygirls.co.uk

