Health and Services Program

Mental Health & Wellness Tool Kits

A coping tool kit is a physical container that houses items you can use to help you calm down and express your emotions in healthy ways. There are tons of strategies you can use to calm down, and having a tool kit is one way to keep several of these tools readily available to use.

You will need a box or container of some kind.

Paint and decorate the box! It really is that simple. For decorating, you can use items from your environment (leaves, sticks, and feathers), stickers, painting it, or writing positive messages on it.

Once the box has been created and finished decorating it, the next fun part comes in deciding what to include inside. This is a coping tool kit, so the items in it should be usable for coping skills. The content will depend on your age and what you prefer to do for your coping skill. There are many options to add in the box.

Store the coping box where it is easy to reach and visible to you.

It is most helpful to set aside a few minutes each day to go through the coping tool kit.

The items in your box should activate one or more of your 5 senses. Some of the content ideas can include but not limited to the following:

* + **Sight:** Kaleidoscope, hourglass, snow globe, photos of family, friends, or favorite places;
  + **Sound:** Sound of drums, sound of nature rainstick, chimes, shells (to hold to their ear), written reminder to play a favorite song or playlist;
  + **Touch:** Pieces of hide, stuffed animal, stones, feathers, soft piece of cloth, stress ball, Rubik’s cube, fidget, silly putty;
  + **Smell:** Sage, Scented lotion, herb packet, essential oil, scratch-and-sniff stickers;
  + **Taste:** Mints, tea, water, chewing gum or a piece of candy;
  + **Other ideas:** A go-to book or movie for distraction; journal, sketchpad, or another way to be creative; activities like puzzles, coloring books or Sudoko.

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| **ADULTS/CAREGIVERS/ELDERS** |
| Sage |
| Ludi Musjek (tea leaves) |
| Peppermints |
| Any Additional Items for Self-Care: For example: Epsom Salts, Lotion etc. |
| Adult Colouring Sheets (including Mandelas):  <http://www.supercoloring.com/coloring-pages/flower-mandala-81> |
| Pencil Crayons/Markers |
| Journal/Notebook/Pen |
| Worry Stone/Inspiration Stone, pieces of hide, soft pieces of cloth, shells, sensory bottle |
| Fridge Magnet (for emergency contact information or CSFS business cards for support to community) |
| **EDUCATIONAL INFORMATION** |
| CMHA: Connecting the Dots (cards can be printed off): 11 tips for Mental Health  <https://cmha.bc.ca/wp-content/uploads/2016/07/CTD_Tentcards_2015_single.pdf>  <https://cmha.bc.ca/wp-content/uploads/2016/07/CTD_Tentcards_2015.pdf> |
| First Nations Health Authority (FNHA) Wellness Diary: <https://www.fnha.ca/WellnessSite/WellnessDocuments/Wellness_Diary.pdf#page=7> |
| <https://cyfn.ca/wp-content/uploads/2016/10/Growing-Wellness-Activity_Guide_DIGITAL_FILE.pdf> |
| <https://www.fnha.ca/wellness/wellness-for-first-nations/women-men-children-and-families/child-development/immunization-(vaccine-preventable-diseases)> |
| Excellent Resource for Caregivers (specific information can be printed out as needed): <https://keltymentalhealth.ca/> |
| Caregivers – Information on supporting others: <https://foundrybc.ca/supporting-others/supporting-family-member/> |
| Bounce Back: <https://bouncebackbc.ca/> |
| For Young Adults: <https://foundrybc.ca/> |
| Yoga Poses: <https://cdn.shopify.com/s/files/1/0956/7354/files/commom_yoga_poses_pdf_printable-min.pdf?v=1589454815> |

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| **EMERGENCY RESOURCES (For Families)** |
| Kids Help Phone [**Kids Help Phone**](https://kidshelpphone.ca/) ([1-800-668-6868](tel:1-800-668-6868))has toll-free, 24-hour phone,counselling and referral service for young people. You can also connect by texting CONNECT to 686868, and chat confidentially with a trained, volunteer Crisis Responder for support with any issue, if you would like to stop the conversation text STOP.  [Phone](tel:1-800-668-6868) and [text message](sms:686868) are available 24/7 so you can connect whenever and however you want. It's safe, private and non-judgmental.  • 1-800-SUICIDE If you are in distress or are worried about someone in distress who may hurt themselves, call 1-800-SUICIDE (1-800-784-2433) 24 hours a day to connect to a BC crisis line, without a wait or busy signal.  • KUU-US Crisis Line Society First Nations and Aboriginal specific 24/7 crisis line based in Port Alberni and serving the entire province. Toll-free: 1-800-588-8717 - Youth Line: 250-723-2040 - Adult Line: 250-723-4050.  •Native Youth Crisis Hotline - 1-877-209-1266 Answered by staff 24/7. Available throughout Canada and US.  •Youth in BC Visit www.youthinbc.com for youth resources or chat with a counselor online. You can also call 1-866-661-3311 (toll-free in BC) 24 hours a day. Youth Against Violence Line [The Youth Against Violence (YAV) Line](http://youthagainstviolenceline.com/how.html) is a 24/7 anonymous and confidential line to talk to a trained support worker. You can contact them about bullying, gang activity, harassment, intimidation, sexual exploitation, and many other issues. This service is also available in multiple languages.  You can use the YAV line via:   * Phone: [1-800-680-4264](tel:1-800-680-4264) * Text: [604-836-6381](sms:604-836-6381) * Email:[info@youthagainstviolenceline.com](mailto:info@youthagainstviolenceline.com)   •310-6789 (no area code needed) Mental Health Information Line Answered 24/7/365 it provides empowering emotional support, information on appropriate referral options and a wide range of support relating to mental health concerns. See the Here to Help website for more information: www.heretohelp.bc.ca/ |

