

Mental Health Bingo

Teeth Grinding	Basketball	Anxiety	Irritability	Rapid Heartbeat
Obsession	Distress	Suicide	Peer Group	Cleaning
Psychologist	Singing	FREE	Under Eating	Cutting
PTSD	Mood Disorder	Moodiness	Running	Negative Thoughts
Poor Judgement	Shopping	Loss of Objectivity	Learned emotions	Over Eating

Mental Health Bingo

Moodiness	Isolating Self	Cutting	Depression	PTSD
Obsession	Negative Thoughts	Coping Skills	Stress	Rapid Heartbeat
Mental disorder	Suicide	FREE	Cleaning	Under Eating
Basketball	Over Eating	Mood Disorder	Fear	Personality Disorder
Running	Psychologist	Peer Group	Running	Diarrhea

Mental Health Bingo

Poor Judgement	Obsession	Fear	Over Sleeping	Basketball
Mental disorder	Anxiety	Negative Thoughts	Distress	PTSD
Taking Deep Breaths	Depression	FREE	Weight Gain	Use positive Talk
Coping Skills	Rapid Heartbeat	Peer Group	Headache	Under Eating
Cleaning	Teeth Grinding	Diarrhea	Psychologist	Moodiness