



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

### ♥ 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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