



Access patch program resources using the links below.
[Submit a patch request here](#) once you have earned the patch(es). Patches available to GSMISTS Girl Scouts FREE thanks to sponsorship from *Priority Health*.



Program	Cost	Attendees	Other
Mental Health & Wellness Patches			
Life isn't always easy, but dealing with tricky emotions doesn't have to be! Get started on your self-care journey with fun, grade-appropriate activities that help you discover and tap into your inner strength.	FREE	No minimum No maximum	Patches must be requested via jotform link above. Requests must be received by September 30, 2025

[Resilient. Ready. Strong.](#)

[Knowing My Emotions](#)

[Finding My Voice](#)

[Showing Up for Me and You](#)

