

B	I	N	G	O
Slipped camhs at least once	... Traits	Had unqualified psychiatrist	Over sharing once close	Lied to psychiatrist once
Cracked phone screen	Sleeves are saviour	Makes memes	Always messaging first	Mh tiktoks
Sleep problems	Trust issues	FREE	Avoids certain people	Has had panick attacks
Intense emotions	Parent(s) dont trust you	Late 5/10 to events	Has Triggers	Listens to music 24/7
Hallucinated at least once	Camhs failed me	Mh got me kicked out of coll	Wants to go uni	Disorder queerie no diagnosis

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