

B	I	N	G	O
Feelings or stigma or judgement you've faced	Have you been diagnosed with an emotional or mental health disorder?	How do you prepare or address signs of relapse and/or worsening mental health	Mental health symptoms	Times when one condition made it harder to address the other
A resource or hotline you have used or heard about	Healthy coping skill for mental health	Identify a relapse warning sign	Self care activity you use	Something that keeps you motivated when recovery and/or mental health feels tough
A boundary you set that was important for your mental health and/or substance use	How change in one area (mental health or substance use) affected the other	FREE	Share a way to manage cravings or urges	Trigger that affect both substance use and mental health
A positive habit you've maintained during treatment	Healthy coping skill for substance use	Identify a mental health warning sign	Positive recovery goal	Time when you used substances to cope with mental health symptoms
Challenge you faced when managing both mental health and substance use	How anxiety or depression affects your substance use	How relationships have been affected by substance use and mental health	Mental health symptom you experience	Supports (family friends peers etc.)

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A lesson from the past you use to support your present recovery journey	How do you celebrate victories/achievements in a healthy way	How you manage setbacks without relapsing	Someone in your life who models healthy coping or balanced recovery	Times when one condition made it harder to address the other
Challenge you faced when managing both mental health and substance use	How anxiety or depression affects your substance use	Identify a mental health warning sign	Mental health symptom you experience	Something that keeps you motivated when recovery and/or mental health feels tough
A resource or hotline you have used or heard about	Healthy coping skill for mental health	FREE	Share a way to manage cravings or urges	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	How do you prepare or address signs of relapse and/or worsening mental health	Self care activity you use	Trigger that affect both substance use and mental health
Feelings or stigma or judgement you've faced	Have you been diagnosed with an emotional or mental health disorder?	How does substance use impact your mood	Mental health symptoms	Supports (family friends peers etc.)

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Feelings or stigma or judgement you've faced	How do you celebrate victories/achievements in a healthy way	How do you prepare or address signs of relapse and/or worsening mental health	Someone in your life who models healthy coping or balanced recovery	Time when you used substances to cope with mental health symptoms
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A resource or hotline you have used or heard about	Have you been diagnosed with an emotional or mental health disorder?	FREE	Positive recovery goal	Something that keeps you motivated when recovery and/or mental health feels tough
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A lesson from the past you use to support your present recovery journey	How change in one area (mental health or substance use) affected the other	How does substance use impact your mood	Mental health symptoms	Times when one condition made it harder to address the other