

# What Can a Banner Bag Do For You?



Our Banner Bag promotes mental health and wellness by bringing tools and resources to those battling anxiety, depression, and other ailments. Tailored specifically to meet these needs, the Banner Bag bridges the gap between initial, discharge, follow on care, or simply assists those in need.

## Contents

- Coffee Gift Cards
- Meal Gift Cards
- Laundry Vouchers
- Gym/Yoga Vouchers
- Resource Information
- Journal Book

- Fidget Spinner
- Stress Ball
- Puzzle Book

No cost to public  
Low cost to create  
1 bag ~\$150

## Roll Out

- Hospitals/Providers
- Military Bases
- VA Facilities
- Police/Fire Stations
- Libraries

- Churches
- Coffee Shops
- Community Centers
- Businesses
- & More



**Breaking down Mental Health barriers through care, advocacy, and education.**

[www.raiseyourbanner.org](http://www.raiseyourbanner.org)