

What's your story? cards



"It's the first time I have ever really talked about myself and had people actually listen."

A card game developed in the community to make talking about mental health and emotions fun.

What's bothering you BINGO!

Everyone loves a game of Bingo!
This is Bingo with a twist.
You can play for prizes and get what's bothering you off your chest.

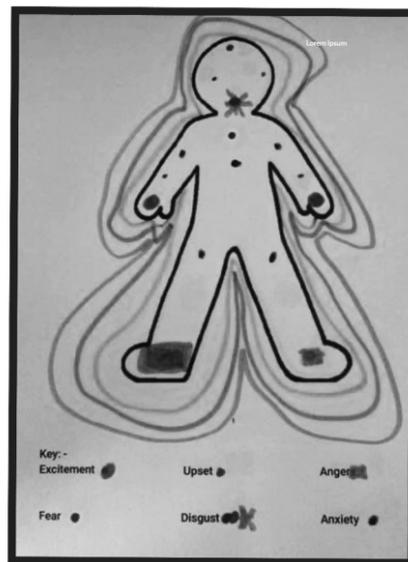
"It's good to talk about feelings. I didn't realise other boys cried too"

B	I	N	G	O
boredom	the world feels like a scary place	having caring responsibilities that feel too much	noisy neighbour	anti-social behaviour on the estate
the buses and not being able to make it to appointments	irresponsible dog owners - dog mess	feeling judged	Being Bullied	not feeling well
relationship issues	not enjoying life.	not being able to sleep	family being out of work	feeling stuck in a rut
feeling dismissed by professionals	addiction issues	having no sense of purpose	feeling like the world is leaving me behind	worries about my family
there is nothing to do of an evening	not having anyone to talk to	I can't stop crying	grief	not being able to sleep

Body Mapping Emotions

A creative tool to explore how emotion sits in your body.

"I'd never thought about my body feeling emotions before."



Draw Your Mental Health

How would you draw your mental health?
With paper and pens there are no wrong answers.



"I hadn't realized that mental health includes things that make you feel well not just mental illness."



Easy to use guide and resources available to download for **FREE HERE!**

collective-encounters.org.uk/lets-talk-mental-health/

We'd love to know how these games have worked for you. To share your experiences or to find out more about our work with communities contact Abi Horsfield
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