

Scouting at Home



It's Okay To Not Be Okay

2020 has been a challenging year and all our members might be feeling that life can be overwhelming and upsetting. Members might be feeling that things are not right with their mental health and that is okay.

If a member reaches out for support, reassure them that it's okay not to be okay.

If you get a feeling that someone is not okay, ask them. R U OK? produces some resources to help us all ask those questions. Try this video: <https://youtu.be/erHLP29tzPE> or this link <https://irp-cdn.multiscreensite.com/22b3e3c9/files/uploaded/RUOKDay2020_ConversationGuide_LR_cHzBE5EXT2VeGCensfph.pdf> Your Guide on What to Say Next

And if you or they 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 for kids aged 5 – 26. (1800 55 1800)

<https://kidshelpline.com.au/coronavirus> also has some great resources on topics such as:

- Coping with quarantine
- Going back to “normal”
- Family health
- Socialising while social distancing
- Schooling from home

For older youth members there are some great strategies to help with difficult feelings with **ReachOut** via **Beyond Blue**.

<https://coronavirus.beyondblue.org.au/managing-my-daily-life/young-people-aged-14-25.html>

There are some great resources on many topics such as:

- Dealing with change
- Feeling good at home
- Self-care tips
- Facing uncertainty

Headspace also 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 [eheadspace.org.au](https://headspace.org.au)

<https://headspace.org.au/covid-19/>

Adults

Adults can believe there is more stigma around seeking help for mental health, so occasionally these conversations can be harder to have. Check in with the people around you – are they doing okay?

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

Beyond Blue also have a phone support, a web-chat service and an online community that can be helpful. They also have a section for those members who are supporting others as well – elderly family, young kids etc

<https://coronavirus.beyondblue.org.au/> 1800 512 348