



ADMORE
BEHAVIORAL THERAPY
CARE WHERE YOU ARE

COMMUNITY MENTAL HEALTH • TEXAS

MENTAL HEALTH AWARENESS BINGO

Small steps. Big impact. Let's care for our minds and each other. ♥

CARE WHERE YOU ARE

 Supported someone else	 Set a healthy boundary	 Learned a coping skill	 Shared a positive message	 Did something kind for myself
 Learned about mental health resources	 Talked about mental health	 Got enough rest	 Did an activity that brings me joy	 Wrote down something I'm grateful for
 Practiced deep breathing	 Celebrated a small win	 FREE SPACE Mental Health Matters CARE WHERE YOU ARE	 Practiced mindfulness	 Took time away from screens
 Complimented someone	 Spent time with someone I care about	 Learned something new about wellness	 Asked for help when needed	 Went for a walk or moved my body
 Made time for self-care	 Checked in on a friend	 Listened without judgment	 Took a break when I needed one	 Identified a feeling I had today

♥ YOU MATTER

Let's keep showing up for our mental well-being.

HOW TO PLAY

- Complete the activities in each square
- Get 5 in a row (horizontal, vertical, or diagonal)
- Encourage conversations about mental wellness

NEED SUPPORT?

We're here for you. ♥

1-855-923-6673



♥ CARE WHERE YOU ARE ♥

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