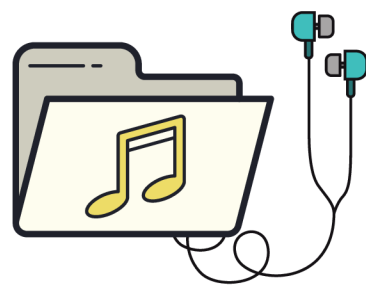
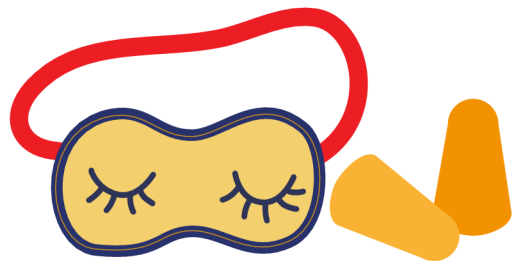
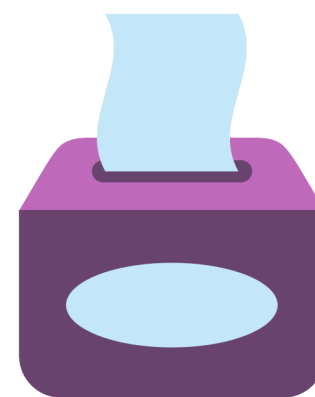
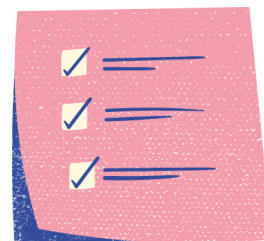


eye mask and ear plugs/noise cancellation headphones to block out external stimulation for a bit.



a playlist with your favourite uplifting/soothing tracks along with earphones.

a list of helpful coping strategies, and safety plan if required



a box or packet of tissues. because it's okay to cry.



a bottle of water and oral rehydration powder sachets.



Interior Gardening
Psychological Services

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soothing herbal teas like chamomile, lemon and honey, lemongrass, peppermint.



photos of fond memories and people. letters from others to you, or from you to yourself to read in difficult times. include your favourite inspirational quotes.



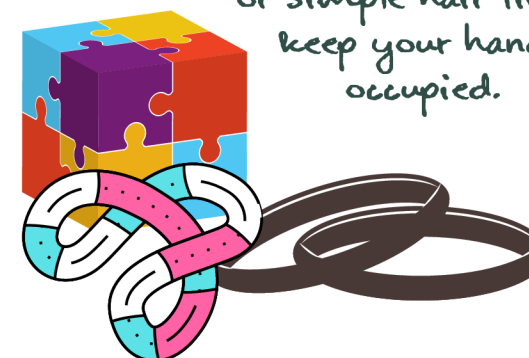
your prescription meds (if any), antacid or anti-nausea meds (as prescribed by your gp) + a list of professionals / helplines / friends / family to call for support.



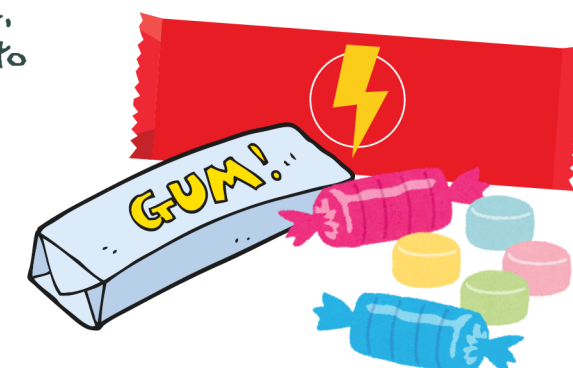
a journal to write or art about your thoughts and feelings in. + art supplies like crayons and coloured pens to doodle with, or a copy of 'wreck this journal'.



fidget toys like the tangle, a rubik's cube, a puzzle book, or simple hair ties to keep your hands occupied.



candy, gum, or dark chocolate to stimulate your taste sense. energy bars to keep up your blood sugar levels.



a soft toy, cushion or your favourite blanket to hug.

MENTAL HEALTH CRISIS KIT

Customise your kit to fit your own needs. Add in other personal objects that you would find supportive or soothing. Replenish your kit as frequently as needed.