



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

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

♥ 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 25 OF 25