



NAME \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

# BINGO!

## SUICIDE AWARENESS MONTH

COUNT YOUR BLESSINGS	LEARN SOMETHING NEW	LISTEN TO MUSIC	SIT IN THE SUN FOR 10 MINUTES	express Gratitude to someone
WATCH A FAVORITE MOVIE	GO FOR A CAR RIDE	WRITE A NOTE OF ENCOURAGEMENT TO SOMEONE	DO A RANDOM ACT OF KINDNESS	nutre your spirit
GO FOR A WALK	TAKE A DEEP BREATH	LIGHT A CANDLE	TELL SOMEONE THEY MATTER	LOL SHARE A GOOD JOKE
write in a journal	READ A BOOK	ENJOY A SUNRISE OR SUNSET	SING OUT LOUD	Ask a friend Are you okay?
PAINT OR COLOR A PICTURE	BE KIND TO YOURSELF	COMPLIMENT A STRANGER	TAKE TIME FOR SELF CARE	CALL A LONG DISTANCE FRIEND OR FAMILY MEMBER

**DIRECTIONS:** FILL IN ALL SQUARES FOR A BINGO BLACK OUT. RETURN TO ADAIR COUNTY MEMORIAL HOSPITAL ER DOOR OR EMAIL PICTURE OF COMPLETED SHEET TO TIFFANY JOHNSON AT [TIFFJOHNSON@ADAIRCOUNTYHEALTHSYSTEM.ORG](mailto:TIFFJOHNSON@ADAIRCOUNTYHEALTHSYSTEM.ORG). PRIZES WILL BE GIVEN TO 3 WINNERS.

WINNERS WILL BE DRAWN AT RANDOM FROM ALL THE BINGO CARDS TURNED IN BY **FRIDAY, SEPTEMBER 25, 2020.**

