

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 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/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 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.

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	

Bingo Card ID 001

Mental Health

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

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Bingo Card ID 002

Mental Health

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

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Bingo Card ID 003

Mental Health

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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Bingo Card ID 004

Mental Health

Resilient	Triggers	Social Workers, Psychologists, Psychology Associates	Relapse	Major Depressive Disorder
Cognitive Behavioral Therapy (CBT)	Side Effects	Mania	Schizophrenia	Attention and Concentration
Mood Stabilizers	Negative Symptoms	Support System or Treatment Team	Warning Signs	Restlessness
Schizoaffective Disorder	Psychiatrist	Optimal Symptom Management	PRN	Delusions
Stigma	Self-Esteem	Cogentin	Relaxation Techniques	Exercise

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Bingo Card ID 005

Mental Health

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

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Bingo Card ID 006

Mental Health

Major Depressive Disorder	Bipolar Disorder	Social Workers, Psychologists, Psychology Associates	Support System or Treatment Team	PRN
Cogentin	Coping Skills	Stress	Schizoaffective Disorder	Nurse or RN
Delusions	Stigma	Psychiatrist	Mania	Mood Stabilizers
Antidepressant	Warning Signs	Optimal Symptom Management	Negative Symptoms	Hallucinations
Side Effects	Schizophrenia	Triggers	Emotions and Feelings	Resilient

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Bingo Card ID 007

Mental Health

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

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Bingo Card ID 008

Mental Health

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

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Bingo Card ID 009

Mental Health

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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Bingo Card ID 010

Mental Health

Resilient	Negative Symptoms	Relapse	Bipolar Disorder	Warning Signs
Cogentin	Social Workers, Psychologists, Psychology Associates	Schizophrenia	Nurse or RN	Effective Communication
Delusions	Side Effects	Attention and Concentration	Self-Esteem	Antidepressant
Mania	Schizoaffective Disorder	PRN	Psychiatrist	Exercise
Major Depressive Disorder	Hallucinations	Restlessness	Support System or Treatment Team	Cognitive Behavioral Therapy (CBT)

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Bingo Card ID 011

Mental Health

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
Optimal Symptom Management	Relapse	Nurse or RN	Cogentin	Schizophrenia

Bingo Card ID 012

Mental Health

Nurse or RN	Effective Communication	Mood Stabilizers	Exercise	Mania
Bipolar Disorder	Delusions	Side Effects	Forensic Evaluator	Stress
Coping Skills	Hallucinations	Relaxation Techniques	Attention and Concentration	Psychiatrist
Schizoaffective Disorder	Support System or Treatment Team	Restlessness	Warning Signs	Social Workers, Psychologists, Psychology Associates
Triggers	Major Depressive Disorder	PRN	Resilient	Self-Esteem

Bingo Card ID 013

Mental Health

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

Bingo Card ID 014

Mental Health

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

Bingo Card ID 015

Mental Health

Warning Signs	Effective Communication	Emotions and Feelings	Major Depressive Disorder	Nurse or RN
Optimal Symptom Management	Bipolar Disorder	Resilient	Mania	Coping Skills
Attention and Concentration	Social Workers, Psychologists, Psychology Associates	Mood Stabilizers	Triggers	Cognitive Behavioral Therapy (CBT)
Side Effects	Relapse	Schizoaffective Disorder	Stress	Forensic Evaluator
PRN	Psychiatrist	Stigma	Delusions	Restlessness

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Bingo Card ID 016

Mental Health

Attention and Concentration	Hallucinations	Mood Stabilizers	Delusions	Restlessness
Schizophrenia	Resilient	Relaxation Techniques	Stigma	Social Workers, Psychologists, Psychology Associates
Psychiatrist	Triggers	Self-Esteem	Schizoaffective Disorder	Mania
Antidepressant	Optimal Symptom Management	Negative Symptoms	Major Depressive Disorder	Nurse or RN
Exercise	PRN	Support System or Treatment Team	Forensic Evaluator	Side Effects

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Bingo Card ID 017

Mental Health

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

Bingo Card ID 018

Mental Health

Hallucinations	Bipolar Disorder	Antidepressant	Cognitive Behavioral Therapy (CBT)	Psychiatrist
Mania	Support System or Treatment Team	PRN	Mood Stabilizers	Negative Symptoms
Optimal Symptom Management	Warning Signs	Major Depressive Disorder	Resilient	Emotions and Feelings
Relapse	Triggers	Exercise	Forensic Evaluator	Schizophrenia
Delusions	Self-Esteem	Stress	Coping Skills	Effective Communication

Bingo Card ID 019

Mental Health

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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Bingo Card ID 020

Mental Health

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

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Bingo Card ID 021

Mental Health

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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Bingo Card ID 022

Mental Health

Hallucinations	Triggers	Antidepressant	Cognitive Behavioral Therapy (CBT)	Negative Symptoms
Exercise	Major Depressive Disorder	Nurse or RN	Bipolar Disorder	Attention and Concentration
Restlessness	Psychiatrist	Emotions and Feelings	Relaxation Techniques	Schizophrenia
PRN	Forensic Evaluator	Mania	Side Effects	Cogentin
Social Workers, Psychologists, Psychology Associates	Stigma	Relapse	Self- Esteem	Resilient

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Bingo Card ID 023

Mental Health

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

Bingo Card ID 024

Mental Health

Optimal Symptom Management	Relaxation Techniques	Delusions	Bipolar Disorder	Negative Symptoms
Mood Stabilizers	Forensic Evaluator	Self-Esteem	Stigma	Triggers
Major Depressive Disorder	Schizoaffective Disorder	Resilient	Effective Communication	Mania
Cognitive Behavioral Therapy (CBT)	Emotions and Feelings	Hallucinations	Nurse or RN	Antidepressant
Cogentin	Exercise	Schizophrenia	Coping Skills	Side Effects

Bingo Card ID 025

Mental Health

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

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Bingo Card ID 026

Mental Health

Antidepressant	Support System or Treatment Team	Effective Communication	Exercise	Delusions
Psychiatrist	Hallucinations	Restlessness	Attention and Concentration	Triggers
Relapse	Warning Signs	Forensic Evaluator	Cognitive Behavioral Therapy (CBT)	Schizophrenia
Stigma	Nurse or RN	Cogentin	Major Depressive Disorder	Negative Symptoms
Relaxation Techniques	Optimal Symptom Management	Mania	Schizoaffective Disorder	PRN

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Bingo Card ID 027

Mental Health

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

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Bingo Card ID 028

Mental Health

Forensic Evaluator	Restlessness	PRN	Nurse or RN	Stress
Self-Esteem	Delusions	Stigma	Triggers	Schizophrenia
Warning Signs	Resilient	Relaxation Techniques	Relapse	Antidepressant
Side Effects	Optimal Symptom Management	Psychiatrist	Cogentin	Mood Stabilizers
Cognitive Behavioral Therapy (CBT)	Bipolar Disorder	Exercise	Emotions and Feelings	Mania

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Bingo Card ID 029

Mental Health

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

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Bingo Card ID 030

Mental Health

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

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