



Idaho  
Commission  
for Libraries

# TEEN CONNECTION KIT

## TEEN MENTAL HEALTH



### DESCRIPTION

Access to mental health resources is crucial for teens, yet many teens struggle to access the support they need due to stigma, lack of awareness, or limited resources. Providing teens with access to mental health resources and education can significantly improve their overall well-being and long-term outcomes. Designed with diverse needs in mind, this kit combines educational materials with interactive tools to empower teens in navigating the ups and downs of life with resilience and self-awareness.

### CONTENTS

- Book:** *Life Inside My Mind: 31 Authors Share Their Personal Struggles*
- Book:** *A Growth Mindset for Teens*
- Book:** *Your Brain Needs a Hug: Life, Love, Mental Health, and Sandwiches*
- Stress Relief & Selfcare Cards**
- Self-Esteem Thumball**
- The Calm Ball**
- Affirmation Cards**