

Send Hope

Create a Care Package to Foster Mental Health



Sending care packages is a great way to show your love and support from afar. We have provided a shopping list of different gifts that focus on mental health and could help brighten someone's day. Add these items to a care package and let your loved ones know you care.

- Mindfulness cards
- Sunrise alarm clock
- A hand-written note
- Weighted blanket (these blankets help with self-regulation and can aid in better sleep)
- Snacks or easy meal kits and recipes for when you don't have the time or motivation to cook
- Fidget toys
- Journal/gratitude journal
- [Hope Notes](#)
- Books
- Coloring books and art supplies
- A "happy box" containing their favorite memories and mementos—photographs, letters, notes, ticket stubs, etc.
- Gift cards to help with daily life needs like groceries, gas, meals, and household products
- A nice pillow (people who struggle with different mental health conditions often have trouble getting good sleep)
- Grounding stones/gems (many people use stones to help with finding balance, energy, and comfort)
- Light therapy lamp
- Twinkle lights
- Candy/sweet treats
- Mini hygiene products: tissues, deodorant, body wash, toothpaste, facewash, lotion, etc.
- Candles
- Inspirational stickers or shirts
- A photo from home