

Grit and resilience gets a lifeline

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IT was welcome news yesterday to hear that the rural city Grit and Resilience Program will continue thanks to a team effort from governments, health services, police, and the community.

The Grit and Resilience program established here was groundbreaking and a model for communities elsewhere.

It provides that essential support to help people in the community strengthen their mental health as well as provide support and advice to their family and friends.

It's about working together to make our community more inclusive and to enable those who feel left out or disconnected to re-engage with others.

The pandemic exacerbated that disconnect for many and all research points to the Grit and Resilience Program being needed even more now than.

Our society has not only economic and financial challenges caused by impacts beyond our control such as natural disasters, international crises and of course, the hangover from the COVID-19 pandemic, we also have to contend with a more divisive, confrontational media and political climate where fear, innuendo and blatant deception masquerade as policy discussion.

The program also has a focus on the mental health of the young who were largely overlooked in previous generations where the philosophy for handling problems was simply to 'toughen up' or hide your true feelings and personalities to conform to someone else's ideal.

Teaching young people that life isn't always a box of chocolates and that they don't have to deal with issues on their own is a great first step in strengthening our community now and for future generations.