



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



Took a break when I
needed one



Learned a coping skill



Practiced deep breathing



Checked in on a friend



Did something kind for
myself



Went for a walk or moved
my body



Shared a positive
message



Talked about mental
health



Listened without
judgment



Identified a feeling I had
today



Wrote down something
I'm grateful for



Asked for help when
needed



FREE SPACE
Mental Health Matters
CARE WHERE YOU ARE



Took time away from
screens



Practiced mindfulness



Learned about mental
health resources



Celebrated a small win



Supported someone else



Set a healthy boundary



Got enough rest



Did an activity that brings
me joy



Spent time with someone I
care about



Learned something new
about wellness



Complimented someone



Made time for self-care

♥ 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 ♥