



PLUS

Mental Health Care [Plus]

13 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. Use what you have. Do what you can.	Empieza donde estás ahora. Usa lo que ya tienes. 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 13

Mental Health Care [+]

Before You Build

Millions of people in the U.S. are affected by mental illness each year. 1 in 5 U.S. adults lives with a mental illness. Suicide is the 12th leading cause of death overall in the U.S.

This Kynd Kit is designed to create a care package for yourself or someone you know experiencing mental health concerns. The Kynd Kit shows support for the individual's mental health journey.

We all experience off days or personal crises, and it is important to be ready and not let these emotions overwhelm you.

This Kynd Kit equips you with calming tools and self-care products you can use when you feel anxious or nervous.

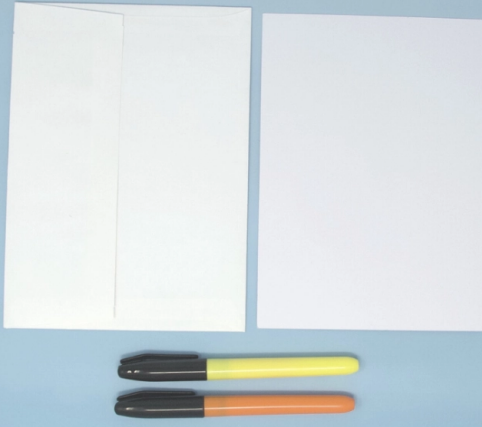
STEP 4 OF 13

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**.

Before



After



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.



After



Before



After

YOU ARE beautiful YOU ARE kind
YOU ARE smart YOU ARE enough YOU
ARE amazing YOU ARE loved YOU ARE
bold YOU ARE important YOU ARE
worthy YOU ARE brave YOU ARE fierce
YOU ARE fearless YOU ARE needed YOU
ARE valuable YOU ARE courageous YOU
ARE powerful YOU ARE empowered ♡

STEP 6 OF 13

Surprise Kyndness 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



Worry Stone

Worry stones are smooth, polished rocks used for relaxation or anxiety relief to help one feel grounded. The stone is meant to be kept in one's pocket. The physical act of massaging a worry stone for several minutes is proven to provide therapeutic & psychological benefits that help soothe your nervous system, reduce stress and anxiety, and help clear your mind so you can focus and think clearly.

On one side of the drawstring bag write an inspirational or calming word. Examples: hope, love, grow, breathe, dream, courage, wonder.

Tip: Place a piece of paper or cardboard in the bag before decorating to prevent the marker from bleeding through.

Before



After



Decorate the Canvas Bag

Use the permanent markers to decorate the canvas bag.

Tip: Place a piece of paper in the bag before decorating to prevent the markers from bleeding through.



After



STEP 9 OF 13

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



After

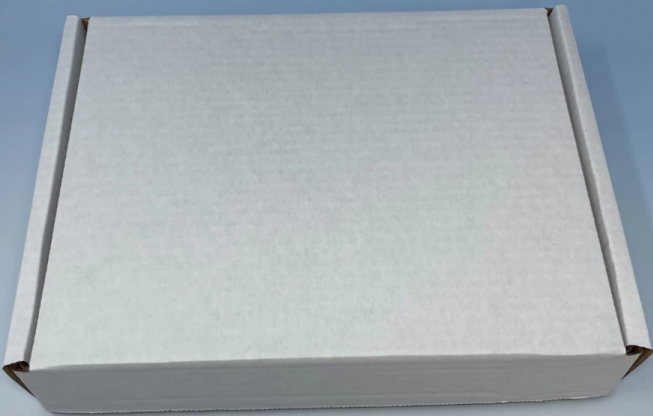


STEP 10 OF 13

Decorate Box (optional)

Decorate the outside of the box. Make it fun and colorful for the recipient.

Before



After



STEP 11 OF 13

Pack the Mental Health Care Kit [Plus]

Pack all of the materials into the kraft bag or into the original box.

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

Optional Items to Add:

- Bath bombs

- Positive notes
- Self-care items
- Fidget toys
- Journals

Items not to include:

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

STEP 12 OF 13

Register My Kit (Optional)

Register your kit

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

Registering your kit is optional.

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