**Mental Health Bingo**

**Caller’s Card**

Mental Health Bingo can be played 2 ways: Traditional or Challenging. The Traditional way involves the Caller simply calling out the word. The Challenging way involves the Caller asking a question () and allowing the players to guess the word.

To play, pull a Mental Health Bingo Calling Squares out of a bag, unfold it, and read either the question or word aloud.

Use this Bingo Caller’s Card to keep track words you have already called. When you have called a word, tick it off on this caller’s card. You can use this caller’s card to check if a player has a winning card during a game.

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