

B	I	N	G	O
Take Medication	Asking For help	Go To Doctor for Check-ups	Self-Advocacy	Physical Health
Exercise	Support System	Responsibility	Attend Self Help Groups	Speaking Up
Talking to Counselors	Education	Hope	Mental Health	Setting Boundaries
Peer Support	Self Care	Goals	Recovery	Emotional Health
Self-Awareness	Free Space	Wellness Plan	Get Enough Sleep	Healthy Diet

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Talking to Counselors	Education	Speaking Up	Attend Self Help Groups	Emotional Health
Get Enough Sleep	Setting Boundaries	Hope	Physical Health	Self Care
Exercise	Go To Doctor for Check-ups	Responsibility	Recovery	Take Medication
Peer Support	Free Space	Support System	Goals	Self-Advocacy
Self-Awareness	Wellness Plan	Healthy Diet	Asking For help	Mental Health

B	I	N	G	O
Setting Boundaries	Recovery	Free Space	Get Enough Sleep	Goals
Emotional Health	Healthy Diet	Exercise	Hope	Take Medication
Peer Support	Self-Awareness	Responsibility	Education	Support System
Talking to Counselors	Self Care	Wellness Plan	Attend Self Help Groups	Asking For help
Mental Health	Speaking Up	Self-Advocacy	Go To Doctor for Check-ups	Physical Health