

B	I	N	G	O
Support Groups	Aching	ADHD	Depression	Psychologist
Low Self-Esteem	Breathe	Sponsor	Meeting	Addiction
Shakes/DT's	Anxiety	FREE	Guilt	Be a Friend
Insomnia	Seek Help	Loss of Interest	PTSD	Sexual/Gender Disorders
Psychiatrist	Flashbacks	Higher Power	Excessive Fears/Worries	Medication

B	I	N	G	O
Insomnia	Eating Disorders	Anxiety	Ask	Medication
Low Self-Esteem	Loss of Interest	Alcohol/Drug Abuse	Shakes/DT's	Anxiety
STD's	Guilt	FREE	Higher Power	Sponsor
Addiction	Support Groups	Smile! :)	Psychologist	Manic Episode
Breathe	Depression	PTSD	Therapy	Psychiatrist

B	I	N	G	O
Mood Swings	Seek Help	Anxiety	Ask	PTSD
Manic Episode	Breathe	Psychiatrist	Medication	Aching
Guilt	ADHD	FREE	Low Self-Esteem	Medication
Steps	Anxiety	Withdrawal	Trigger	Bursts of Anger
Therapy	Alcohol/Drug Abuse	STD's	Meeting	Counselor