

# Program toolkits

Trying to find the exact resources you need can sometimes be challenging. Each of these interactive toolkits provides a comprehensive guide on specific topics. Explore conveniently packaged tip sheets, videos, flash courses, audio lessons and more to help enhance overall mental health and wellbeing.



## Mental Health First Aid Toolkit

Develop skills to identify, understand and respond to signs of mental illness. [www.mhfirstaid.tools](http://www.mhfirstaid.tools)



## Critical Incidents Toolkit

Learn practical steps and helpful coping skills to manage the emotional distress that often accompanies these events. [www.criticalincidents.tools](http://www.criticalincidents.tools)



## Resiliency Toolkit

Overcome various challenges with resources to apply energy and passion into taking care of yourself. [www.resiliency.tools](http://www.resiliency.tools)



## Natural Disaster Toolkit

Cope with stressors that accompany disasters and discover information on preparedness, communication plans, cleanup efforts and more. [www.naturaldisaster.tools](http://www.naturaldisaster.tools)



## Mindfulness Toolkit

Discover the benefits of mindfulness, navigate distractions and live fully in the present. [www.mindfulness.tools](http://www.mindfulness.tools)



## Addiction Toolkit

Understand the types of addiction and get the support you need. [www.addictionToolkit.tools](http://www.addictionToolkit.tools)



## Meditation Toolkit

Boost self-confidence, empathy, compassion and patience to find peace and clarity. [www.meditate.tools](http://www.meditate.tools)



## 1in5 Anti-stigma Campaign Toolkit

“Start the conversation” and raise awareness around mental health with a loved one, co-worker or classmate. [www.1in5.info](http://www.1in5.info)



## Sleep Fitness Toolkit

Learn habits to get a good night's sleep instead of tossing and turning. [www.sleepfitness.tools](http://www.sleepfitness.tools)



## Additional resources

Tap into an extensive library of fresh content to help improve and support your emotional, physical and overall wellbeing. [www.wellbeing.place](http://www.wellbeing.place)



1-888-881-LINC (5462)



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