



Mental Health Bingo Instructions

Host Instructions:

- Decide when to start and select your goal(s)
- Designate a judge to announce events
- Cross off events from the list below when announced

Goals:

- First to get any line (up, down, left, right, diagonally)
- First to get all four corners
- First to get two diagonal lines through the middle (an "X")
- First to get a "blackout" (all squares)

Guest Instructions:

- Check off events on your card as they occur
- If you complete a goal, shout "BINGO!". You've won!
- The judge decides in the case of disputes

This is an alphabetical list of all 48 events:

Anorexia nervosa, Anxiety, Anxiety disorder, Binge eating, Biofeedback, Bulimia, Catastrophe, Clinical Psychologist, Cluster suicides, Compulsion, Coping strategy, Cutting, Defense mechanisms, Depression, Distress, Eating disorder, Emotion, Eustress, Fight-or-flight response, Grief, Hierarchy of needs, Identity, Impulse-control disorder, Learned emotions, Mental disorder, Mental rehearsal, Modeling, Mood disorder, Neurologist, Obsession, Optimism, PTS disorder, Peer Group, Perfectionist, Personality, Personality disorder, Pessimism, Phobias, Primary emotions, Psychiatrist, Resilience, Schizophrenia, Self esteem, Self-actualization, Social worker, Stress, Stressor, Suicide.



Mental Health Bingo Call Sheet

This is a randomized list of all 48 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



Anxiety	Bulimia	Phobias	Pessimism	Self esteem
Eating disorder	Mood disorder	Neurologist	Learned emotions	Mental disorder
Mental rehearsal	Impulse-control disorder	Anorexia nervosa	Stress	Stressor
Obsession	Psychiatrist	Biofeedback	Cutting	Schizophrenia
Emotion	Grief	Identity	Social worker	Depression
Suicide	Personality disorder	Hierarchy of needs	Self-actualization	Defense mechanisms



Mental Health Bingo Call Sheet

This continues the randomized list of all 48 bingo events. The bingo squares are aligned on each page to allow for easier cutting.



Catastrophe	Eustress	Coping strategy	PTS disorder	Primary emotions
Cluster suicides	Personality	Optimism	Resilience	Clinical Psychologist
Peer Group	Modeling	Fight-or-flight response	Anxiety disorder	Compulsion
Perfectionist	Binge eating	Distress		

B	I	N	G	O
Catastrophe	Personality disorder	Neurologist	Stressor	Self esteem
Learned emotions	Hierarchy of needs	Impulse-control disorder	Schizophrenia	Personality
Modeling	Psychiatrist	FREE	Biofeedback	Clinical Psychologist
Phobias	Anxiety	Cutting	Depression	Bulimia
Perfectionist	PTS disorder	Self-actualization	Pessimism	Anorexia nervosa

This bingo card was created randomly from a total of 48 events.

Anorexia nervosa, Anxiety, Anxiety disorder, Binge eating, Biofeedback, Bulimia, Catastrophe, Clinical Psychologist, Cluster suicides, Compulsion, Coping strategy, Cutting, Defense mechanisms, Depression, Distress, Eating disorder, Emotion, Eustress, Fight-or-flight response, Grief, Hierarchy of needs, Identity, Impulse-control disorder, Learned emotions, Mental disorder, Mental rehearsal, Modeling, Mood disorder, Neurologist, Obsession, Optimism, PTS disorder, Peer Group, Perfectionist, Personality, Personality disorder, Pessimism, Phobias, Primary emotions, Psychiatrist, Resilience, Schizophrenia, Self esteem, Self-actualization, Social worker, Stress, Stressor, Suicide.

B	I	N	G	O
Self-actualization	Mental rehearsal	Bulimia	Neurologist	Cutting
Cluster suicides	Emotion	Self esteem	Modeling	Optimism
Eating disorder	Mood disorder	FREE	Suicide	Stressor
Stress	Obsession	Personality	Impulse-control disorder	Grief
PTS disorder	Anxiety disorder	Pessimism	Catastrophe	Hierarchy of needs

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Anorexia nervosa, Anxiety, Anxiety disorder, Binge eating, Biofeedback, Bulimia, Catastrophe, Clinical Psychologist, Cluster suicides, Compulsion, Coping strategy, Cutting, Defense mechanisms, Depression, Distress, Eating disorder, Emotion, Eustress, Fight-or-flight response, Grief, Hierarchy of needs, Identity, Impulse-control disorder, Learned emotions, Mental disorder, Mental rehearsal, Modeling, Mood disorder, Neurologist, Obsession, Optimism, PTS disorder, Peer Group, Perfectionist, Personality, Personality disorder, Pessimism, Phobias, Primary emotions, Psychiatrist, Resilience, Schizophrenia, Self esteem, Self-actualization, Social worker, Stress, Stressor, Suicide.