

Do It Yourself Volunteer Project: *Self Care Kits*

PROJECT OVERVIEW:

Self care kits can be used for those at hospitals, needing a mental health pick me up, and homeless individuals. Consider putting together a kit based on items that soothe and ease your mind. These kits are a great way to ease stress, and create something tangible as a positive outlet for adults and their mental and emotional health. Once you've completed your DIY Self Care Kit, the Helpline Center will deliver to agencies that cater to those in mental health, women, and men.

ITEMS NEEDED:

1. Gallon Ziploc Bag
2. Adult Coloring Book or Journal
3. Colored Pencils
4. Tea or Instant Coffee
5. Chocolate or other sweets
6. Smell Goods— lotion, oil, candles, etc.
7. For Women: Nail Polish or Nail Care Kit
For Men: Shave Kit or Comb Set



WHAT TO DO:

1. Purchase items, most items can be purchased at the dollar store or in the dollar section of a Target or Walmart
2. Start with a Ziploc bag (or packaging of your choice)
3. Pack bag or packaging with items above. Be sure oils or lotions are separately packaged in a smaller Ziploc baggie if there is a possibility of cap becoming loose

ADDITIONAL IDEAS:

- Add a stress ball or sensory item
- Include a personal encouraging note
- Place items in a basket or gift box for an added touch

Delivery

Once your DIY volunteer projects are complete, please deliver to your local Helpline Center Office in Brookings (619 5th Avenue), Rapid City (529 Kansas City Street #201), or Sioux Falls (1000 N. West Ave #310). Or call 211 for a list of are non-profits accepting DIY projects. Questions call 211 or email vol@helplinecenter.org

Promote

Share your experience with the Helpline Center, as well as your family and friends by posting your photos & experience on our **Facebook** page or **Twitter @HelplineCenter** with hashtag **#DIYVOLSD**



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