

YOUTH MENTAL HEALTH FIRST AID KIT

DON'T BOX UP YOUR EMOTIONS

MENTAL HEALTH
FIRST AIDERS

PROMOTE POSITIVE MENTAL HEALTH COPING MECHANISMS
AND STRATEGIES AMONGST YOUNG PEOPLE!

GOT YOUR ATTENTION?


WHAT CAN THE MENTAL HEALTH FIRST AID KIT INCLUDE?




RECIPES FOR HOMEMADE PUTTY, LAVENDER DOUGH,
AND A GUIDE ON HOW TO MAKE A GLITTER JAR


Young Peoples Rights
YOUNG PEOPLES RIGHTS


FEEL GOOD NOTES


FIDGET CUBE


ADVICE ON SMOKING,
DRUGS, AND ALCOHOL


STRESS BALL


SIGNS AND SYMPTOMS
OF MENTAL ILLNESS


RELAXATION GUIDES
AND TECHNIQUES


COLOUR THERAPY
BOOKS


Be the change
you want
to see in the
world
POSITIVE QUOTES
AND IMAGES

TO DOWNLOAD ALL THE TOOLS FROM OUR
MENTAL HEALTH FIRST AID KIT GO TO WWW.CHILYPEP.ORG.UK

