#### **Mental Health Bingo**

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#### **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/u4dnvu

#### **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 <a href="mailto:myfreebingocards.com/virtual-bingo">myfreebingocards.com/virtual-bingo</a>.

#### 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/u4dnvu

#### **Edit and Create**

To add more words or make changes to this set of bingo cards go to mfbc.us/e/u4dnvu

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.

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.

Attention and Concentration	Cogentin	Stress	Delusions	Major Depressive Disorder	Nurse or RN	Support System or Treatment Team
Forensic Evaluator	Psychiatrist	Optimal Symptom Management	Negative Symptoms	Coping Skills	Relaxation Techniques	Bipolar Disorder
Effective Communication	Restlessness	Exercise	Schizophrenia	Social Workers, Psychologists, Psychology Associates	Self- Esteem	Hallucinations
Antidepressant	Stigma	Emotions and Feelings	Mania	Cognitive Behavioral Therapy (CBT)	PRN	Resilient
Side Effects	Mood Stabilizers	Triggers	Warning Signs	Schizoaffective Disorder	Relapse	

	PRN	Bipolar Disorder	Self- Esteem	Stress	Major Depressive Disorder	
	Coping Skills	Negative Symptoms	Forensic Evaluator	Side Effects	Psychiatrist	
0	Mood Stabilizers	Nurse or RN	Stigma	Cognitive Behavioral Therapy (CBT)	Relapse	
	Delusions	Resilient	Social Workers, Psychologists, Psychology Associates	Attention and Concentration	Restlessness	
0	Emotions and Feelings	Schizophrenia	Support System or Treatment Team	Antidepressant	Warning Signs	

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0 0 0	Psychiatrist	Mania	Schizophrenia	Nurse or RN	Support System or Treatment Team	
0	PRN	Emotions and Feelings	Forensic Evaluator	Side Effects	Delusions	
0	Warning Signs	Relapse	Optimal Symptom Management	Coping Skills	Restlessness	
0 0	Self- Esteem	Triggers	Stigma	Exercise	Social Workers, Psychologists, Psychology Associates	
0	Cogentin	Hallucinations	Attention and Concentration	Bipolar Disorder	Cognitive Behavioral Therapy (CBT)	
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Optimal Symptom Management	Social Workers, Psychologists, Psychology Associates	Psychiatrist	Mood Stabilizers	Stress	
Stigma	Side Effects	Exercise	Hallucinations	Self- Esteem	
Warning Signs	Schizophrenia	Relaxation Techniques	Coping Skills	Resilient	
Schizoaffective Disorder	Mania	Bipolar Disorder	Delusions	Attention and Concentration	
PRN	Nurse or RN	Effective Communication	Antidepressant	Emotions and Feelings	

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0	Resilient	Triggers	Psychologists, Psychology Associates	Relapse	Depressive Disorder	
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0	(CBT)	Effects				
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	Side Effects	Stigma	Psychiatrist	Emotions and Feelings	Nurse or RN	
0	Attention and Concentration	Relaxation Techniques	Bipolar Disorder	Schizoaffective Disorder	Triggers	
	Hallucinations	Forensic Evaluator	Restlessness	Coping Skills	Cogentin	
0	Mood Stabilizers	Exercise	Social Workers, Psychologists, Psychology Associates	Self- Esteem	PRN	

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0	Cogentin	Restlessness	Negative Symptoms	Relapse	Social Workers, Psychologists, Psychology Associates	
0	Schizoaffective Disorder	Stigma	Triggers	Warning Signs	Psychiatrist	
0	Effective Communication	Nurse or RN	Stress	Self- Esteem	Hallucinations	
0	Coping Skills	Schizophrenia	Optimal Symptom Management	Attention and Concentration	Mood Stabilizers	
0	Forensic Evaluator	Delusions	Major Depressive Disorder	Mania	Exercise	

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0	Psychiatrist	Optimal Symptom Management	Social Workers, Psychologists, Psychology	Mood Stabilizers	Bipolar Disorder
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Emotions and Feelings	Support System or Treatment Team	Schizophrenia	Stress	Exercise	
Mania	Attention and Concentration	Side Effects	Relapse	Cognitive Behavioral Therapy (CBT)	
Coping Skills	Hallucinations	Major Depressive Disorder	Warning Signs	PRN	
Optimal Symptom Management	Mood Stabilizers	Restlessness	Triggers	Delusions	
Self- Esteem	Nurse or RN	Stigma	Effective Communication	Relaxation Techniques	

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0	Resilient	Negative Symptoms	Relapse	Bipolar Disorder	Warning Signs	
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	Bipolar Disorder	Support System or Treatment Team	Relaxation Techniques	Stress	PRN	
	Attention and Concentration	Coping Skills	Warning Signs	Mood Stabilizers	Emotions and Feelings	
	Social Workers, Psychologists, Psychology Associates	Mania	Psychiatrist	Major Depressive Disorder	Effective Communication	
	Stigma	Hallucinations	Negative Symptoms	Restlessness	Schizoaffective Disorder	
0	Optimal Symptom Management	Relapse	Nurse or RN	Cogentin	Schizophrenia	

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0	or RN	Effective Communication	Mood Stabilizers	Exercise	Mania	
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0	Bipolar	Delusions	Side	Forensic Evaluator	Stress	
0	Disorder		Effects	Evaluator		
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0		Support			Social	
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0	Triggers	Depressive Disorder	PRN	Resilient	Esteem	
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0	Psychiatrist	Schizoaffective Disorder	Cognitive Behavioral Therapy (CBT)	Mania	Emotions and Feelings	
0	Exercise	Cogentin	Coping Skills	Schizophrenia	Mood Stabilizers	
0	Stress	Restlessness	Support System or Treatment Team	Nurse or RN	PRN	
0	Relapse	Delusions	Effective Communication	Triggers	Negative Symptoms	
0	Attention and Concentration	Antidepressant	Warning Signs	Forensic Evaluator	Resilient	

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0	Exercise	Schizoaffective Disorder	Cognitive Behavioral Therapy	Social Workers, Psychologists, Psychology	Hallucinations	
0			(CBT)	Associates		
0	Mania	Support System or Treatment Team	Cogentin	Psychiatrist	Optimal Symptom Management	
0	Mood Stabilizers	Forensic Evaluator	Warning Signs	Delusions	Self- Esteem	
0 0	Relaxation Techniques	Major Depressive Disorder	Antidepressant	Nurse or RN	Negative Symptoms	
0	Attention and Concentration	Resilient	Relapse	Coping Skills	Triggers	
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	Warning Signs	Effective Communication	Emotions and Feelings	Major Depressive Disorder	Nurse or RN	
0	Optimal Symptom Management	Bipolar Disorder	Resilient	Mania	Coping Skills	
0	Attention and Concentration	Social Workers, Psychologists, Psychology Associates	Mood Stabilizers	Triggers	Cognitive Behavioral Therapy (CBT)	
	Side Effects	Relapse	Schizoaffective Disorder	Stress	Forensic Evaluator	
0	PRN	Psychiatrist	Stigma	Delusions	Restlessness	

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0	Attention and Concentration	Hallucinations	Mood Stabilizers	Delusions	Restlessness	
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0	Schizophrenia	Resilient	Relaxation Techniques	Stigma	Social Workers, Psychologists,	
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0	Psychiatrist		Self-	Schizoaffective Disorder	Mania	
0		Triggers	Esteem			
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0	Antidepressant	Optimal Symptom Management	Negative Symptoms	Major Depressive Disorder	Nurse or RN	
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0	Exercise		Treatment Team	Evaluator	Effects	
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	Major Depressive Disorder	Triggers	Mood Stabilizers	Restlessness	Stress	
	Schizoaffective Disorder	Cognitive Behavioral Therapy (CBT)	Coping Skills	Support System or Treatment Team	Effective Communication	
0	Bipolar Disorder	Relapse	Emotions and Feelings	Exercise	Social Workers, Psychologists, Psychology Associates	
	Antidepressant	Mania	Forensic Evaluator	Nurse or RN	Hallucinations	
0	Cogentin	Schizophrenia	Self- Esteem	Relaxation Techniques	Negative Symptoms	

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0	Hallucinations	Bipolar Disorder	Antidepressant	Behavioral Therapy (CBT)	Psychiatrist	
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0	Symptom Management	Signs	Depressive Disorder	Resilient	Feelings	
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0	Relapse	Triggers	Exercise	Forensic Evaluator	Schizophrenia	
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0	Delusions	Self-	Stress	Coping	Effective Communication	
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Delusions	Schizophrenia	Forensic Evaluator	Schizoaffective Disorder	Cogentin	
Exercise	Hallucinations	Emotions and Feelings	Triggers	Cognitive Behavioral Therapy (CBT)	
Social Workers, Psychologists, Psychology Associates	Negative Symptoms	Support System or Treatment Team	Mania	Optimal Symptom Management	
PRN	Self- Esteem	Restlessness	Nurse or RN	Relapse	
Coping Skills	Stress	Effective Communication	Attention and Concentration	Psychiatrist	

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Mania	Stigma	Delusions	Relapse	Mood Stabilizers	
Antidepressant	Nurse or RN	Side Effects	Effective Communication	Negative Symptoms	
Bipolar Disorder	Schizoaffective Disorder	Major Depressive Disorder	Warning Signs	Self- Esteem	
Stress	Relaxation Techniques	Hallucinations	Psychiatrist	Emotions and Feelings	
Forensic Evaluator	Support System or Treatment Team	Resilient	Cogentin	Restlessness	
	Antidepressant  Bipolar Disorder  Stress	Antidepressant  Nurse or RN  Bipolar Disorder  Schizoaffective Disorder  Stress  Relaxation Techniques  Forensic Evaluator  Support System or Treatment	Antidepressant  Nurse or RN  Effects  Bipolar Disorder  Schizoaffective Disorder  Schizoaffective Disorder  Major Depressive Disorder  Hallucinations  Forensic Evaluator  Support System or Treatment  Resilient	Antidepressant  Nurse or RN  Effects  Effective Communication  Bipolar Disorder  Schizoaffective Disorder  Schizoaffective Disorder  Major Depressive Disorder  Signs  Warning Signs  Hallucinations  Psychiatrist  Forensic Evaluator  Forensic Evaluator  Forensic Evaluator  Resilient  Cogentin	ManiaStigmaDelusionsRelapseStabilizersAntidepressantNurse or RNSide Effective CommunicationNegative SymptomsBipolar DisorderSchizoaffective DisorderMajor Depressive DisorderWarning SignsSelf-EsteemStressRelaxation TechniquesHallucinationsPsychiatristEmotions and FeelingsForensic EvaluatorSupport System or TreatmentResilientCogentinRestlessness

Social Workers, Psychologists, Psychology Associates	Relapse	Negative Symptoms	Mood Stabilizers	Effective Communication	
Triggers	Optimal Symptom Management	PRN	Resilient	Major Depressive Disorder	
Cognitive Behavioral Therapy (CBT)	Self- Esteem	Schizophrenia	Attention and Concentration	Warning Signs	
Cogentin	Coping Skills	Schizoaffective Disorder	Exercise	Side Effects	
Restlessness	Support System or Treatment Team	Nurse or RN	Stress	Antidepressant	

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0	PRN	Forensic Evaluator	Mania	Side Effects	Cogentin	
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	Exercise	Forensic Evaluator	Antidepressant	Self- Esteem	Cogentin	
	Nurse or RN	Relapse	Restlessness	Optimal Symptom Management	Emotions and Feelings	
	Resilient	Psychiatrist	Hallucinations	Stress	Stigma	
	Social Workers, Psychologists, Psychology Associates	Delusions	Effective Communication	Triggers	Mania	
)	Schizophrenia	Schizoaffective Disorder	Relaxation Techniques	Negative Symptoms	Side Effects	

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	Optimal Symptom Management	Mania	Triggers	Self- Esteem	Resilient	
	Warning Signs	Cognitive Behavioral Therapy (CBT)	Emotions and Feelings	Hallucinations	Social Workers, Psychologists, Psychology Associates	
0	Cogentin	Antidepressant	Exercise	Side Effects	Restlessness	
	Forensic Evaluator	Mood Stabilizers	Stigma	Schizophrenia	Bipolar Disorder	
0	Support System or Treatment Team	Stress	Relapse	Relaxation Techniques	Psychiatrist	

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0	Restlessness	Effective Communication	Major Depressive Disorder	Stigma	Self- Esteem	
0	Resilient	Mania	Social Workers, Psychologists, Psychology Associates	Antidepressant	Attention and Concentration	
0	Schizoaffective Disorder	Relapse	Cognitive Behavioral Therapy (CBT)	Side Effects	Relaxation Techniques	
	Triggers	Optimal Symptom Management	Hallucinations	Cogentin	Stress	
0	Schizophrenia	PRN	Emotions and Feelings	Support System or Treatment Team	Negative Symptoms	

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	Forensic Evaluator	Stigma	Warning Signs	Bipolar Disorder	Schizophrenia	
	Self- Esteem	Relaxation Techniques	Stress	Social Workers, Psychologists, Psychology Associates	Antidepressant	
0	Cognitive Behavioral Therapy (CBT)	Effective Communication	Attention and Concentration	Hallucinations	Cogentin	
	Mania	Side Effects	Emotions and Feelings	Mood Stabilizers	Schizoaffective Disorder	
0	Resilient	Delusions	Optimal Symptom Management	Psychiatrist	Restlessness	

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0	Mood Stabilizers	Self-	Relapse	Resilient	Coping	
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0	Evaluator	Restlessness	Depressive Disorder	Mania	Treatment Team	
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