

MENTAL HEALTH BINGO

MPL wants to help you prioritize your mental health & well-being. Complete the activities & explore the resources below to prevent the spread of stigma around mental health, and recognize and promote your mental well-being.

The library is here to help all year long! Check out our mental health resources (online & in-library), including booklists, eDatabases, etc.

Complete and return your bingo card to the library by **May 31** for your chance to win a prize package.

Spent time outside	Got a good night's sleep	Practiced compassion, part of CMHA's "Healing through Compassion" Mental Health Week	Laughed	Read for pleasure
Tried something new	Listened to my body	Asked for help when I needed it	Practiced setting boundaries	Gave myself a compliment
Practiced mindfulness	Exercised	PRIORITIZED SELF-CARE	Explored old/new hobbies	Learned more about mental health
Normalized mental health by discussing with friends, family & colleagues (Stop the Stigma)	Had fun	Meditated	Practiced self-compassion	Caught up with a friend
Drank water	Took a social media break	Promoted mental well-being to the younger generation	Decluttered my space	Participated in therapy

Name: _____

Phone number: _____

Email: _____

Library card number: _____

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Explore the resources below available from MPL and our community partners to help you complete the activities on our Mental Health Bingo card!

Spent time outside/Exercised: Check out our [collection of outdoor equipment](#), including walking poles, loanable park passes, and outdoor games encourage physical activity at no-cost.

Practiced compassion, part of CMHA's "Healing through Compassion"

Mental Health Week: May 6-12, 2024 is Mental Health Awareness Week. This year the Canadian Mental Health Association (CMHA) reminds us that we all have the capacity to be compassionate and #CompassionConnects us all. Visit [cmhastartalking.ca, the website for our Simcoe County chapter of CMHA](#) or follow along on their social media ([@cmhanational](#)) for posts & activities centred on the healing power of compassion & emphasizing that kindness is intrinsic to our humanity.

Laughed: MPL patrons can find plenty of comedies in our DVD collection, or available for free, unlimited streaming through [Kanopy](#), our on-demand streaming video platform available with your MPL membership.

Read for pleasure: MPL has thousands of reading materials in a variety of formats (eBook, eAudiobook, audiobook, large print, etc.). Not sure what you'd like to read next? Visit our personal recommendations page at [midlandlibrary.com/person-reading-recommendations/](#) for help from library staff.

Tried something new: The library is a fantastic vehicle for discovering & learning new skills. Access one of our [25+ eDatabases](#) such as Transparent Language or CreativeBug. Or visit [The MakerPlace](#) where you can explore the intersection between your creativity and new technologies/tools.

Practiced mindfulness: In addition to library materials for all ages, members of our community may wish to explore "Mindful Mondays", a program offered by [Chigamik Community Health Centre](#) that provides an environment to practice mindfulness exercises and explore related topics such as feelings, emotions, relationship patterns, etc.

Prioritized self-care: Review all the ways the library supports your self-care with our "Self-care Resources You Can Find at the Library" flyer, available online or in-library.

Explored old/new hobbies: [Many of MPL's collections](#) promote exploring hobbies such as jigsaw puzzles, gardening, or playing a musical instrument.

Learned more about mental health/Normalized mental health : From [eDatabases](#) like Consumer Health Complete or Teen Health & Wellness to books in our general collection, MPL has many resources for folks looking to learn more about mental health for themselves or their loved ones. Additionally, many of the books in our adult, teen & children's collections seek to stop the stigma surrounding mental health by reflecting the lived experiences of those facing mental health challenges.

Had fun: The library provides a wide variety of recreational programs for adults & teens to develop social & emotional connections with peers, through shared interests. Visit [midlandlibrary.com/events/](#) for the full list of program offerings.

Participated in therapy: Visit the Central North Ontario Psychotherapy Program ([therapyontario.ca](#)) to access free support for folks 18+ experiencing depression, trauma, or anxiety-related concerns.

Promoted mental well-being to the younger generation: Visit the MPL children's department for a variety of children's books (board/picture books or novels for young readers) that introduce and reflect experiences with mental health. Those with loved ones between the ages of 12-25 will want to get to know our community partners at the [North Simcoe Youth & Wellness Hub \(NSYWH\)](#), who offer a variety of mental health & substance use support for youth & their families.