



**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

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

### ♥ 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 ♥

CARD 19 OF 25