

Mental Health Bingo

Speak up	Avoid alcohol	Healthy sleep	Schizophrenia	PTSD
Group Therapy	Social Worker	Phobias	Breathe	Relax
Self Care	Sunlight	FREE	Eating Disorder	Insomnia
Journaling	Seasonal Affective Disorder	Learned Emotions	Impulse-Control	Personality Disorder
Hydrate	Exercise	Reach out	Treatment	Healthy food

Mental Health Bingo

Sunlight	Breathe	Schizophrenia	Group Therapy	Phobias
Healthy sleep	Treatment	PTSD	Exercise	Relax
Journaling	Eating Disorder	FREE	Insomnia	Avoid alcohol
Impulse-Control	Reach out	Speak up	Healthy food	Seasonal Affective Disorder
Learned Emotions	Personality Disorder	Self Care	Social Worker	Hydrate

Mental Health Bingo

Exercise	Reach out	Breathe	Personality Disorder	Eating Disorder
Speak up	Journaling	Learned Emotions	Social Worker	PTSD
Self Care	Healthy food	FREE	Seasonal Affective Disorder	Impulse-Control
Sunlight	Relax	Schizophrenia	Treatment	Healthy sleep
Insomnia	Avoid alcohol	Phobias	Group Therapy	Hydrate