



CLASSIC

# Mens Mental Health Care [Classic]

12 STEPS

## About Project Helping

Kynd Kits are a program of Project Helping, a mental wellness nonprofit. Our mission is to make it ridiculously easy to volunteer because doing good is good for your mental wellness!

[Learn More at ProjectHelping.org](https://ProjectHelping.org)

### When You Build a Kynd Kit - The Cycle of Impact



## **Tips for Building Your Kit**

### **Helpful Tip for Building Your Kynd Kit**

- Avoid politics and religion entirely.
- Use appropriate humor.
- Can't think of what to write, draw a picture!
- Use words of affirmation!
- Place a piece of paper in any canvas bag before drawing on the outside. This way, the marker will not bleed through the other side of the bag.
- Please keep your designs gender-neutral, inclusive, and age-appropriate.

### **Spanish Translation Options**



| English                                                                                | Spanish                                                                                              |
|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| Be proud of yourself                                                                   | Siéntete orgulloso/a de ti mismo/a                                                                   |
| Thinking of you                                                                        | Pensando en ti                                                                                       |
| Sending love                                                                           | Mandándote amor                                                                                      |
| You got this!                                                                          | ¡Tú puedes!                                                                                          |
| You are stronger than you seem, braver than you believe, and smarter than you think.   | Eres más fuerte de lo que pareces, más valiente de lo que crees y más inteligente de lo que piensas. |
| This time will pass and good things are coming your way.                               | Deberías sentirte orgulloso/a.                                                                       |
| Keep moving forward and fighting for that future!                                      | El próximo capítulo de tu vida será mucho mejor.                                                     |
| Thinking of you during this time and sending warm, supportive thoughts your way.       | Estaré pensando en ti durante este tiempo y te mando pensamientos cálidos y de apoyo.                |
| Start where you are.<br>Use what you have.<br>Do what you can.                         | Empieza donde estás ahora.<br>Usa lo que ya tienes.<br>Haz lo que puedas hacer.                      |
| I know this won't be easy, but I also know you've got what it takes to get through it. | Sé que no va a ser fácil, pero también sé que tienes lo necesario para poder pasar esto.             |

STEP 3 OF 12

## Men's Mental Health Care [Classic]

### Before You Build

This kit was created in partnership with **Angel Eyes**, a nonprofit dedicated to providing compassionate grief support for parents who have experienced the loss of an infant or child. While mothers often receive the majority of care and attention during these heartbreaking moments, many dads silently shoulder their own grief—often with fewer outlets, fewer resources, and fewer opportunities to express what they're carrying. This gap in support is real, and it matters.

The Men's Mental Health Kit was designed to help address that gap by offering dads meaningful tools, comfort items, and supportive resources during an incredibly difficult time. However, the mental health needs of men extend far beyond grief and child loss. Men across all ages, stages, and circumstances face unique barriers when seeking help—whether due to stigma, societal expectations, or lack of accessible resources.

This kit is built to meet those broader needs. Whether supporting someone navigating depression, anxiety, stress, life transitions, trauma, or simply needing a reminder that they're not alone, the items in this kit provide encouragement, grounding, and connection.

By building this kit, you are helping to create a moment of care and support for men who may not often receive it—no matter what they're going through.

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STEP 4 OF 12

## **Decorate the Bag**

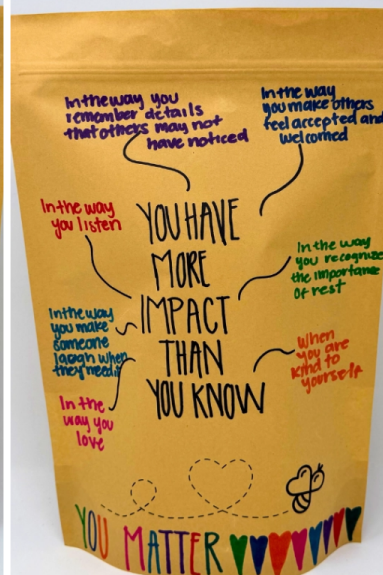
Decorate the kraft bag(s). This is what the final kit is distributed in, so try to make this fun and colorful for the recipient to open.

*Please note: we are currently transitioning from plastic ziplock bags to kraft bags. Some kits may still include the plastic bag for you to decorate while we complete this transition.*

## Before



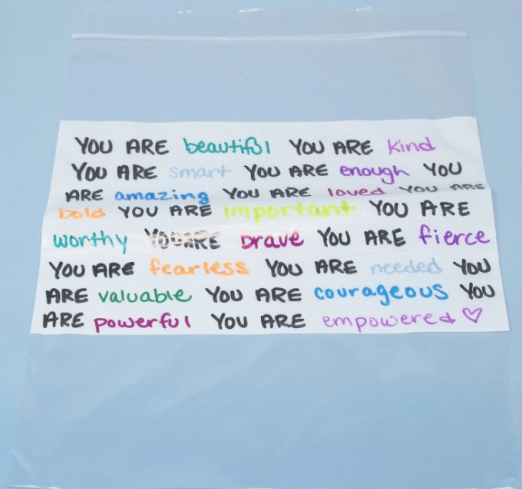
## After



# Before



# After



## Affirmation Notebook

### DIY Affirmations

Find the mini affirmation notebook in your kit. Decorate the front cover with drawings, stickers, or a positive message. Then, open it up and write 3–6 affirmations inside—more if you'd like! These can be encouraging words, self-love reminders, or anything that lifts the spirit.

**Do you still have affirmation cards in your kit?** If your kit includes affirmation cards instead of a notebook, go ahead and write a special affirmation on each card.

**Before**



**After**





STEP 6 OF 12

## Surprise Kindness Notebook

Decorate the outside of the journal with a picture or uplifting message. Use random pages in the journal to write short, uplifting messages, draw small, colorful images, or create fun writing prompts for the recipient.

**Before**



**After**



## Write a Note to the Recipient and Decorate the Envelope

Write a card and decorate the envelope using the enclosed materials. Express your encouragement and include a hopeful message.

Please ensure your message is **age-appropriate** and **avoids references to religion or politics**.



## After



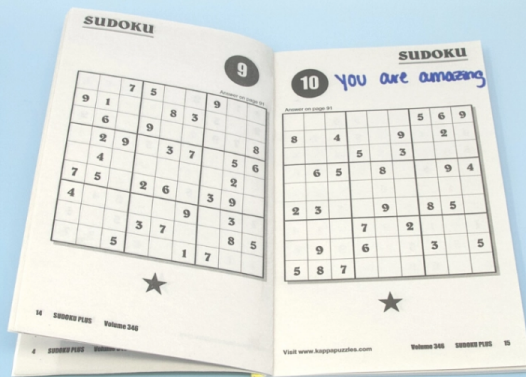
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STEP 8 OF 12

## Surprise Kindness Puzzle Book

Go through the pages of the Sudoku or puzzle book and write uplifting messages, draw small, colorful images, or create fun writing prompts for the recipient.

## Example



STEP 9 OF 12

## DIY Yoyo

### Step 1:

Find the string. One end already has a finger loop.

### Step 2:

Find the other end of the string. Tie it securely around the middle of the yo-yo. Be sure to use a **double knot**.

### Step 3:

Wrap the remaining string neatly around the middle of the yo-yo.

**Step 4:**

Test it out! Put your finger in the finger loop and try the yo-yo.

**Step 5:**

Assembly complete! Add the yo-yo to the completed contents of the kit.

**Before**





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STEP 10 OF 12

## Pack the Men's Mental Health Kit [Classic]

Place all decorated items and additional kit contents into the decorated plastic bag.

- Please only include any UNUSED and UNOPENED items
- Add any optional items you would like

### Optional Items to Add:

- Self-care items

- Toiletries
- Socks
- High protein snack items
- Fidget items

**Items not to include:**

- Perishable items
- Sharp objects
- Nut food products
- Religious or political item

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STEP 11 OF 12

## Register My Kit (Optional)

### **Register your kit**

To register and track your kits, you must visit the online instructions.

*Registering your kit is optional.*

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STEP 12 OF 12

## **Thank You!**

When you build a Kynd Kit, you create layers of impact for yourself and the community. We appreciate your time and your support of our mission.

Cheers,

The Project Helping team