

Name:  
Contact:

# END STIGMA Bingo

Cross out each square you've completed  
Every completed square is another entry to win a Google Nest Mini  
Submit your bingo card to registration or email it by March 2, 2022 to  
[edevynck@coastmountaincollege.ca](mailto:edevynck@coastmountaincollege.ca)

Visit the End Stigma library display at your campus	Complete (online or in-person) Naloxone training	Participate in suicideTALK, safeTALK or START training	Download the Here2Talk app to your phone	Check out the Mental Health hub in the CMSU app
Take a mental health <u>self-screener</u> to check in on yourself <a href="http://heretohelp.bc.ca/screening/online/">heretohelp.bc.ca/screening/online/</a>	Book that health appointment you've been putting off (dentist, counselling, physio)	Listen to a podcast about mental health (see the MH hub on the CMSU app)	Text or call that pal who's been having a rough time	Challenge stigmatizing language you hear about mental health and addiction
Plan a movie night with a stigma-busting movie (see MH hub for ideas)	Help build a welcoming community at CMTN by joining in on a campus activity	 FREE SPACE	Try this game to practice talking about mental health: <a href="http://conversations.movember.com">conversations.movember.com</a>	Rock a pink shirt on Feb 23, Pink Shirt Day, to challenge bullying
Do an activity you've been meaning to try...challenge the fear and take the plunge	Have a conversation with an older person about their views on mental health	Contribute to the Mental Health hub on the CMSU app	Support community wellbeing by donating to a local or campus food bank	Take a selfie with End Stigma swag (you could even post it)

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