

B	I	N	G	O
Stop Discrimination	Anxiety	Dignity	Respect confidentiality	Misunderstanding
Depression	Speak out against stigma	People can recover	Cognitive Changes	Resilience
Share and learn from each other	Strength and Encouraging	FREE	Community	Loneliness
Mental illness is a medical condition	Respect everyon e	Mental well-being	Learn the facts	Open Conversations
Invisible illness	Dementia	People with mental illness can work	Support	Depression

B	I	N	G	O
Strength and Encouraging	Cognitive Changes	Respect confidentiality	Depression	People can recover
Dignity	Support	Misunderstanding	Dementia	Resilience
Mental illness is a medical condition	Community	FREE	Loneliness	Anxiety
Learn the facts	People with mental illness can work	Stop Discrimination	Depression	Respect everyone
Mental well-being	Open Conversations	Share and learn from each other	Speak out against stigma	Invisible illness

B	I	N	G	O
Dementia	People with mental illness can work	Cognitive Changes	Open Conversations	Community
Stop Discrimination	Mental illness is a medical condition	Mental well-being	Speak out against stigma	Misunderstanding
Share and learn from each other	Depression	FREE	Respect everyone	Learn the facts
Strength and Encouraging	Resilience	Respect confidentiality	Support	Dignity
Loneliness	Anxiety	People can recover	Depression	Invisible illness