

5 takeaways from panel five:

NUSH



**SUSIE
CROME**



**ROSE
ARCHIE**



**JOEL
PIPPUS**



**SOPHIE
FRIEDEL**



THE MENTAL HEALTH IMPACT OF SKATEBOARDING



Social Skate
Summit

Mental wellbeing is built through connection

The strongest message from this panel was simple: relationships matter. While we all know that skateboarding itself can be transformative, its greatest mental health benefits often come through the friendships, trust, belonging, and sense of community that grow around it.

Feeling seen, valued, and connected is often where healing begins.



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Safe spaces make difficult conversations possible

Skateboarding can create environments where people feel comfortable opening up about challenges they may not discuss elsewhere. By fostering trust, reducing stigma, and encouraging honest conversations, skate communities can become places where people feel supported and comfortable to lean on each other and ask for help.



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Community leaders don't need to be therapists (to run therapeutic programs)

Coaches, volunteers, and community leaders aren't expected to have all the answers. Sometimes the most meaningful support comes from listening without judgement, showing empathy, creating safer spaces, and recognising when someone may need additional help.

Knowing how to connect people with professional support can be just as important as the support you provide yourself.



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Mental wellbeing is never one-size-fits-all

There is no single pathway to good mental health.
Therapy, family, culture, faith, creativity,
movement, community, and skateboarding can all
play important roles.

Supporting wellbeing means recognising that
everyone's journey is different and creating
spaces where people can find the combination of
support that works for them.



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Caring communities are a powerful prevention

Mental health isn't only about responding when someone is struggling. It's also about creating environments where people are less likely to struggle alone.

By reducing isolation, fostering belonging, normalising conversations about mental health, and building strong, supportive relationships, skate communities can become places of care long before a crisis emerges.



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