

Scouting at Home



Some resources for positive mental health in tough times

2020 has been a challenging year and our young people and adult volunteers, while staying connected with Scouting, are at times feeling that things are not right with their mental health.

If a member reaches out for support, confirm for them that it's okay not to be okay given the very different time we are having in 2020.

And if you need to chat with someone, here are some easy places to start the journey.

Youth

Kids Helpline is a 24/7 phone and online service.

1800 55 1800 or kidshelpline.com.au (up to the age of 26)

Headspace offers eheadspace a confidential, free* and secure space where a young person or their family can web chat, email or speak on the phone with a qualified professional.

1800 650 890 or ehheadspace.org.au

Adults

Lifeline is a non-profit organisation that provides free, 24-hour Telephone Crisis Support service in Australia. 13 11 14 or lifeline.org.au

You can read more about mental health services in this environment at

ReachOut ReachOut.com

Beyond Blue beyondblue.org.au

The Black Dog Institute blackdoginstitute.org.au

“Wombat” Lyons

State Commissioner – Diversity & Inclusion