

MENTAL HEALTH KIT



What is your Why?

Spread positivity and calm by offering gift packs with relaxing exercises to various places like community centers, homeless shelters, hospitals, churches, or food pantries. Help those in need and promote a healthy and positive mindset.

Supplies & Ideas

- Essential oils
- Journal
- Fidget toys or stress ball
- Activity books
- Weighted blanket
- Encouraging stickers

Step-by-Step

- Purchase items for the kit
- Pack items into a gift bag
- Decorate and label the kit
- Donate to an area non-profit!

Time to Share!

To inquire what agencies will accept the projects, dial 211 or email vol@helplinecenter.org
For more information visit www.helplinecenter.org/diy