B	I	N	G	O
Sexual Assault	Arrested or Detained by Police	Abandonment	Drug Counselling	Physical Abuse
Lost Someone to Homicide	Depression	Sexual Abuse	Natural Disaster	Art Therapy
Period of Isolation/No Friends	Self-Destructive Behaviour	**FREE**	Stress	Been Admitted to a Psych Ward
Mental Health Conditions	Flashbacks/Nightmares	Dealt Drugs	Had/Lost a Child	Rage/Anger Issues
Impulse Control Disorder	Obsessive Compulsive Disorder (OCD)	Seen 5 or more Psychologists	Interviewed or Interrogated by Police	Ever Had Family Court Order

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B	I	N	G	O
Self-Destructive Behaviour	Flashbacks/Nightmares	Ever Been to Court	Lost Someone to Suicide	Had/Lost a Child
Emotional Abuse	Been Bullied	Bought Drugs	Low Self-Esteem	Lost Someone to Homicide
Irritation/Agitation Issues	Attended Therapy	**FREE**	Bipolar Disorder	Post Traumatic Stress Disorder (PTSD)
Experienced Psychotic Episode	Been Admitted to a Psych Ward	Generational Trauma	Sexual Abuse	Art Therapy
Stress	Self-harm	Mental Health Conditions	Physical Abuse	Lost Someone to Illness/Accident

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B	I	N	G	O
Attended Therapy	Generational Trauma	Low Self-Esteem	Self-harm	Had/Lost a Child
Lost Someone to Homicide	Depression Symptoms	Eating Disorder(s)	Not Left Home for 2 Weeks (Due to MH)	Suicide Attempt(s)
Psychosis	Period of Isolation/No Friends	**FREE**	Natural Disaster	Relationship w/ someone 15 yrs or older
Been Admitted to a Psych Ward	Coping with Stress	Depression	Panic Attacks	Lost Someone to Suicide
Low Self-Confidence	Arrested or Detained by Police	Experienced Psychotic Episode	Abandonment	Irritation/Agitation Issues

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