

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!

Do It Yourself 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 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.

More information can be found at www.helplinecenter.org/diy.

Share your Experience!

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



Supply Ideas

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

