



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

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

♥ 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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