

My Support Pathways

You can fill in this template by screenshotting it on your phone and using the markup function. Or you can print it out, fill it out by hand, and then take a photo of it, so you always have it with you. Share it in your volunteer community and help each other identify your own support pathways.

My friends and family

Who are your immediate social supports in your family and friends?

Peers in my unit/group/brigade

Who are your social supports within your volunteer unit, group, brigade?

People in my community

How about the broader community?

Leaders in my wider agency

How about leaders and other people in your wider agency?

Support phone numbers

What about other agency supports, like chaplains and support phone numbers?

Formal peer support program

How do you access your formal peer support contacts?

Psychologist / employee assistance

Where can you seek treatment, e.g., with an employee assistance program or a psychologist?

*"We volunteer because we want to do something for others and give back to our communities, but we have to be in a good spot to do that first. Looking after ourselves is what lets us in turn look after others. I read books, listen to music and play video games. They can often help me get perspective or work through things before I put on my uniform again."
- young volunteer, age 24*

Please share this support pathways document with those that support you (like your family and friends)

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