

EPIC BOX

Exploring Possibilities in Crossroads



Hello! Welcome to your E.P.I.C. Box. where we Exploring Possibilities in Crossroads. There are limitless possibilities for people even when dealing with mental health situations. Feelings of stress, anxiety or depression are normal. With the right resources, there are unlimited possibilities awaiting each and every student to make it through tough times. Crossroads wants students to be able to use positive coping to help them deal with these feelings rather than turn to risky coping mechanisms. What does "positive coping" mean? Positive coping skills can be used when you are feeling angry, upset, stressed, anxious, or sad. It is completely normal to express these feelings, but we want to find a way to handle them in a healthy way. The items in this box can all be used when you are feeling anxious or stressed. A description of how you can use these items and how they can help is provided on the description card included in each Epic Box. We hope to provide participants with EPIC Relaxation.

Why EPIC Boxes?

EPIC Boxes are cultivated to answer some of the needs of youth in Norman, OK. Based on OPNA survey data, there is an increase in depression and anxiety among teens. An increase of emergency room visits based on mental health-related issues increased 25% during the pandemic because traditional resources were restricted. The EPIC box helps students explore possibilities in Crossroads to live a happy, fulfilling life even when they experience periods of depression or anxiety.

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Request a Box

Working with Norman, OK and surrounding areas for the 2021-22 school year is our goal. If you know a student in need of some resources, getting help is as simple as filling out a simple referral form. This box is intended to help parents, students, and community members work together to help students navigate their feelings and be provided with some enjoyable tools they can use to work through anxious moments.

How do I get a box?

Click the [link](#) or

scan the QR code and complete the EPIC Box request form.



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On its way.

We will cultivate a box specifically for the student in need and have it delivered directly to their doorstep.

Once delivered, we will follow up to ensure delivery, get feedback, and see if any additional services are needed from our counseling team.

Want to donate a box?

If you want to help, but don't have anyone directly that comes to mind in need of this resource, we are accepting donations. \$25 purchases a box for a student near you. If you have a specific student in mind, you can pay for that box directly as well.

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