B	I	N	G	O
Time when you used substances to cope with mental health symptoms	A boundary you set that was important for your mental health and/or substance use	Healthy coping skill for substance use	Positive recovery goal	How you manage setbacks without relapsing
Feelings or stigma or judgement you've faced	Supports (family friends peers etc.)	Mental health symptom you experience	A lesson from the past you use to support your present recovery journey	Someone in your life who models healthy coping or balanced recovery
A positive habit you've maintained during treatment	Identify a relapse warning sign	**FREE**	How do you prepare or address signs of relapse and/or worsening mental health	Something that keeps you motivated when recovery and/or mental health feels tough
How does substance use impact your mood	Share a way to manage cravings or urges	How relationships have been affected by substance use and mental health	Mental health symptoms	How change in one area (mental health or substance use) affected the other
How anxiety or depression affects your substance use	Identify a mental health warning sign	A resource or hotline you have used or heard about	Challenge you faced when managing both mental health and substance use	Self care activity you use

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B	I	N	G	O
How do you celebrate victories/achievements in a healthy way	A positive habit you've maintained during treatment	How do you prepare or address signs of relapse and/or worsening mental health	Supports (family friends peers etc.)	A lesson from the past you use to support your present recovery journey
Time when you used substances to cope with mental health symptoms	Something that keeps you motivated when recovery and/or mental health feels tough	Identify a relapse warning sign	Positive recovery goal	Identify a mental health warning sign
How does substance use impact your mood	How you manage setbacks without relapsing	**FREE**	Feelings or stigma or judgement you've faced	Healthy coping skill for substance use
Mental health symptom you experience	Times when one condition made it harder to address the other	Self care activity you use	Share a way to manage cravings or urges	A resource or hotline you have used or heard about
Challenge you faced when managing both mental health and substance use	Mental health symptoms	A boundary you set that was important for your mental health and/or substance use	How relationships have been affected by substance use and mental health	Trigger that affect both substance use and mental health

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B	I	N	G	O
Times when one condition made it harder to address the other	Have you been diagnosed with an emotional or mental health disorder?	A positive habit you've maintained during treatment	Self care activity you use	Feelings or stigma or judgement you've faced
Identify a relapse warning sign	Healthy coping skill for mental health	Trigger that affect both substance use and mental health	A lesson from the past you use to support your present recovery journey	Time when you used substances to cope with mental health symptoms
How relationships have been affected by substance use and mental health	Challenge you faced when managing both mental health and substance use	**FREE**	Positive recovery goal	How do you prepare or address signs of relapse and/or worsening mental health
Healthy coping skill for substance use	How do you celebrate victories/achievements in a healthy way	A boundary you set that was important for your mental health and/or substance use	How anxiety or depression affects your substance use	Identify a mental health warning sign
Mental health symptoms	Supports (family friends peers etc.)	Share a way to manage cravings or urges	How does substance use impact your mood	Someone in your life who models healthy coping or balanced recovery

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