

# Trauma Kits



Officers and local nonprofits are in contact with youth who are exposed to trauma every day. This kit is a positive interaction between organizations and a young person and can help get them through a rough moment.

## Do It Yourself Projects

### WHAT TO DO:

- 1) Purchase toys and supplies
- 2) Purchase bag/basket
- 3) Fill bag/basket with supplies
- 4) Add an encouraging or cheerful note
- 5) Contact 211 to find an organization who accepts backpack donations.



### 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

- ◆ Stuffed Animals
- ◆ Snacks
- ◆ Juice Box
- ◆ Coloring Books
- ◆ Crayons
- ◆ Books
- ◆ Pocket Games
- ◆ Fidget Toys

