



**North Yorkshire**  
County Council



**Borrow a Self Care Toolkit from your library**

[www.northyorks.gov.uk/libraries](http://www.northyorks.gov.uk/libraries)

# SELF care TOOLKIT

**The Self Care Toolkit is a portable collection of items, books and activities for individuals or groups to share at home, in the library, or out in the community. The kits and their contents aim to promote and encourage young people to practice self-care and enhance mental wellbeing.**

## **How can Self Care Toolkits help**

The kit provides a variety of self-help activities that you can try out to see if they improve your health and wellbeing. The kit can be used by an individual or as part of a group activity. There is potential to:

- Improve mental health and wellbeing
- Promote self-care
- Explore something new
- Provide a talking point
- Discover more about library services
- Contribute to the further development of the kits

## **Where do I find it?**

You can borrow a kit from your local library for up to three weeks. If a kit is not available, you can reserve it free of charge.

## **Joining the Library**

It is free and easy to join your local library. You can borrow books, audio books, DVDs, make use of the library computer facilities, access a wide variety of free online information resources, borrow ebooks and eaudio books and read emagazines, and ecomics. Libraries also have free Wi-Fi and some are able to offer study space. There are fantastic volunteering opportunities too!

## **Tell us what do you think...**

There is a feedback form about the Self Care Toolkit included in each kit for you to complete.



**Libraries have lots going on so don't forget to visit in person or on social media to find out more about our activities and events**