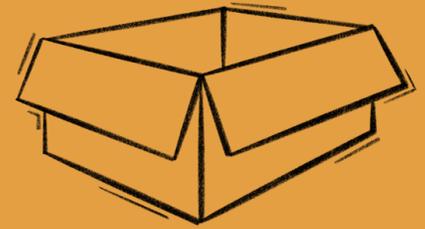


# WHAT IF YOU COULD

## Better Box

Two years ago Tessa brought this amazing idea of Better Box to Camp What If with the hope to assist those in the community who may be struggling with their mental health. The idea is to have a box full of resources that can be checked out at the local library. These resources will include sensory coloring books, fidgets, professionals' names and numbers, motivational phrases, and journals that could be taken or written in then left there to show others they are not alone.



During What If You Could, with the help of some of her classmates, Tessa continued to develop this idea and created a prototype that in February they pitched to the North Canton Library. They now have individuals from Child and Adolescent Behavioral Health that want to talk with them and help them through this process moving forward!

