Welcome to the Care 4 Guide

Care 4 Self to Care 4 others

Welcome!

Welcome to the **Care 4 Guide**, your guide to positive mental health and **wellbeing** as a young fire and emergency service volunteer.

This guide is based on **research** and it has been designed in **partnership** with young adult fire and emergency service **volunteers** across Australia.

Who is this for?

This guide has been designed for **you**, a young adult volunteering in fire and emergency service agencies across Australia.

What is in this guide?

Your mental health is **important**, which is why this guide is focused on skills and strategies that you can use to care for yourself **first**, so you can care for your peers and your community.
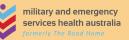
What is in this guide?

This guide contains information on **positive mental health** and wellbeing, strategies for developing mental health **skills**, and checklists so you can check in on yourself regularly. It is only for informational and **educational** purposes and is not therapy or any form of treatment.

How do I use this guide?

So, what is here? In this guide you'll find information on **mental health**, tips about how to develop self-compassion, ideas for **everyday mindfulness**, different kinds of coping skills, a mental health **check-in** for yourself, and a guide to help you identify the unique **support pathways** around you. There are also links to more resources on the back page of this guide.

Everyday Mindfulness

Self Compassion

Coping Skills

Self Check-In

Make this guide your own

You'll notice that some of the pages have spots for you to write in. We encourage you to **screenshot** these pages, mark them up on your phone, and **save them** so you have them on hand when you need them. You can use these pages as they are or edit them to include strategies you find useful too.

You can also **share** with your friends and family, as they can help you look after your mental health.