

YOUTH

Mental Wellness Quick Card



Kids should feel included, supported, and never responsible for adult decisions

Preparedness is not just about supplies. It is also about helping kids and teens feel safer, calmer, and less alone before, during, and after a storm.

What helps me feel calm?	
Comfort item I want nearby	
Trusted adult I can talk to	
Calming activity I can do	
Friend I may want to check on	
One question I want to ask my family	

STUDENTS CAN SAFELY HELP BY:

- ☐ Asking questions
- ☐ Packing comfort items
- ☐ Helping younger siblings with calm activities
- ☐ Checking on friends after the storm

STUDENTS SHOULD NOT:

- ☐ Decide whether to evacuate
- ☐ Judge whether a home is safe
- ☐ Handle medical decisions
- ☐ Carry someone else's mental health alone

If someone may be unsafe or overwhelmed, tell a trusted adult immediately.