**2024 Mental Health Awareness Coping Tools** (Courtesy of Mental Health America)

* [Coloring pages (PDF)](https://mhanational.org/sites/default/files/MHM/2024/toolkit/Coloring-pages.pdf)
* [Worksheet: Dealing with tough situations (PDF)](https://mhanational.org/sites/default/files/MHM/2024/toolkit/Tough-situations-worksheet.pdf)
* [Worksheet: Looking for good (PDF)](https://mhanational.org/sites/default/files/MHM/2024/toolkit/Looking-good-worksheet.pdf)
* [Worksheet: Managing frustration and anger (PDF)](https://mhanational.org/sites/default/files/MHM/2024/toolkit/Managing-frustation-worksheet.pdf)
* [Worksheet: Processing trauma and stress (PDF)](https://mhanational.org/sites/default/files/MHM/2024/toolkit/Processing-trauma-worksheet.pdf)
* [Worksheet: Social confidence and connections (PDF)](https://mhanational.org/sites/default/files/MHM/2024/toolkit/Social-confidence-worksheet.pdf)
* [Where to go decision map (PDF)](https://mhanational.org/sites/default/files/MHM/2024/toolkit/Decision-map.pdf)
* [Time to talk letter (PDF)](https://mhanational.org/sites/default/files/MHM/2024/toolkit/Time-to-talk-letter.pdf)
* [What's underneath word bank (PDF)](https://mhanational.org/sites/default/files/MHM/2024/toolkit/Whats-underneath-word-bank.pdf)