



CLASSIC

Teen Mental Health [Classic]

11 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 11

Teen Mental Health [Classic]

Before You Build

About the Recipient

There are many different categories of mental illness, and those who struggle with any of them do not do so by choice.

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year. Among high school-age youths aged 14-18 years, 1,952 suicides occurred in 2021, making suicide the

third leading cause of death for this age group

This kit is designed to go to a teen struggling with their mental wellness. It shows support of their mental health journey.

50 % of all lifetime mental illness begins by age 14. Mental illness looks different for everyone, and the symptoms associated with them can make everyday, mundane tasks feel overwhelming and stressful.

This Kynd Kit can be used by teens to reduce stress and anxiety, create positive mental health coping tools, and give them support when they might be struggling.

STEP 4 OF 11

Decorate the Bag

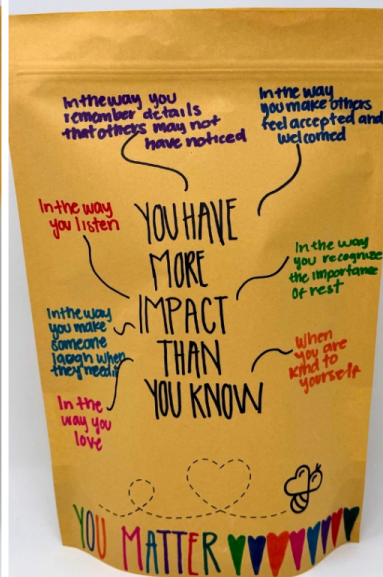
Decorate the kraft bag(s). This is what the final kit is distributed in, so try to make this fun and colorful for the recipient to open.

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



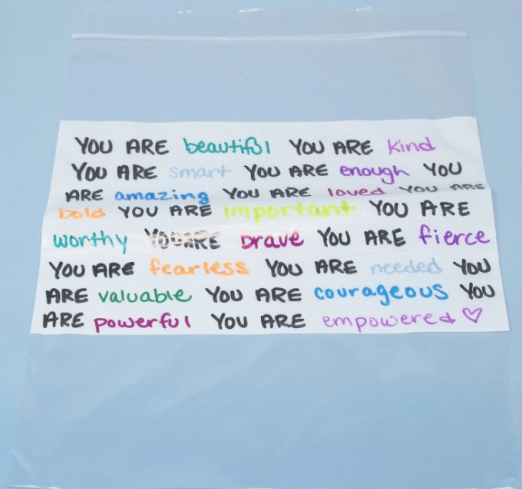
After



Before



After



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



STEP 6 OF 11

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



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.



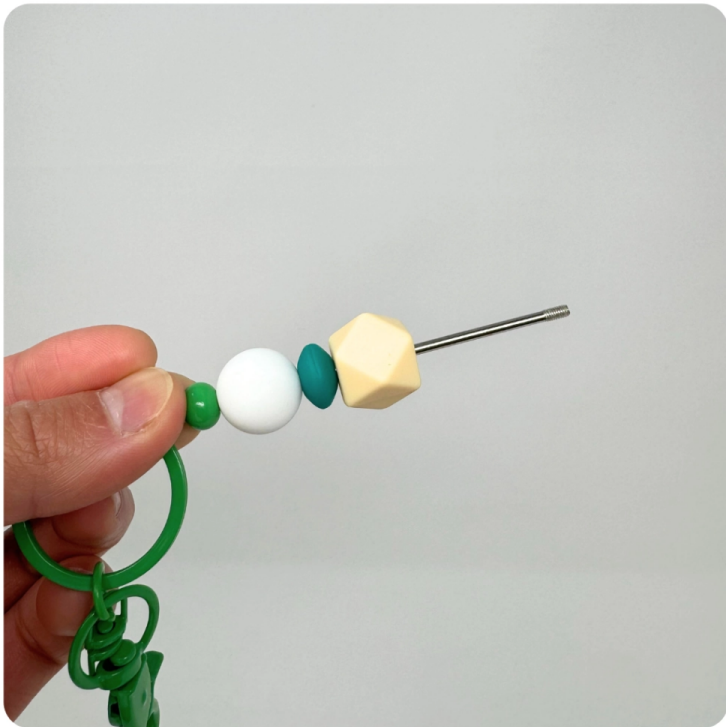
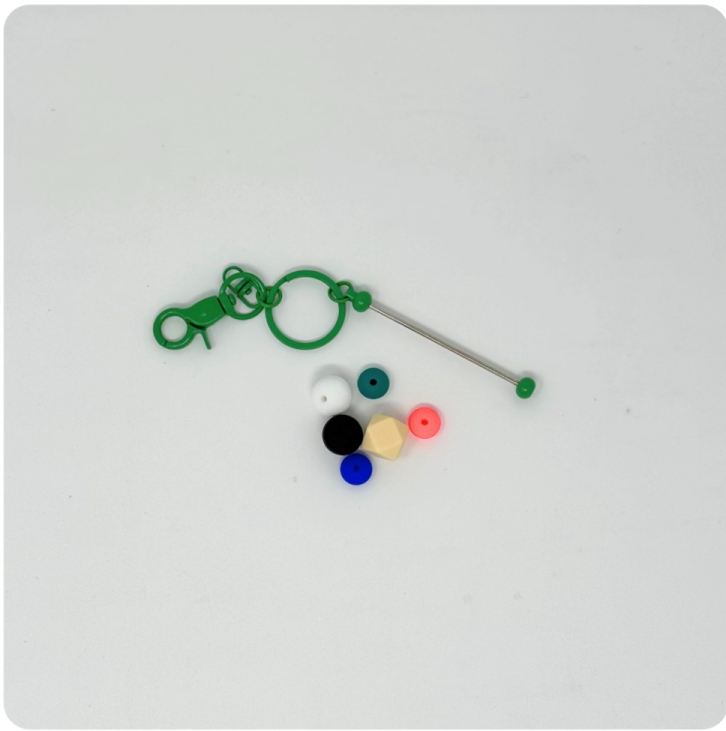
After



STEP 8 OF 11

Build a Fidget Keychain

Use the key chain and silicone beads to create a fidget key chain. This makes a fun, soothing tool for someone who could use a little calm and kyndness on the go.





STEP 9 OF 11

Pack the Teen Mental Health Kit

Pack all of the materials into the decorated plastic bag and put it back into the original box.

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

Optional Items to Add:

- Self care items

- Journal
- Puzzle books
- Fidget toys

Items not to include:

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

STEP 10 OF 11

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