

FACTS & FEELS

A card game to make space
for a real conversation
about mental health
and substance use.



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WHO'S IT FOR?

For parents, caregivers, teens, and trusted adults to talk about the link between mental health and substance use.

HOW TO PLAY:

1-4 PLAYERS

Draw three cards per level for the whole group to answer. Use "Skip" to replace any card you don't want to use. "Flip" cards for the answer or conversation tips. Advance through each level and see where the conversation takes you!

ROUND 1: MENTAL HEALTH

ROUND 2: SUBSTANCE USE

ROUND 3: TALK IT OUT



START PLAYING

[CDC.gov / PLAY-FACTS-FEELS](https://www.cdc.gov/play-facts-feels)