BINGO

Post an open message of support with 💟	Learn how to use naloxone	Plan a recovery-friendly get-together	Teach someone what the Open Heart means	Display the Open Heart somewhere others can see it
Text someone, “I’m proud of you"	Add 💟 to your social bio	Thank someone for being open about their recovery journey	Ask a friend, "How can I help you today?"	Link a recovery resource in your Linktree or bio
Listen to or read a story of recovery	Share a recovery resource		Offer to be someone’s safe contact at a social gathering	Advocate for recovery-friendly events at work/school
Follow a recovery-focused account or organization	Educate a friend on recovery	Listen without judgment	Post a supportive comment using 💟	Share one myth about recovery—and the truth
Learn what to do in a crisis	Check in on a friend	Learn recovery-friendly language	Save a crisis number in your phone just in case	Help a loved one make an exit plan for triggering events

Embrace recovery with an Open Heart.

Find more support and resources at **embrace recovery** SC.com | BHDD