



# Mental Health Awareness

## Join the fun while supporting mental health

Play along, and “bingo,” you’ll have fun while learning how to improve your mental health. Our bingo game includes tips for mental health, mindfulness, stress reduction, happiness, and anxiety management. And you may even win a prize!

### How it works

Each week, you’ll receive a different bingo card. Simply complete activities in the boxes and mark them off. Once you get a “bingo,” turn in your card to be entered into a drawing.

1. Write your name and location or department on the card.
2. Do as many of the activities as you’d like, and mark off the activities you complete.
3. To get a “bingo,” you must have all five boxes marked in a single row, column, or diagonal.
4. When you have at least one bingo, turn in your card. Cards must be submitted by the end of the day Friday to be entered into the week’s drawing. All cards submitted with a bingo will be entered in the grand prize drawing.

If you already have one bingo for the week, ask for another card. Complete and submit additional cards during the week for more chances to win.

### When does the game start and end?

Mental Health Awareness Bingo runs from

### Questions

If you have any questions or you’d like to join the fun, reach out to:

