



Scouts

Shropshire

Mental Health Awareness

What we're going to cover?

- “Skip, can we talk?”
- You've noticed something
- Working with other adults
- Safeguarding processes
- Getting support

Young Person turns up with a bump on their head...

- What would you do?
- Check if they're alright / talk to them about it
- Establish cause
- Make other Adult Volunteers aware
- Talk to parent(s)/carer(s)/guardian(s)

- Adapt your programme
- Adapt your risk assessment

- You wouldn't undertake a medical procedure you are not trained in

- If you think it is a Safeguarding concern, refer to Yellow Card – Putting Young People First

A young person wishes to talk to you...

- Using our active listening techniques, listen to what the young person has to say
- Find an appropriate setting to have the conversation (consider your Yellow Card / dynamic Risk Assessment)
- Pass the concerns on to their parents/carers/guardians
- Share the information, appropriately, with other Adult Volunteers
- Do not try and resolve the issues in isolation
- Speak to your Line Manager
- If you think it is a Safeguarding concern, refer to Yellow Card – Putting Young People First

Something doesn't seem right...

- If appropriate, ask the Young Person if they're okay
- Find an appropriate setting to have the conversation (consider your Yellow Card / dynamic Risk Assessment)
- Pass the concerns on to their parents/carers/guardians, regardless if they've told you anything
- Share the information, appropriately, with other Adult Volunteers
- Speak to your Line Manager
- Do not try and resolve the issues in isolation
- If you think it is a Safeguarding concern, refer to Yellow Card – Putting Young People First

Where next...

- It is the parent/carer/guardian's responsibility
- Primarily, suggest they may want to talk to their GP

Samaritans: Samaritans offer a free service any time 24/7. If you need someone to talk to, they listen. They won't judge or tell you what to do.

Phone: 116 123

Website: [samaritans.org](https://www.samaritans.org)

NSPCC's Childline: 1-to-1 chat support and 24-hour helpline for young people.

Phone: 0800 1111

Website: [childline.org.uk](https://www.childline.org.uk)

HOPELineUK: A specialist telephone service that gives non-judgemental support, practical advice and information to young people.

Phone: 0800 068 4141

Website: [papyrus-uk.org](https://www.papyrus-uk.org)

On My Mind: Information for young people to make informed choices about their mental health and wellbeing.

Website: [annafreud.org/on-my-mind](https://www.annafreud.org/on-my-mind)

YoungMinds: Crisis Messenger textline for free 24/7 support in the UK if a child or young person is experiencing a mental health crisis.

Text: YM to 85258

Website: [youngminds.org.uk](https://www.youngminds.org.uk)

NHS Go: NHS confidential health advice and support for young people under 25. Download the app to your phone.

Website: [nhs.go.uk](https://www.nhs.go.uk)

Where next...

- Early Intervention
- Shropshire Council
- Where a social care factor is affecting the young person

Samaritans: Early help means taking action to support a child, young person or their family as soon as a problem emerges. It can be required at any stage in a child's life, from pre-birth to adulthood, and applies to any problem or need that the family can't deal with alone.

Phone: 0345 678 9021

Website: shropshire.gov.uk/early-help

Working with other Adult Volunteers...

- If an Adult Volunteer has had a young person tell them something that, quite reasonably, could affect or upset them; make sure they are okay.
- Consider how you might have to adjust if they need to take time out.
- Let their Line Manager/DC/CC know so we can check in on them

Samaritans: Samaritans offer a free service any time 24/7. If you need someone to talk to, they listen. They won't judge or tell you what to do.

Phone: 116 123

Website: [samaritans.org](https://www.samaritans.org)

Safeguarding

- If you believe that a young person or vulnerable adult is at **harm**, you must make a disclosure to the Safeguarding Team in accordance with Putting Young People First – Yellow Card
- Safeguarding mandatory on-going learning