



## WELLNESS RESOURCE BINGO!

Welcome to Western! We want to help you get to know our campus, and that includes sharing about all the support and resources offered in the Counseling and Wellness Center and throughout WWU!

To participate, use our Wellness Bingo Card and Challenge List during September and October. For each challenge, you will see in italics what you need to write in the corresponding numbered box below as “proof.” When you’re finished, submit your answers via our [Microsoft Form](https://forms.office.com/r/wwubingo): [tinyurl.com/wwubingo](https://tinyurl.com/wwubingo)

**All forms submitted by October 31, 2021 will be eligible for these prizes:**

Earn one “I ♥ Feelings” sticker for each row (horizontal, vertical, diagonal, or four corners) you complete!

Complete the full board to win an “I ♥ Feelings” T-shirt and reusable tote bag!

**Thanks for participating, and good luck!**

|     |     |     |     |
|-----|-----|-----|-----|
| 1.  | 2.  | 3.  | 4.  |
| 5.  | 6.  | 7.  | 8.  |
| 9.  | 10. | 11. | 12. |
| 13. | 14. | 15. | 16. |

For questions, concerns, or to request this document in an alternate format, email Amy Dunham, Suicide Prevention Coordinator, at [dunhama@wwu.edu](mailto:dunhama@wwu.edu). When you’re finished, submit your answers via our [Microsoft Form](https://forms.office.com/r/wwubingo): [tinyurl.com/wwubingo](https://tinyurl.com/wwubingo)



# WELLNESS RESOURCE BINGO!

*Use these challenges to fill in your wellness resource bingo card.*

1. Follow the Counseling, Health and Wellness Instagram at [@bewellwwu](https://www.instagram.com/bewellwwu). Write in the box your favorite post! ***Write your favorite one in the box.***
2. Create your personalized Western Wellness Plan by visiting [cwc.wvu.edu/wellness-worksheets](https://cwc.wvu.edu/wellness-worksheets). Use the **worksheet** provided to identify specific support people, resources, coping skills, and more that are available for you throughout your WWU career. ***Write in the box one WWU resource you identified that could be helpful to you.***
3. Learn about bystander intervention at [cwc.wvu.edu/medicalamnesty](https://cwc.wvu.edu/medicalamnesty) to help someone in a substance use emergency. ***Write in the box one thing you learned.***
4. Attend (at least) one workshop put on by the Counseling and Wellness Center! Find options for workshops, including our banner Wellness Wednesday program, at [cwc.wvu.edu/workshops](https://cwc.wvu.edu/workshops). ***Write in the box what you attended and your favorite take away from the session.***
5. Nature can be therapeutic, and exercise is key for maintaining mental wellness! Learn more about the services and events offered by the WWU Outdoor Center at [as.wvu.edu/outdoor](https://as.wvu.edu/outdoor). ***Write in the box something you found that you might try this year.***
6. Head to [cwc.wvu.edu/standup](https://cwc.wvu.edu/standup) to learn some bystander intervention skills you can use to help prevent sexual violence. ***Write one thing you learned in the box.***
7. Do you know that WWU has a place for you to report concerns about another student's well-being? Check out [wp.wvu.edu/officeofstudentlife/reporting-a-concern-or-complaint](https://wp.wvu.edu/officeofstudentlife/reporting-a-concern-or-complaint) to learn more. ***Write in the box one situation you think this could be helpful for.***
8. Check out the collection of self-help resources at [cwc.wvu.edu](https://cwc.wvu.edu) (click on the Wellness Programs & Resources tab). From mental health downloads to self-help apps to virtual care packages, we have curated a number of resources to help students care for their mental health. ***Write in the box one resource you looked at and your favorite thing about it.***
9. Learn more about our Western Wears sexual health campaign, as well as more about our sexual health program and pleasure packages, at [cwc.wvu.edu/westernwears](https://cwc.wvu.edu/westernwears). ***Write in the box one thing you learned.***
10. Whether you are living on or off campus this year, WWU Off Campus Living has great information on their website about finding a place to live, moving, and advice for creating community that can be helpful either now or in the future. Check out their website at [offcampusliving.wvu.edu](https://offcampusliving.wvu.edu). ***Write in the box one thing that you learned.***
11. Learn more about various wellness topics by checking out our wellness worksheets at [cwc.wvu.edu/wellness-worksheets](https://cwc.wvu.edu/wellness-worksheets). From self-love to motivation, we've got information and tips to help you develop your skills. ***Write in the box which worksheet you looked at and your favorite takeaway.***
12. Did you know that WWU has a place for you to report a bias incident? Go to [www.wvu.edu/sebrt/report-bias-incident](https://www.wvu.edu/sebrt/report-bias-incident) to learn more. ***Write in the box one incident you could use this for.***
13. Head to the Western Involvement Network ([win.wvu.edu](https://win.wvu.edu)) to learn more about Events and Student Organizations on campus! Find an event you are willing to try, or a student org to reach out to learn more. ***Write in the box which event you attended, or which student organization you reached out to.***
14. Learn more about how you can help a friend or peer in crisis at [cwc.wvu.edu/suicide-prevention](https://cwc.wvu.edu/suicide-prevention). ***Write in the box one thing that you learned.***
15. Go to [www.wvu.edu/overview-student-services](https://www.wvu.edu/overview-student-services) to learn about the variety of student services available to you as a WWU student. From LGBTQ+ Western to Associated Students to the Disability Access Center and many other departments, we are here to support you. Choose one that you think you could use and go to their website to learn more. ***Write in the box one thing that you learned.***
16. We want to hear from you! What is one thing the Counseling and Wellness Center could do to help you feel supported? It could be a community check-in, a workshop topic, suggestions for how we provide services—all ideas are welcome! ***Write your answer in the box.***