

B	I	N	G	O
Substance Abuse	1/5 Teens	Drugs Alcohol	Not caring about the future	Lack of Energy
Change in Appetite	Sad Angry Irritable	List Trustworthy People	Aches and Pains	National Suicide Prevention Hotline
Relax with Fun Activities	Trauma	FREE	Break Down Problems	Genetics
Good Sleep	Positive Connections	Healthy Diet	Exercise	Limit Screen Time
Emotional Harm	Bulimia	Low Self-Esteem	Trouble Focusing	Doctor

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