## **Robinson Family Mental Health Bingo**

## myfreebingocards.com

### **Safety First!**

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 4 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to mfbc.us/e/dtx8gsw

### **Play**

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next two pages you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 4.

## **Virtual Bingo**

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to myfreebingocards.com/virtual-bingo.

## Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <a href="https://myfreebingocards.com/faq">https://myfreebingocards.com/faq</a> where you will find solutions to most common problems.

#### **Share**

Pin these bingo cards on Pinterest, share on Facebook, or post this link: mfbc.us/s/dtx8gsw

#### **Edit and Create**

To add more words or make changes to this set of bingo cards go to mfbc.us/e/dtx8gsw

Go to <u>myfreebingocards.com/bingo-card-generator</u> to create a new set of bingo cards.

## Legal

The terms of use for these printable bingo cards can be found at <a href="mailto:myfreebingocards.com/terms">myfreebingocards.com/terms</a>.

#### **Have Fun!**

If you have any feedback or suggestions, drop us an email on hello@myfreebingocards.com.

## **Bingo Caller's Card**

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

NOTE - Your caller's card continues onto the next page of this PDF.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

My Mental Health Matters	Healthy Communication	Healthy Relationships	Dad	Brett	Mom	Safe Place and Space
Rachel	Stop the Stigma of mental illness	Generational Trauma	Break the trauma chain	Ms. Jamie	Network 180	You are NOT your diagnosis
Mental Health Assessment	Depression	Sleep is important	Eat Healthy	Exercise often	Anxiety	Know Your Triggers
Medication Adherence	17411 Sparta Ave	Coping skills	Abstain from substance use	I Matter We Matter	Put God 1st.	Family is important
Have a Support System	Delaney	Who is your person	Safety plan	Self-care is important	Blakestin	Seek Help
Talk About it	Addisyn	I love me	I matter	Take care of your strong people	Medication is helpful	Counseling
Therapy	Active listening	Uncomfortable conversations	It's okay NOT to be okay	I am important	I want to live	Overcoming trauma

# **Bingo Caller's Card - Continued**

I want to feel again

Support groups are helpful

Kent City schools

Listen to to music

This!

Peer friendships are needed

* * * * * .	Rob	inson Hea	Fami alth Bi	ly Mei ngo	ntal	* * * * *
* * *	Healthy Communication	Therapy	I want to live	Active listening	Self-care is important	* * *
* * *	Depression	Listen to music	Blakestin	Support groups are helpful	Talk About it	* * * .
* * * * *	Family is important	Put God 1st.	It's okay NOT to be okay	Dad	Safe Place and Space	* * * .
× * * *	Generational Trauma	Healthy Relationships	Know Your Triggers	Exercise often	Overcoming trauma	* * * *
× * * *	I Got this!	Anxiety	Abstain from substance use	Network 180	Uncomfortable conversations	× * * *
*				myfreebing	jocards.com	<b>★</b>



* * * *	Rob	inson Hea	Fami alth Bi	ly Mei ngo	ntal	* * * * *
* * *	You are NOT your diagnosis	Exercise often	Kent City schools	Healthy Relationships	Have a Support System	* * *
* * *	Uncomfortable conversations	Seek Help	Listen to music	Know Your Triggers	It's okay NOT to be okay	* * *
* * *	Counseling	Self-care is important	My Mental Health Matters	Delaney	Sleep is important	* * *
* * *	Mental Health Assessment	I want to live	Stop the Stigma of mental illness	I want to feel again	I Matter We Matter	* * * *
^ <b>*</b> * *	Blakestin	Overcoming trauma	Eat Healthy	l matter	Break the trauma chain	^ * * *
*				myfreebing	jocards.com	*

* * * *	Rob	inson Hea	Fami alth Bi	ly Mei ngo	ntal	****
* * *	You are NOT your diagnosis	Seek Help	My Mental Health Matters	I am important	Overcoming trauma	* * * .
* * *	Medication is helpful	Kent City schools	Depression	I Got this!	Eat Healthy	* * *
* * *	It's okay NOT to be okay	Anxiety	Exercise often	Abstain from substance use	I want to feel again	* * *
* * * *	Therapy	Family is important	Put God 1st.	Medication Adherence	Mental Health Assessment	* * * .
* * *	I love me	Support groups are helpful	Who is your person	Mom	l matter	* * * *
*				myfreebing	gocards.com	<b>★</b>

* * * * * *	Rob	inson Hea	Fami alth Bi	ly Mei ngo	ntal	7 7 7
*	Depression	Anxiety	I am important	17411 Sparta Ave	Seek Help	7
* * *	Mom	It's okay NOT to be okay	Break the trauma chain	Know Your Triggers	Talk About it	7
*	Network 180	Ms. Jamie	Overcoming trauma	Coping skills	Support groups are helpful	7
* * * *	Healthy Relationships	I Matter We Matter	Generational Trauma	Abstain from substance use	Self-care is important	7
^ <b>*</b> * <b>*</b>	Therapy	Sleep is important	Active listening	l matter	Medication is helpful	7
*				myfreebing	gocards.com	,

* * * * *	Rob	inson Hea	Fami alth Bi	ly Mei ngo	ntal	* * * * *
* * *	Ms. Jamie	Active listening	Uncomfortable conversations	Stop the Stigma of mental illness	Depression	* * *
* * * .	Kent City schools	Medication Adherence	Healthy Communication	Listen to music	Addisyn	* * * .
* * * -	Blakestin	l matter	Generational Trauma	Know Your Triggers	Support groups are helpful	* * *
* * *	Therapy	Break the trauma chain	Peer friendships are needed	Eat Healthy	Healthy Relationships	* * * *
× * * *	Exercise often	Network 180	17411 Sparta Ave	Safety plan	Overcoming trauma	× * * *
*				myfreebing	jocards.com	<b>★</b>

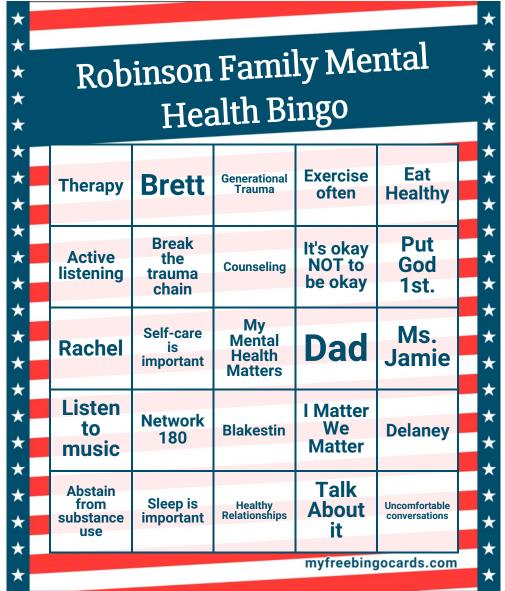
****	Rob	inson Hea	Fami alth Bi	ly Mei ngo	ntal	* * * * *
* * *	Addisyn	I love me	Talk About it	I Got this!	Family is important	* * *
* *	l matter	Put God 1st.	Safe Place and Space	Kent City schools	Know Your Triggers	* * *
* * *	Ms. Jamie	Medication is helpful	You are NOT your diagnosis	Generational Trauma	Healthy Relationships	* * *
* * * *	Mental Health Assessment	Brett	Listen to music	I want to live	Seek Help	* * * *
× * *	My Mental Health Matters	Blakestin	Delaney	Have a Support System	Exercise often	× * * *
*				myfreebing	jocards.com	<b>★</b>

* * * * *	Rob	inson Hea	Fami alth Bi	ly Mei ngo	ntal	* * * *
* * *	Put God 1st.	Healthy Communication	I love me	Listen to music	Self-care is important	* * * .
* * * .	Coping skills	Dad	Rachel	Uncomfortable conversations	Mental Health Assessment	* * * .
* * * .	17411 Sparta Ave	My Mental Health Matters	Network 180	Safety plan	Addisyn	* * * .
* * * *	Seek Help	Sleep is important	Take care of your strong people	Talk About it	Abstain from substance use	* * * *
× * * *	I am important	Overcoming trauma	Medication Adherence	It's okay NOT to be okay	Support groups are helpful	- × × × ×
*				myfreebing	gocards.com	<b>→</b>

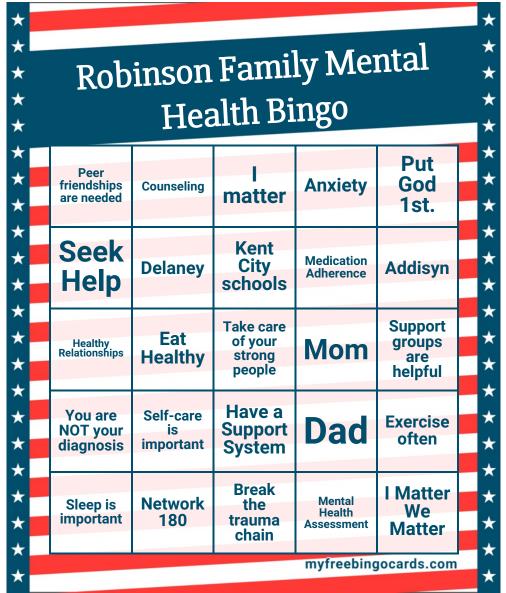
* * * * *	Rob	inson Hea	Fami alth Bi	ly Mei ngo	ntal	* * * * * * .
* * *	You are NOT your diagnosis	Uncomfortable conversations	Stop the Stigma of mental illness	Coping skills	Medication Adherence	* * * .
* * * <b>*</b>	Mom	I want to feel again	Support groups are helpful	Ms. Jamie	Counseling	* * * * * *
* * *	Listen to music	Eat Healthy	I Got this!	Peer friendships are needed	Abstain from substance use	* * * * * *
* * * * * *	It's okay NOT to be okay	Delaney	Anxiety	Blakestin	Overcoming trauma	* * * * * *
× * *	Depression	Healthy Communication	Have a Support System	Exercise often	Mental Health Assessment	* * * * *
*				myfreebing	gocards.com	<b>★</b>

***	Rob	inson Hea	Fami alth Bi	ly Mei ngo	ntal	* * * * *
* * *	I am important	Who is your person	Family is important	I Got this!	Mom	* * *
* * *	Active listening	Kent City schools	Addisyn	Talk About it	I want to feel again	* * * .
* * *	Generational Trauma	Mental Health Assessment	Brett	Network 180	Break the trauma chain	* * * .
* * *	Abstain from substance use	Sleep is important	It's okay NOT to be okay	Put God 1st.	I want to live	* * * *
* * * *	17411 Sparta Ave	Eat Healthy	Seek Help	Peer friendships are needed	Therapy	× * * *
*				myfreebing	gocards.com	*

* * * *	Rob	inson Hea	Fami alth Bi	ly Mei ngo	ntal	* * * * * *
* * *	Peer friendships are needed	Support groups are helpful	Sleep is important	I Matter We Matter	Medication Adherence	* * *
* * *	Active listening	Rachel	Listen to music	Self-care is important	Mom	* * * .
* * *	Overcoming trauma	Safe Place and Space	Abstain from substance use	Healthy Communication	Blakestin	* * * * * * * * * * * * * * * * * * *
* * * *	Who is your person	Network 180	Safety plan	Exercise often	Therapy	* * * * *
× * * * *	Mental Health Assessment	Coping skills	Kent City schools	Healthy Relationships	Eat Healthy	× * * *
*				myfreebing	jocards.com	*



* * * *	Rob	inson Hea	Fami alth Bi	ly Mei ngo	ntal	* * * * *
* * *	Healthy Relationships	Rachel	My Mental Health Matters	Counseling	Anxiety	* * *
* * *	l matter	Eat Healthy	Safety plan	Coping skills	Ms. Jamie	* * *
* * *	Blakestin	Self-care is important	Addisyn	Therapy	Listen to music	* * *
* * * *	Exercise often	I want to feel again	I love me	Safe Place and Space	Medication Adherence	* * * * *
* * * *	Healthy Communication	Sleep is important	I Got this!	Generational Trauma	Take care of your strong people	* * *
*				myfreebing	gocards.com	<b>★</b>



Sleep is

important

Overcoming

trauma

Have a

**Support** 

System

Self-care

important

**Blakestin** 

Robinson Family Mental

Health Bingo

**Brett** 

You are

**NOT** your

diagnosis

I am

important

**Abstain** 

from

substance

use

Kent

City

Mental

Health

Assessment

**Depression** 

Generational

**Trauma** 

**Exercise** 

often

Medication

is helpful

Safety

plan

**Active** 

listening

Eat

**Healthy** 

Stop the

Stigma of

mental

illness

Seek

Help

your

of your

strong

people

groups

are helpful Bingo Card ID 016

* * * * *	Rob	inson Hea	Fami alth Bi	ly Mei ngo	ntal	***
*	Exercise often	Delaney	Abstain from substance use	Sleep is important	Seek Help	* * *
* * * * * * * * * * * * * * * * * * *	Network 180	My Mental Health Matters	I love me	Break the trauma chain	I want to feel again	*
*	l am important	I Matter We Matter	Peer friendships are needed	Mom	Uncomfortable conversations	**************************************
*	Kent City schools	Rachel	Put God 1st.	Know Your Triggers	Healthy Relationships	7
* * * * * * * * * * * * * * * * * * *	Safe Place and Space	I matter	I want to live	Eat Healthy	Medication is helpful	7
*				myfreebing	gocards.com	7

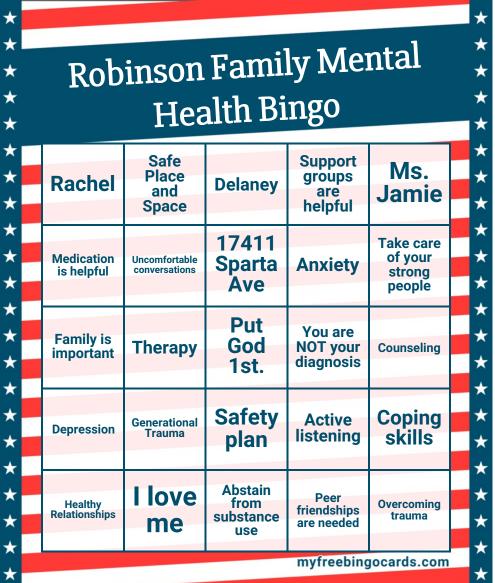
* * * *	Rob	inson Hea	Fami alth Bi	ly Mei ngo	ntal	* * * * * *
* * * *	Safety plan	Mom	Exercise often	Depression	Medication is helpful	* * * *
* *	l matter	I love me	Listen to music	Anxiety	Blakestin	* * * .
* * *	Medication Adherence	Therapy	Self-care is important	My Mental Health Matters	Active listening	* * * .
* * * *	Brett	Sleep is important	Talk About it	I Got this!	Coping skills	* * * *
* * * *	Stop the Stigma of mental illness	Counseling	17411 Sparta Ave	Kent City schools	Eat Healthy	~ ★ ★ ★
*				myfreebing	gocards.com	<u></u> *

****	Rob	inson Hea	Fami alth Bi	ly Mei ngo	ntal	* * * * *
* * *	Delaney	Active listening	Overcoming trauma	Safe Place and Space	17411 Sparta Ave	* * *
* * * .	Ms. Jamie	Safety plan	Rachel	Put God 1st.	Healthy Relationships	* * * .
$\star$ $\star$ $\star$ $\bot$	Anxiety	Eat Healthy	My Mental Health Matters	Healthy Communication	Self-care is important	* * * .
$\star$ $\star$ $\star$	Exercise often	Stop the Stigma of mental illness	Medication Adherence	Take care of your strong people	Family is important	* * * *
^ <b>* * *</b>	Talk About it	Have a Support System	Network 180	Support groups are helpful	Uncomfortable conversations	× <b>*</b> * *
*				myfreebing	jocards.com	*

Self-care is important Uncomfortable conversations	Overcoming trauma  Counseling	I want to feel again Addisyn	Break the trauma chain	Dad
	Counseling	Addisyn	 	Dolonov
			matter	Delaney
Coping skills	Sleep is important	Medication is helpful	Support groups are helpful	Kent City schools
Anxiety	Stop the Stigma of mental illness	Peer friendships are needed	Eat Healthy	Medication Adherence
Family is important	Have a Support System	Mom	Seek Help	Healthy Communication
-	Anxiety Family is	Skills important  Stop the Stigma of mental illness  Family is moortant  Have a Support	Skills important is helpful  Stop the Stigma of mental illness  Family is moortant  Have a Support  Mom	Skills important is helpful are helpful  Stop the Stigma of mental illness Peer friendships are needed Healthy  Have a Support Many

Rob	inson Hea	Fami alth Bi	ly Mei ngo	ntal
Break the trauma chain	Uncomfortable conversations	Know Your Triggers	I Got this!	Eat Healthy
Stop the Stigma of mental illness	Exercise often	Sleep is important	Peer friendships are needed	17411 Sparta Ave
Generational Trauma	Talk About it	Take care of your strong people	Family is important	It's okay NOT to be okay
Brett	Depression	l matter	Active listening	Seek Help
You are NOT your diagnosis	My Mental Health Matters	Mental Health Assessment	I Matter We Matter	Listen to music

***	Rob	inson Hea	Fami alth Bi	ly Mei ngo	ntal	* * * * *
* * *	Kent City schools	Safety plan	I Got this!	Family is important	Exercise often	* * *
* * * .	Brett	My Mental Health Matters	Medication is helpful	Rachel	Seek Help	* * * .
* * * *	Healthy Communication	Have a Support System	Stop the Stigma of mental illness	Depression	Support groups are helpful	* * * .
× * * *	I am important	Abstain from substance use	Mom	Anxiety	I want to feel again	* * * *
× * * *	I want to live	Mental Health Assessment	Therapy	Put God 1st.	Blakestin	× * * *
*				myfreebing	gocards.com	*



* * * * * *	Rob	inson Hea	Fami alth Bi	ly Mei ngo	ntal	***
*	Overcoming trauma	Who is your person	Take care of your strong people	Counseling	Dad	7
	17411 Sparta Ave	Addisyn	I want to live	Generational Trauma	I Got this!	7
	Mom	Have a Support System	Safe Place and Space	Sleep is important	Stop the Stigma of mental illness	7
	I love me	I am important	Coping skills	Healthy Relationships	Listen to music	7
	Know Your Triggers	Seek Help	You are NOT your diagnosis	Delaney	Peer friendships are needed	7
				myfreebing	jocards.com	,

*						<b>→</b>
*\	Rob	inson Hea	Fami alth Bi	ly Mei ngo	ntal	* * *
<b>★</b>				0		_* *
* *	Break the trauma chain	Take care of your strong people	Self-care is important	I Matter We Matter	Have a Support System	* *
* * *	You are NOT your diagnosis	Active listening	My Mental Health Matters	Exercise often	Ms. Jamie	* * *
* * *	I want to live	Put God 1st.	Safety plan	Family is important	Dad	* * *
* * * *	Know Your Triggers	Rachel	Medication is helpful	Depression	I am important	* * * *
× * * *	l matter	Eat Healthy	Safe Place and Space	Brett	Sleep is important	* * * *
*				myfreebing	jocards.com	<b>★</b>

Have a

**Support** 

**System** 

Overcoming

trauma

**Anxiety** 

Uncomfortable

conversations

Counseling

Robinson Family Mental

Health Bingo

Eat

Healthy

I want

to live

Coping

skills

Delaney

It's okay

NOT to

be okay

Medication

is helpful

I am

important

Mental

Health

Assessment

Kent

City

schools

**I love** 

me

Peer

friendships

are needed

**Therapy** 

Safe

**Place** 

and

**Space** 

17411

**Sparta** 

Ave

Know

Your

**Triggers** 

plan

My

Mental

Health

**Matters** 

I want

to feel

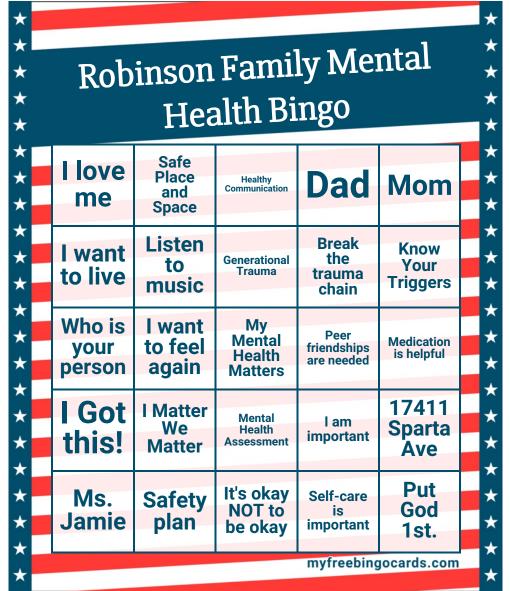
again

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Bingo Card ID 026

* * * * *	Rob	inson Hea	Fami alth Bi	ly Mei ngo	ntal	* * * * *
* * *	17411 Sparta Ave	Counseling	Seek Help	Peer friendships are needed	Medication Adherence	* * *
* * *	Brett	Self-care is important	Healthy Relationships	You are NOT your diagnosis	Break the trauma chain	* * * .
* * *	Delaney	Abstain from substance use	I love me	Medication is helpful	Mental Health Assessment	* * *
* * * * *	Dad	I Got this!	Uncomfortable conversations	I want to feel again	Anxiety	* * * .
* * *	My Mental Health Matters	Who is your person	Take care of your strong people	Generational Trauma	Know Your Triggers	* * * *
*				myfreebing	jocards.com	*

* * * *	Rob	inson Hea	Fami alth Bi	ly Mei ngo	ntal	* * * * * *
* * * *	Depression	I love me	Talk About it	Safe Place and Space	Brett	* * *
* * *	I am important	I want to live	Eat Healthy	Know Your Triggers	Overcoming trauma	* * *
* * *	Support groups are helpful	Kent City schools	I Got this!	Abstain from substance use	l matter	* * *
* * * * * * * * * * * * * * * * * * *	17411 Sparta Ave	Uncomfortable conversations	Who is your person	You are NOT your diagnosis	It's okay NOT to be okay	* * * *
* * * *	I Matter We Matter	Anxiety	Have a Support System	Delaney	Medication is helpful	* * *
*				myfreebing	gocards.com	<b>★</b>



Rob	inson Hea	Fami alth Bi	ly Mei ngo	ntai
Peer friendships are needed	Stop the Stigma of mental illness	Dad	Know Your Triggers	Active listening
Mental Health Assessment	l want to feel again	I Matter We Matter	Overcoming trauma	I want to live
17411 Sparta Ave	Uncomfortable conversations	Sleep is important	Network 180	Listen to music
Kent City schools	You are NOT your diagnosis	Anxiety	Brett	Safe Place and Space
Abstain from substance use	My Mental Health Matters	Talk About it	Self-care is important	Seek Help

* * * *	Rob	inson Hea	Fami alth Bi	ly Mei ngo	ntal	* * * * * *
* * * .	Family is important	Peer friendships are needed	Brett	Abstain from substance use	Break the trauma chain	* * *
* * *	You are NOT your diagnosis	Mental Health Assessment	I want to live	Exercise often	I am important	* * *
* * *	I Got this!	Network 180	Blakestin	Dad	Rachel	* * * .
* * * * *	I love me	Ms. Jamie	Medication Adherence	Safety plan	It's okay NOT to be okay	* * * *
× * * *	Healthy Communication	Anxiety	Eat Healthy	Depression	Medication is helpful	× * * *
*				myfreebing	jocards.com	<b>★</b>