

B	I	N	G	O
UMD Counseling Center	Active Listening	Dramatic Changes in Mood	Substance Abuse	National Suicide Prevention Hotline
Body Dysmorphic Disorder	Threatening Behavior	Panic attack	Alcoholism	Self-injury
Therapy	UMD Mental Health Services	FREE	Anorexia	Maryland Crisis Hotline
Meditation	Support Groups	Mood Disorders	Hopelessness	PTSD
Exercise	Anxiety Disorders	Phobias	UMD Police Department	Bulimia

B	I	N	G	O
UMD Mental Health Services	Alcoholism	Substance Abuse	Body Dysmorphic Disorder	Panic attack
Dramatic Changes in Mood	UMD Police Department	National Suicide Prevention Hotline	Anxiety Disorders	Self-injury
Meditation	Anorexia	FREE	Maryland Crisis Hotline	Active Listening
Hopelessness	Phobias	UMD Counseling Center	Bulimia	Support Groups
Mood Disorders	PTSD	Therapy	Threatening Behavior	Exercise

B	I	N	G	O
Anxiety Disorders	Phobias	Alcoholism	PTSD	Anorexia
UMD Counseling Center	Meditation	Mood Disorders	Threatening Behavior	National Suicide Prevention Hotline
Therapy	Bulimia	FREE	Support Groups	Hopelessness
UMD Mental Health Services	Self-injury	Substance Abuse	UMD Police Department	Dramatic Changes in Mood
Maryland Crisis Hotline	Active Listening	Panic attack	Body Dysmorphic Disorder	Exercise