MMHM Care Packages

These kits are created intentionally based off need and knowledge, especially the recovery care packages. Therefore, we ask that you do NOT flex too far from what we have on the lists as we do not have the storage space to keep additional items that can't go in the kits.

Please buy in bulk. This helps us make multiple packages at one time.

If you're purchasing off the Amazon lists, please mail your donations directly to us at:

Make Mental Health Matter

7173 S Havana St. STE 600-178

Centennial, CO 80112

Homeless Care Packages:

Amazon List: https://a.co/7nGjTmc

Food items: (nonperishable)
Water bottle
Trail mix snack bag
Granola bar
Apple sauce (squeeze not cups)
Fruit snacks
Rice crispy treat
(any other nonperishable food)
Backpack
Ziplock Gallon Bags
Emergency blanket (mylar foil blanket)
Socks (men's and women's, all sizes)
Band-Aids
Chapstick
Hand sanitizer

Toiletry kits or individual:
Shampoo/Conditioner
Toothbrush
Toothpaste
Comb
Deodorant
Soap
Feminine products
Shaving kits

Summer kits:
Sunscreen
Rain poncho

Winter kits:
Beanies
Gloves
Hand warmers

Leveled up kits:
Bathing wipes
Flashlights
Emergency survival sleeping bag
Headlamps
Portable toilet bags

Recovery Care Packages:

Amazon List: https://a.co/9xNvhY5

Theme: Inspirational/ warm/ cozy/ motivational/ things to keep busy/ sometimes have nothing

Backpack (cannot have strings)
Socks (men/women all sizes)
Shower shoes/flip flops
Some kind of game (card, puzzle, travel board)
Journal and Pen 6-in-1
Coloring book and Coloring pencils
Chapstick (cannot have menthol in it)
Pocket hug/ keychain/ something inspiring
Recovery Inspiration Cards
Recovery Stickers
Water bottle (plastic)
Handwritten motivational card
Cozy blanket small
Book (something motivational or in the recovery category)
Shirt
Joggers
Sport bras

**Reach out to support@mmhm.org with questions