B	I	N	G	O
Watch TV	Cooking	Call someone	Go outside	Take a walk
Paint	Fix/Clean something	Use Hotline 1-800-273-8255	Read	Think about loved ones
Deep breathing	Knit/Crochet/Sew	**FREE**	Exercise	Mental Health Walk-in
Talk to staff	Music	Take a time out	Think about happy memories	Help someone
Go to ER	Plan something	Drawing	Play cards	Count to 10

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B	I	N	G	O
Think about loved ones	Drawing	Talk to a friend	Knit/Crochet/Sew	Deep breathing
Mental Health Walk-in	Use Hotline 1-800-273-8255	Cooking	Watch TV	Read
Take a walk	Plan something	**FREE**	Count to 10	Play cards
Fix/Clean something	Go outside	Shop	Watch a movie	Talk to staff
Exercise	Take a time out	Call someone	Paint	Visit your neighbor

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B	I	N	G	O
Drawing	Write	Watch a movie	Fix/Clean something	Count to 10
Talk to a friend	Read	Go for a ride	Cooking	Watch TV
Paint	Exercise	**FREE**	Take a walk	Mental Health Walk-in
Go outside	Play cards	Knit/Crochet/Sew	Go to ER	Take a time out
Visit your neighbor	Follow Safety Plan	Talk to staff	Music	Call someone

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