

# LITERAL LIFESAVERS



## PURPOSE:

### Why?

The Literal Lifesavers activity provides immediate access to critical mental health resources by attaching hotlines and support information to Lifesaver candies, ensuring help is always close at hand. This innovative approach raises awareness and offers a tangible reminder that help is available.

## HOW TO:

### Materials & Budget

- Lifesaver candies (\$5/pack)
- Card stock paper (\$10)
- Markers, pens, pencils (\$10 or free if you can use school materials)
- Scissors (\$5 or free if you can use school materials)
- Double sided tape (\$5 or free if you can use school materials)

### Instructions

- Cut strips of paper, preferably card stock.
- Write hotlines, names, and phone numbers of people you can reach out to, self-care ideas and other resources on paper.
  - You can also use the student crisis cards BC2M provides in the club kit!
- Decorate the paper with markers and glitter.
- Tape each lifesaver on the paper.
- Pass out the lifesavers to your peers in passing or at a club fair!

# Timeline

You need to plan this event 1 week in advance. It requires going shopping. The actual activity should take 30-60 minutes to write all the hotlines and 30 minutes to hand out to your peers.

# Impact

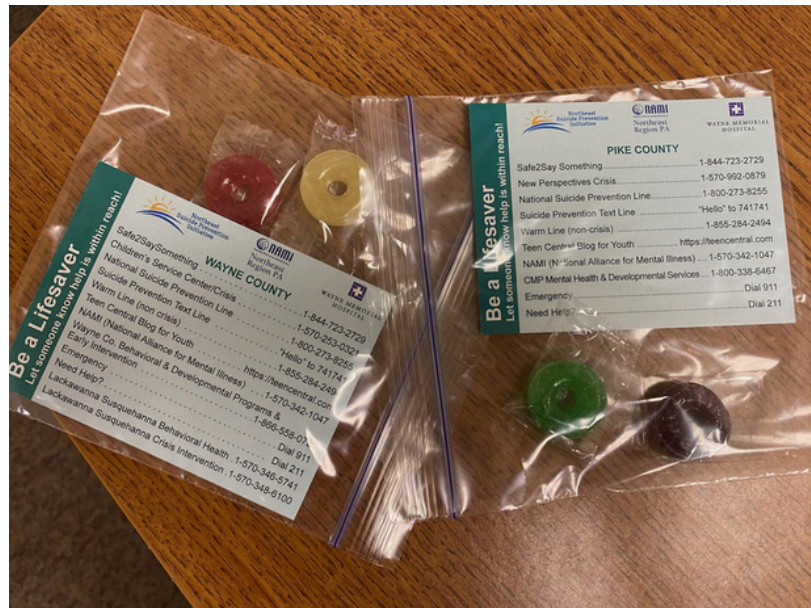
This activity is great way to spread mental health awareness and resources to the entire school-wide community.

# Example(s)

Example from Staten Island Academy High School BC2M!



Example of literal lifesavers.



Post photos from this activity to your club Instagram and tag @bc2mhighschool

