

# Mental Health Kit

Everyone can use some positive vibes & calming exercise options no matter their situation. Create a gift pack to be given out in your community, homeless shelter, hospital, church, food pantry, etc. Help those that maybe suffering. Give the gift of a healthy & positive mind!

# helpline center 211 *diy* Summer Volunteer Projects

## WHAT TO DO:

- 1) Collect all your materials
- 2) Find a box or cheerful gift bag to put them in
- 3) Fill with goodies
- 4) Add a Positive, Encouraging or Cheerful note



## Delivery

Once your DIY volunteer projects are complete, please deliver to your local Health Care facility, homeless shelter, food pantry, mental health or assisted living facility. More information can be found at [www.helplinecenter.org/summerdiy](http://www.helplinecenter.org/summerdiy). Or call 211 for a list of area non-profits accepting DIY projects.

## Share your Experience!

Post your photos of your completed projects via our social media pages!  
#DIYVOLSD



## Supply Ideas

- ◆ A warm cozy blanket
- ◆ Activity books to stimulate the mind and pass the time with
- ◆ A pen or markers
- ◆ Stress ball or figit spinner
- ◆ Rubik Cube
- ◆ Essential Oils or candle
- ◆ Facial Mask
- ◆ Kleenex
- ◆ Eye Mask
- ◆ Lotion
- ◆ Journal

**HUNDREDS**  
of ways to  
**OLUNTEER**

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