

# Mental Health Thrival Kit for Students



The school year is a time of stress and anxiety for many youth. This year, for many students, it will be the first time they have gone back inside the school building for more than a year and a half. Directing Change has come up with a plan to make this transition easier. Our **Back to School Mental Health Thrival Kit** is designed to give students a space to record all of their thoughts and feelings as they return to school. The kit includes a notebook with prompts that ask our students to think about their feelings and provides coping strategies for mental health wellness. Also included are color pencils to draw, doodle, and dream and crisis resources.

## Will you help bring these kits to every student in California?

- Sponsor a classroom – \$250 (30 kits)
- Sponsor a school – \$2500 (500 kits)
- Sponsor a district – \$10,000 to \$50,000

For more information about this and other opportunities to support Directing Change please reach out to La Tisha Conto at [latisha@directingchange.org](mailto:latisha@directingchange.org).

The Directing Change Program is an established non profit organization dedicated to educating young people about mental health, suicide prevention and other critical health and social justice issues through the medium of film and art. The program prepares students to recognize signs of distress and how to seek help for themselves or a friend; provides curriculums and trainings to educators and school administrators to impact school climate, policies and practices; facilitates parent workshops; and offers 24/7 crisis support to schools after a student suicide.