

## Self Care Kits

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.



## Do It Yourself Projects

### 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.



### Delivery

Once completed, the projects can be dropped off or mailed to area nonprofits. If you need information on what agencies will accept the projects, please contact the Helpline Center by calling 211 or email [vol@helplinecenter.org](mailto:vol@helplinecenter.org).

More information can be found at [www.helplinecenter.org/diy](http://www.helplinecenter.org/diy).

### Share your Experience!

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



### Supply Ideas

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

#### **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

