

Mental, Emotional, and Social Health (MESH) Introduction

Mental, Emotional, and Social Health (MESH) includes a wide range of issues including our emotional health, our ability to form and maintain relationships, and traditional mental health disorders. Challenges with a participant's mental, emotional, or social health can occur anywhere and at any time. Scout activities, camping, can place stress on Scouts and adult leaders, which can potentially cause a crisis. Because of the wide variety of Scout activities, the response may need to be different depending on the location, available support, and ability to respond.

While many MESH crises can be resolved with simple interventions, sometimes they can be much more serious. Threats or attempts at suicide are a true mental health crisis and you should Be Prepared to respond.

- There are mental health resources available for you to utilize when a simple intervention will not work. Call 911 when related to suicide threats.
- For the individual under stress there is the 988 Suicide & Crisis Lifeline: Individuals can call or text 988 or chat at 988lifeline.org/. Provide numbers for people under stress, advise them they can call, text or chat.
- Let the person know that at the 988 Suicide & Crisis Lifeline, they understand that life's challenges can sometimes be difficult. Whether the person is facing mental health struggles, emotional distress, alcohol, or drug use concerns, or just needs someone to talk to, their caring counselors are there for them. They are not alone.
- You should utilize the Scout Executive or Assistant Scout Executive for help in a MESH situation that you cannot resolve with simple intervention.
- Call the local Mental Health Crisis Line, most counties have contact available 24/7.