Welcome to the Care 4 Guide

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.

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.

Brought to you by the Positive Mental Health Research Team, the Young Volunteers Advisory Committee, and supported by