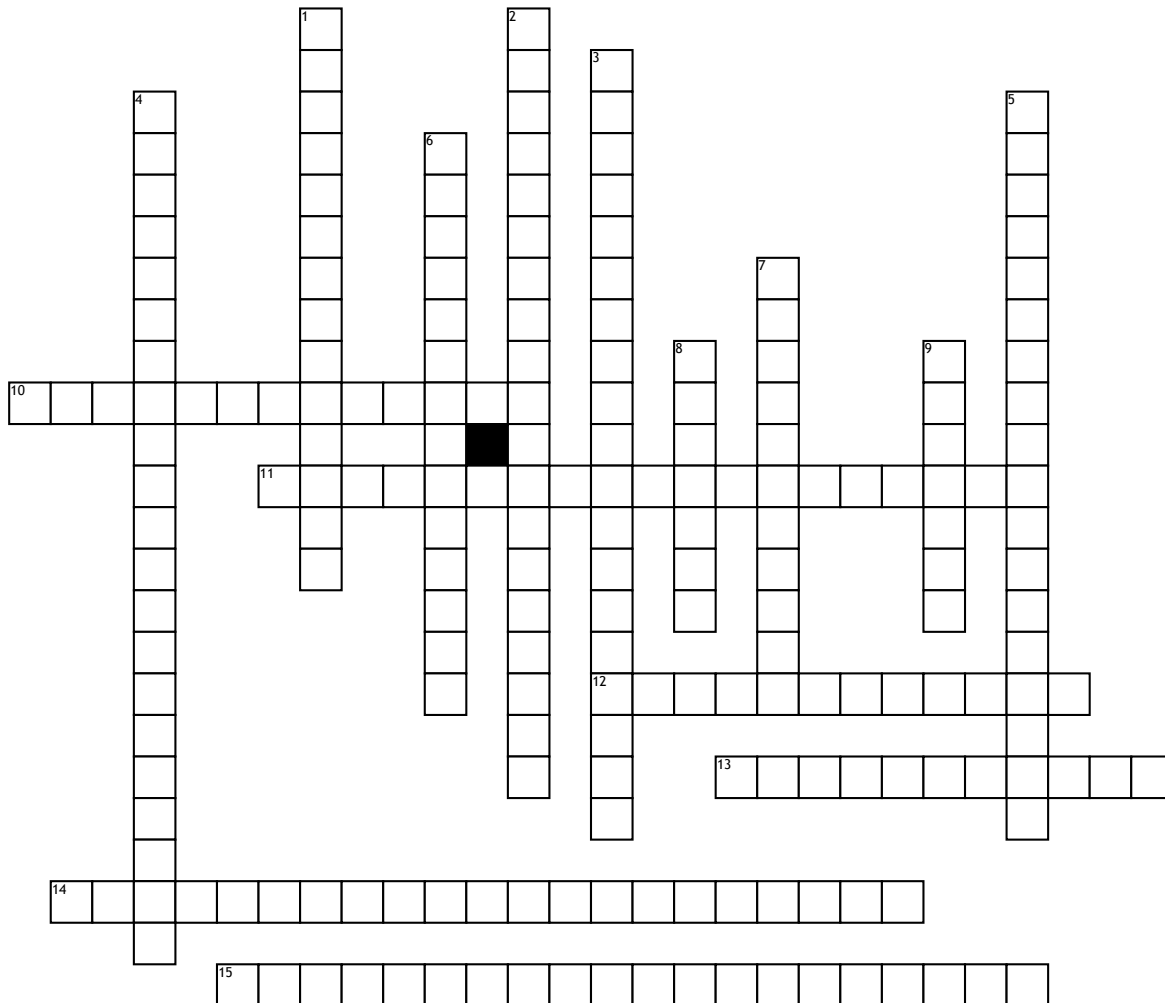


# Common Mental Illness



## Across

10. Brain disorder that affects the way a person acts, thinks and sees the world, manages emotions, relates to others, and functions.

11. Disorder with unwanted thoughts leading to repetitive behaviours, symptoms of anxiety/fear if rituals act are not performed.

12. Exposure to social/performance situations that provoke an immediate anxiety attack, symptoms include palpitations, sweating, discomfort, muscle tensions.

13. Feeling of panic, with associated physical symptoms which start suddenly for no apparent reason.

14. Psychiatric disorder characterized by an individuals disregard for social norms, rules and cultural codes, as well as compulsive behaviours and indifferences to the rights and feelings of others.

15. Damage to the brain caused by a sudden blow or jolt to the head.

## Down

1. Marked and persistent fear of clearly discernible objects or situations.

2. A disorder with flashbacks, persistent frightening thoughts and memories, anger or irritability in response to a traumatic/terrifying event.

3. severe long-lasting disorder affecting new mothers, in which they experience sadness, anxiety, fear, and insomnia.

4. Also known as Emotional regulation disorder is a mental condition characterized by emotional dysregulation, extreme "black and white" thinking and chaotic relationships.

5. Disorder characterized by excessive, unrealistic worry, that lasts 6 months or more.

6. Psychotic symptoms triggered by drugs, or alcohol

7. Fear of being alone or in a public place that has no escape hatch.

8. Chronic or episodic mental disorder causes unusual, extreme, and fluctuating changes in mood, energy, activity and concentration/focus.

9. Eating disorder characterized by restrictive eating patterns, binge eating, self induced vomiting.