

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 3 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/f85jfup

Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page 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 3.

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 <https://myfreebingocards.com/fag> 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/f85jfup

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/f85jfup

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

Legal

The terms of use for these printable bingo cards can be found at myfreebingocards.com/terms.

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.

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.

Give yourself 1 compliment	Name your 2 favorite movies	Pat yourself on the back	Demonstrate Deep breathing	State one goal for your mental health	List 1 person you can call for help	Name one healthy coping skill
Name one unhealthy coping skill	What is your favorite food	List 2 activities that help your mood	Name your favorite song	High five the person next to you	Best compliment you ever received	State one mantra that can help you
State one thought you think that is unhelpful	Greatest fear?	People say I...	What I need is...	A friend is....	Name 2 barriers to improved mood	What do you love doing
Which skills or talents are you not using	How do you want to be remembered	3 words to describe you				

Mental Health Bingo

State one mantra that can help you	Best compliment you ever received	Name one unhealthy coping skill	Greatest fear?	Pat yourself on the back
Name 2 barriers to improved mood	Name your favorite song	State one thought you think that is unhelpful	People say I...	Give yourself 1 compliment
What I need is...	What is your favorite food	FREE SPACE	High five the person next to you	A friend is....
Which skills or talents are you not using	List 1 person you can call for help	Name one healthy coping skill	3 words to describe you	List 2 activities that help your mood
How do you want to be remembered	Demonstrate Deep breathing	Name your 2 favorite movies	State one goal for your mental health	What do you love doing

Mental Health Bingo

State one thought you think that is unhelpful	People say I...	Name your 2 favorite movies	State one mantra that can help you	List 1 person you can call for help
Name 2 barriers to improved mood	High five the person next to you	State one goal for your mental health	What I need is...	Greatest fear?
Which skills or talents are you not using	List 2 activities that help your mood	FREE SPACE	Demonstrate Deep breathing	Name one healthy coping skill
A friend is....	Give yourself 1 compliment	Best compliment you ever received	What is your favorite food	3 words to describe you
Pat yourself on the back	How do you want to be remembered	Name one unhealthy coping skill	Name your favorite song	What do you love doing

Mental Health Bingo

State one goal for your mental health	Name your favorite song	State one thought you think that is unhelpful	List 2 activities that help your mood	Name one healthy coping skill
What do you love doing	Greatest fear?	High five the person next to you	Name your 2 favorite movies	What is your favorite food
Best compliment you ever received	State one mantra that can help you	FREE SPACE	A friend is....	How do you want to be remembered
People say I...	List 1 person you can call for help	What I need is...	3 words to describe you	Which skills or talents are you not using
Pat yourself on the back	Name one unhealthy coping skill	Name 2 barriers to improved mood	Give yourself 1 compliment	Demonstrate Deep breathing

Mental Health Bingo

What is your favorite food	Name one unhealthy coping skill	What I need is...	Give yourself 1 compliment	Name your 2 favorite movies
A friend is....	Name your favorite song	Pat yourself on the back	Which skills or talents are you not using	State one goal for your mental health
High five the person next to you	State one mantra that can help you	FREE SPACE	State one thought you think that is unhelpful	Demonstrate Deep breathing
List 2 activities that help your mood	List 1 person you can call for help	Greatest fear?	What do you love doing	Name 2 barriers to improved mood
People say I...	Best compliment you ever received	Name one healthy coping skill	3 words to describe you	How do you want to be remembered

Mental Health Bingo

Name one unhealthy coping skill	Give yourself 1 compliment	What is your favorite food	High five the person next to you	3 words to describe you
State one thought you think that is unhelpful	List 1 person you can call for help	People say I...	What do you love doing	A friend is....
Best compliment you ever received	Which skills or talents are you not using	FREE SPACE	Name 2 barriers to improved mood	Name one healthy coping skill
Greatest fear?	Demonstrate Deep breathing	List 2 activities that help your mood	Name your favorite song	State one mantra that can help you
How do you want to be remembered	What I need is...	Pat yourself on the back	State one goal for your mental health	Name your 2 favorite movies

Mental Health Bingo

Name one unhealthy coping skill	Best compliment you ever received	State one mantra that can help you	Demonstrate Deep breathing	Greatest fear?
High five the person next to you	People say I...	Name your 2 favorite movies	State one thought you think that is unhelpful	Name your favorite song
3 words to describe you	Name one healthy coping skill	FREE SPACE	Pat yourself on the back	State one goal for your mental health
List 1 person you can call for help	What I need is...	What is your favorite food	Which skills or talents are you not using	Name 2 barriers to improved mood
List 2 activities that help your mood	Give yourself 1 compliment	What do you love doing	A friend is....	How do you want to be remembered

Mental Health Bingo

Which skills or talents are you not using	Demonstrate Deep breathing	What I need is...	Pat yourself on the back	State one thought you think that is unhelpful
How do you want to be remembered	People say I...	Greatest fear?	Name one healthy coping skill	Name your favorite song
High five the person next to you	State one goal for your mental health	FREE SPACE	Name 2 barriers to improved mood	A friend is....
Name one unhealthy coping skill	Name your 2 favorite movies	List 2 activities that help your mood	3 words to describe you	What is your favorite food
List 1 person you can call for help	State one mantra that can help you	Give yourself 1 compliment	Best compliment you ever received	What do you love doing

Mental Health Bingo

Which skills or talents are you not using	State one mantra that can help you	List 1 person you can call for help	Name 2 barriers to improved mood	3 words to describe you
Demonstrate Deep breathing	A friend is....	What is your favorite food	Name one unhealthy coping skill	Give yourself 1 compliment
State one thought you think that is unhelpful	State one goal for your mental health	FREE SPACE	Name your favorite song	High five the person next to you
Best compliment you ever received	What do you love doing	Greatest fear?	Pat yourself on the back	Name one healthy coping skill
People say I...	List 2 activities that help your mood	How do you want to be remembered	Name your 2 favorite movies	What I need is...

Mental Health Bingo

List 1 person you can call for help	List 2 activities that help your mood	Name your 2 favorite movies	A friend is....	What I need is...
Name one unhealthy coping skill	Give yourself 1 compliment	Greatest fear?	Name one healthy coping skill	State one mantra that can help you
State one goal for your mental health	Name your favorite song	FREE SPACE	Which skills or talents are you not using	High five the person next to you
People say I...	How do you want to be remembered	What do you love doing	Pat yourself on the back	Demonstrate Deep breathing
Name 2 barriers to improved mood	State one thought you think that is unhelpful	Best compliment you ever received	3 words to describe you	What is your favorite food

Mental Health Bingo

Pat yourself on the back	What is your favorite food	What I need is...	Best compliment you ever received	Demonstrate Deep breathing
People say I...	How do you want to be remembered	High five the person next to you	A friend is....	3 words to describe you
Name your 2 favorite movies	State one thought you think that is unhelpful	FREE SPACE	List 2 activities that help your mood	State one mantra that can help you
Name one unhealthy coping skill	Which skills or talents are you not using	Name one healthy coping skill	What do you love doing	Give yourself 1 compliment
State one goal for your mental health	Name 2 barriers to improved mood	List 1 person you can call for help	Greatest fear?	Name your favorite song

Mental Health Bingo

Best compliment you ever received	What do you love doing	A friend is....	State one mantra that can help you	Greatest fear?
Name your favorite song	List 1 person you can call for help	Name one unhealthy coping skill	State one thought you think that is unhelpful	How do you want to be remembered
Name your 2 favorite movies	Pat yourself on the back	FREE SPACE	Which skills or talents are you not using	Name one healthy coping skill
People say I...	State one goal for your mental health	What I need is...	Demonstrate Deep breathing	What is your favorite food
3 words to describe you	High five the person next to you	Give yourself 1 compliment	Name 2 barriers to improved mood	List 2 activities that help your mood

Mental Health Bingo

Name your favorite song	How do you want to be remembered	People say I...	Best compliment you ever received	High five the person next to you
List 2 activities that help your mood	Name your 2 favorite movies	Name 2 barriers to improved mood	What do you love doing	Greatest fear?
Name one healthy coping skill	State one thought you think that is unhelpful	FREE SPACE	A friend is....	Which skills or talents are you not using
Name one unhealthy coping skill	State one mantra that can help you	What is your favorite food	List 1 person you can call for help	Demonstrate Deep breathing
3 words to describe you	State one goal for your mental health	Pat yourself on the back	Give yourself 1 compliment	What I need is...

Mental Health Bingo

State one thought you think that is unhelpful	List 1 person you can call for help	Give yourself 1 compliment	List 2 activities that help your mood	Name your 2 favorite movies
Demonstrate Deep breathing	Greatest fear?	Which skills or talents are you not using	Name your favorite song	What I need is...
State one mantra that can help you	People say I...	FREE SPACE	High five the person next to you	How do you want to be remembered
3 words to describe you	Pat yourself on the back	A friend is....	Name 2 barriers to improved mood	Best compliment you ever received
What is your favorite food	Name one healthy coping skill	Name one unhealthy coping skill	What do you love doing	State one goal for your mental health

Mental Health Bingo

List 2 activities that help your mood	Give yourself 1 compliment	Name one healthy coping skill	Name your 2 favorite movies	Demonstrate Deep breathing
State one thought you think that is unhelpful	State one goal for your mental health	Name 2 barriers to improved mood	Name your favorite song	High five the person next to you
What do you love doing	3 words to describe you	FREE SPACE	People say I...	Name one unhealthy coping skill
Pat yourself on the back	A friend is....	What is your favorite food	Greatest fear?	What I need is...
State one mantra that can help you	Which skills or talents are you not using	List 1 person you can call for help	How do you want to be remembered	Best compliment you ever received

Mental Health Bingo

How do you want to be remembered	List 1 person you can call for help	Name one unhealthy coping skill	People say I...	Best compliment you ever received
State one goal for your mental health	What is your favorite food	Name your 2 favorite movies	Greatest fear?	A friend is....
Name your favorite song	Give yourself 1 compliment	FREE SPACE	What I need is...	State one thought you think that is unhelpful
Name 2 barriers to improved mood	State one mantra that can help you	Which skills or talents are you not using	High five the person next to you	3 words to describe you
What do you love doing	Demonstrate Deep breathing	Pat yourself on the back	Name one healthy coping skill	List 2 activities that help your mood

Mental Health Bingo

Name your favorite song	Name one healthy coping skill	A friend is....	Which skills or talents are you not using	High five the person next to you
What is your favorite food	What do you love doing	State one thought you think that is unhelpful	Name your 2 favorite movies	State one goal for your mental health
Pat yourself on the back	3 words to describe you	FREE SPACE	Name one unhealthy coping skill	List 2 activities that help your mood
People say I...	State one mantra that can help you	Name 2 barriers to improved mood	List 1 person you can call for help	What I need is...
Give yourself 1 compliment	How do you want to be remembered	Best compliment you ever received	Greatest fear?	Demonstrate Deep breathing

Mental Health Bingo

Name one unhealthy coping skill	Name your favorite song	Greatest fear?	Which skills or talents are you not using	Give yourself 1 compliment
What I need is...	Best compliment you ever received	How do you want to be remembered	List 2 activities that help your mood	List 1 person you can call for help
Name your 2 favorite movies	3 words to describe you	FREE SPACE	Name 2 barriers to improved mood	Name one healthy coping skill
People say I...	Demonstrate Deep breathing	What do you love doing	Pat yourself on the back	State one goal for your mental health
State one mantra that can help you	What is your favorite food	A friend is....	State one thought you think that is unhelpful	High five the person next to you

Mental Health Bingo

Name one healthy coping skill	Best compliment you ever received	3 words to describe you	Give yourself 1 compliment	State one thought you think that is unhelpful
Name your 2 favorite movies	State one mantra that can help you	Name your favorite song	Pat yourself on the back	State one goal for your mental health
What is your favorite food	Name one unhealthy coping skill	FREE SPACE	Name 2 barriers to improved mood	List 2 activities that help your mood
List 1 person you can call for help	What I need is...	High five the person next to you	How do you want to be remembered	Greatest fear?
Demonstrate Deep breathing	A friend is....	People say I...	What do you love doing	Which skills or talents are you not using

Mental Health Bingo

High five the person next to you	Name 2 barriers to improved mood	List 2 activities that help your mood	Demonstrate Deep breathing	Name one healthy coping skill
List 1 person you can call for help	Give yourself 1 compliment	Pat yourself on the back	Name your 2 favorite movies	State one goal for your mental health
State one mantra that can help you	Which skills or talents are you not using	FREE SPACE	Greatest fear?	What I need is...
People say I...	How do you want to be remembered	A friend is....	State one thought you think that is unhelpful	3 words to describe you
Name one unhealthy coping skill	What do you love doing	Name your favorite song	What is your favorite food	Best compliment you ever received

Mental Health Bingo

Name your 2 favorite movies	What I need is...	High five the person next to you	Name your favorite song	3 words to describe you
People say I...	Pat yourself on the back	How do you want to be remembered	Name one unhealthy coping skill	Best compliment you ever received
What do you love doing	Name 2 barriers to improved mood	FREE SPACE	Name one healthy coping skill	List 1 person you can call for help
State one thought you think that is unhelpful	Demonstrate Deep breathing	What is your favorite food	Which skills or talents are you not using	State one goal for your mental health
A friend is....	Greatest fear?	Give yourself 1 compliment	List 2 activities that help your mood	State one mantra that can help you

Mental Health Bingo

What I need is...	Pat yourself on the back	How do you want to be remembered	Name your favorite song	State one mantra that can help you
State one goal for your mental health	Name one unhealthy coping skill	What is your favorite food	A friend is....	Give yourself 1 compliment
Demonstrate Deep breathing	Greatest fear?	FREE SPACE	Which skills or talents are you not using	List 2 activities that help your mood
People say I...	State one thought you think that is unhelpful	3 words to describe you	Name your 2 favorite movies	Name one healthy coping skill
High five the person next to you	Best compliment you ever received	Name 2 barriers to improved mood	What do you love doing	List 1 person you can call for help

Mental Health Bingo

Name one healthy coping skill	3 words to describe you	Give yourself 1 compliment	List 2 activities that help your mood	Pat yourself on the back
Name one unhealthy coping skill	People say I...	Best compliment you ever received	A friend is....	State one thought you think that is unhelpful
Which skills or talents are you not using	List 1 person you can call for help	FREE SPACE	Name 2 barriers to improved mood	State one mantra that can help you
What do you love doing	Demonstrate Deep breathing	Name your 2 favorite movies	What I need is...	How do you want to be remembered
Greatest fear?	What is your favorite food	State one goal for your mental health	Name your favorite song	High five the person next to you

Mental Health Bingo

Name 2 barriers to improved mood	List 2 activities that help your mood	3 words to describe you	Demonstrate Deep breathing	People say I...
What I need is...	State one goal for your mental health	Which skills or talents are you not using	List 1 person you can call for help	State one thought you think that is unhelpful
What is your favorite food	Name one healthy coping skill	FREE SPACE	How do you want to be remembered	High five the person next to you
Name your 2 favorite movies	What do you love doing	Pat yourself on the back	Name your favorite song	Give yourself 1 compliment
Greatest fear?	A friend is....	State one mantra that can help you	Best compliment you ever received	Name one unhealthy coping skill

Mental Health Bingo

High five the person next to you	What do you love doing	State one goal for your mental health	Best compliment you ever received	Pat yourself on the back
Name 2 barriers to improved mood	Name your favorite song	Name one unhealthy coping skill	What is your favorite food	Give yourself 1 compliment
How do you want to be remembered	Name your 2 favorite movies	FREE SPACE	List 1 person you can call for help	Name one healthy coping skill
People say I...	3 words to describe you	Demonstrate Deep breathing	List 2 activities that help your mood	Greatest fear?
State one mantra that can help you	What I need is...	A friend is....	State one thought you think that is unhelpful	Which skills or talents are you not using

Mental Health Bingo

Name your 2 favorite movies	State one goal for your mental health	What is your favorite food	Give yourself 1 compliment	Demonstrate Deep breathing
Name one healthy coping skill	List 1 person you can call for help	3 words to describe you	List 2 activities that help your mood	Which skills or talents are you not using
Name 2 barriers to improved mood	Name your favorite song	FREE SPACE	Best compliment you ever received	What I need is...
State one thought you think that is unhelpful	What do you love doing	Greatest fear?	State one mantra that can help you	How do you want to be remembered
Pat yourself on the back	Name one unhealthy coping skill	A friend is....	High five the person next to you	People say I...

Mental Health Bingo

3 words to describe you	How do you want to be remembered	List 2 activities that help your mood	State one thought you think that is unhelpful	High five the person next to you
A friend is....	Name one healthy coping skill	Which skills or talents are you not using	What I need is...	Name 2 barriers to improved mood
Give yourself 1 compliment	People say I...	FREE SPACE	Demonstrate Deep breathing	Name one unhealthy coping skill
Pat yourself on the back	State one goal for your mental health	What do you love doing	Name your 2 favorite movies	Name your favorite song
State one mantra that can help you	List 1 person you can call for help	Best compliment you ever received	Greatest fear?	What is your favorite food

Mental Health Bingo

Which skills or talents are you not using	How do you want to be remembered	Name one unhealthy coping skill	Name your 2 favorite movies	What is your favorite food
A friend is....	What I need is...	3 words to describe you	Give yourself 1 compliment	What do you love doing
Name one healthy coping skill	State one goal for your mental health	FREE SPACE	Demonstrate Deep breathing	List 1 person you can call for help
State one mantra that can help you	Name your favorite song	Pat yourself on the back	List 2 activities that help your mood	Name 2 barriers to improved mood
Best compliment you ever received	People say I...	State one thought you think that is unhelpful	High five the person next to you	Greatest fear?

Mental Health Bingo

Which skills or talents are you not using	Name 2 barriers to improved mood	State one mantra that can help you	High five the person next to you	People say I...
What is your favorite food	What do you love doing	What I need is...	3 words to describe you	State one goal for your mental health
Name your favorite song	State one thought you think that is unhelpful	FREE SPACE	Demonstrate Deep breathing	List 2 activities that help your mood
List 1 person you can call for help	Give yourself 1 compliment	Best compliment you ever received	Name your 2 favorite movies	How do you want to be remembered
Greatest fear?	Name one healthy coping skill	A friend is....	Pat yourself on the back	Name one unhealthy coping skill

Mental Health Bingo

Name 2 barriers to improved mood	Best compliment you ever received	What do you love doing	3 words to describe you	Give yourself 1 compliment
How do you want to be remembered	A friend is....	Demonstrate Deep breathing	Name one healthy coping skill	Name your 2 favorite movies
List 1 person you can call for help	Name your favorite song	FREE SPACE	What is your favorite food	State one goal for your mental health
High five the person next to you	State one thought you think that is unhelpful	What I need is...	Which skills or talents are you not using	Greatest fear?
People say I...	Pat yourself on the back	State one mantra that can help you	List 2 activities that help your mood	Name one unhealthy coping skill

Mental Health Bingo

Pat yourself on the back	How do you want to be remembered	A friend is....	High five the person next to you	What is your favorite food
What I need is...	Greatest fear?	Name your favorite song	Which skills or talents are you not using	Name 2 barriers to improved mood
State one mantra that can help you	Name your 2 favorite movies	FREE SPACE	Name one unhealthy coping skill	Give yourself 1 compliment
Best compliment you ever received	Name one healthy coping skill	State one thought you think that is unhelpful	State one goal for your mental health	List 2 activities that help your mood
Demonstrate Deep breathing	What do you love doing	3 words to describe you	People say I...	List 1 person you can call for help