

MESH Response Guide for Units

MESH

Mental, Emotional, and Social Health (MESH) refers to emotional well-being, ability to form relationships, and mental health challenges. Stress during Scouting activities can trigger crises.

A Mental Health Challenge Is When:

- There is a major change in a person's thinking, feeling, or acting.
- The change interferes with the person's ability to live their life.
- The interference does not go away quickly and lasts longer than typical emotions or reactions would be expected to.

Signs & Symptoms of a MESH Crisis

- Sudden withdrawal from activities or friends
- Extreme mood swings or persistent sadness
- Talking about feeling hopeless or wanting to die
- Increased agitation, anger, or reckless behavior
- Changes in eating or sleeping patterns
- Difficulty concentrating or making decisions
- Self-harm behaviors or verbalizing suicidal thoughts

Think U-S-A When Helping Others with MESH

- U stands for Understand the behaviors to watch for.
- S stands for Speak to Scouts and provide Support.
- A stands for Advocate and Act when needed.

What to Do

- Ensure safety first (yourself and others).
- Talk calmly in a visible but private space.
- Do NOT promise secrecy.
- Use active listening; avoid judgment.
- Check AHMR & medications if applicable.
- Notify Unit Leader and/or Camp Leadership immediately.
- If the situation worsens or involves harm to self/others → Call 911.

Suicide Threats/Attempts – What to Do

- Take every threat seriously.
- Ensure safety; if agitated or violent → Call 911.
- Do not leave the person alone unless safe.
- Escort to a safe location (health lodge or similar).
- Contact Camp Director & Health Officer immediately.
- Call 988 Suicide & Crisis Lifeline if needed.
- Do NOT promise secrecy; listen and support.
- Notify parent/guardian via leadership (unless abuse suspected → call authorities).

Conversation Starters

Difficult topics can be tough to talk about. Begin with these ideas.

- Can you tell me what happened?
- Can you tell me about it?
- Is this a new feeling or have you felt like this before?
- How can I help?
- What have you tried in the past that helped?
- What didn't go well today?
- What did go well today?
- What are you looking forward to?

Emergency Resources

- 911 – Immediate danger or medical emergency
- 988 Suicide & Crisis Lifeline – Call or text 988
- TN Crisis Services – 855-274-7471 or text “TN” to 741741
- Crisis Text Line – Text 741741
- MentalHealth.gov – www.mentalhealth.gov

Local Contacts



Mental Health Resources for Units

Hotlines & Crisis Lines

- 911 – Immediate danger or medical emergency
- 988 Suicide & Crisis Lifeline – Call or text 988
- TN Crisis Services – 855-274-7471 or text “TN” to 741741
- Crisis Text Line – Text 741741
- National Domestic Violence Hotline – 800-799-7233
- SAMHSA Treatment Referral Hotline – 1-800-662-HELP (4357)

Recommended Mental Health Apps

- Headspace – Meditation and mindfulness
- Calm – Stress and sleep support
- MoodTools – Depression aid and coping strategies
- MyLife – Emotional wellness and guided meditations

Helpful Websites

- MentalHealth.gov – www.mentalhealth.gov
- National Alliance on Mental Illness (NAMI) – www.nami.org
- American Foundation for Suicide Prevention – www.afsp.org
- Substance Abuse and Mental Health Services Administration – www.samhsa.gov

Local Resources
