

# Mental Health Prevention: Mental Wellbeing for Scout and Guide Leaders

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# Why do we want to focus on this topic?

## 3 GOOD HEALTH AND WELL-BEING



Good health and well-being is part of the sustainable development goals, which is a focus in scouting, especially in times of COVID-19.

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According to the World Health Organization, half of all mental disorders, including anxiety disorders, begin by the age of 14. By age 25 – as many as 70 percent. Most cases go unnoticed and untreated.

Prevention of mental disorders is a public health priority recognised by WHO.

One fifth of teenagers under the age of 18 suffer from developmental, emotional or behavioural problems, one in eight has a mental disorder.

# Who is this project for?

We want to focus on scout and guide leaders!

A lot of kids are facing mental health issues and a lot of those problems are not recognised: as scout leaders we are close to kids in our groups.

We believe that if scout and guide leaders had more awareness and knowledge about mental health issues, they would notice something that might not get recognised.

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We want to focus on scout and guide leaders!

Of course leaders are not mental health experts (and they don't need to be!) but our duty as scouts is to do what we can - to notice and to encourage kids to find help from parents, school workers and/or other experts.

# Main idea

Create some digital postcards to send to scout and guide leaders with e.g:

- daily quotes,
- positive messages,
- small checklists,
- questions to reflect,
- ideas for mental health check-in,
- advices on self care and empowerment.

We're open to your suggestions and ideas!

# Examples



## 4 Things Everyone Should Do To Support Someone With Mental Health Issues

Ask how they are feeling and validate their feelings

Listen and support without bombarding them with advice

Keep inviting them out

Check in on them regularly with simple: "Hi, how are you doing?"



# Examples



## SELF CARE CHECK LIST

Have I eaten regular meals?

Have I been thinking kind thoughts to myself?

Have I exercised or stretched my body today?

Have I spent time outside in the fresh air?

Am I getting enough sleep?

Have I showered?

*Take care of yourself - you matter.*

Thank you  
for your  
attention!

