

YSA Health Policy/Plan

YSA is a diverse organisation and accepts people of all backgrounds both culturally and linguistically. YSA will abide by the information privacy principles as contained in the Privacy and Data Act (2014) as well as the Health Records Act (2001). This is to protect the rights and privacy of any individuals that may disclose any information to us.

Outreach Programs

Any participants who have a health (physical or mental) plan of any type or any health-related issues that may impact on their ability to volunteer must bring this plan to the attention of the Kahuna of the relevant program. This is to ensure all our volunteers are supported to the best of our ability and to ensure a safe and enjoyable program for all involved. Part of our program protocols is the allocation of a Support Worker and First Aid Officer at all events.

Mental Health Strategy

YSA is committed to working with our members on our programs to better their experiences. To ensure this we have a few strategies in place:

- Creating an open environment where our members can feel comfortable to speak up about an issue
- Encouraging members to take part in mental health check-ups every so often on our programs
- Providing adequate support and accommodations for our members to feel as included and respected as possible

Support Services

In an emergency call 000

BeyondBlue – 1300 22 4636 (24hr)

Beyondblue.org.au

Aims to increase awareness of depression and anxiety

Butterfly Foundations National Helpline – 1800 33 4673 (8am-midnight)

Butterfly.org.au

Provides support and information for people suffering from eating disorders or body image issues.

Kids Helpline – 1800 55 1800 (24hr)

Kidshelpline.com.au

Provides counselling for people aged 5 to 25

MensLine Australia – 1300 78 99 78 (24hr)

Mensline.org.au

For men who have emotional or relationship concerns

Lifeline – 13 11 14 (24hr)

Lifeline.org.au

Crisis counselling and support

Suicide Call Back Service – 1300 659 467 (24hr)

Suicidecallbackservice.org.au

Provides support for anyone thinking about suicide

MindSpot – 1800 61 44 34 (8am-8pm weekdays) (8am-6pm Sat)

Mindspot.org.au

Online service for anyone struggling with stress, worry and low mood. Not an emergency service.

Qlife – 1800 184 527 (3pm-midnight)

Qlife.org.au

Nationwide support services for LGBT+ people of all ages. Also provide a webchat

Poisons Information Line – 13 12 26 (24hr)

Austin.org.au

Nationwide information line to provide advice about what to do if a person has overdosed, taken the wrong medication or is bitten/stung by anything