



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

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

♥ 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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