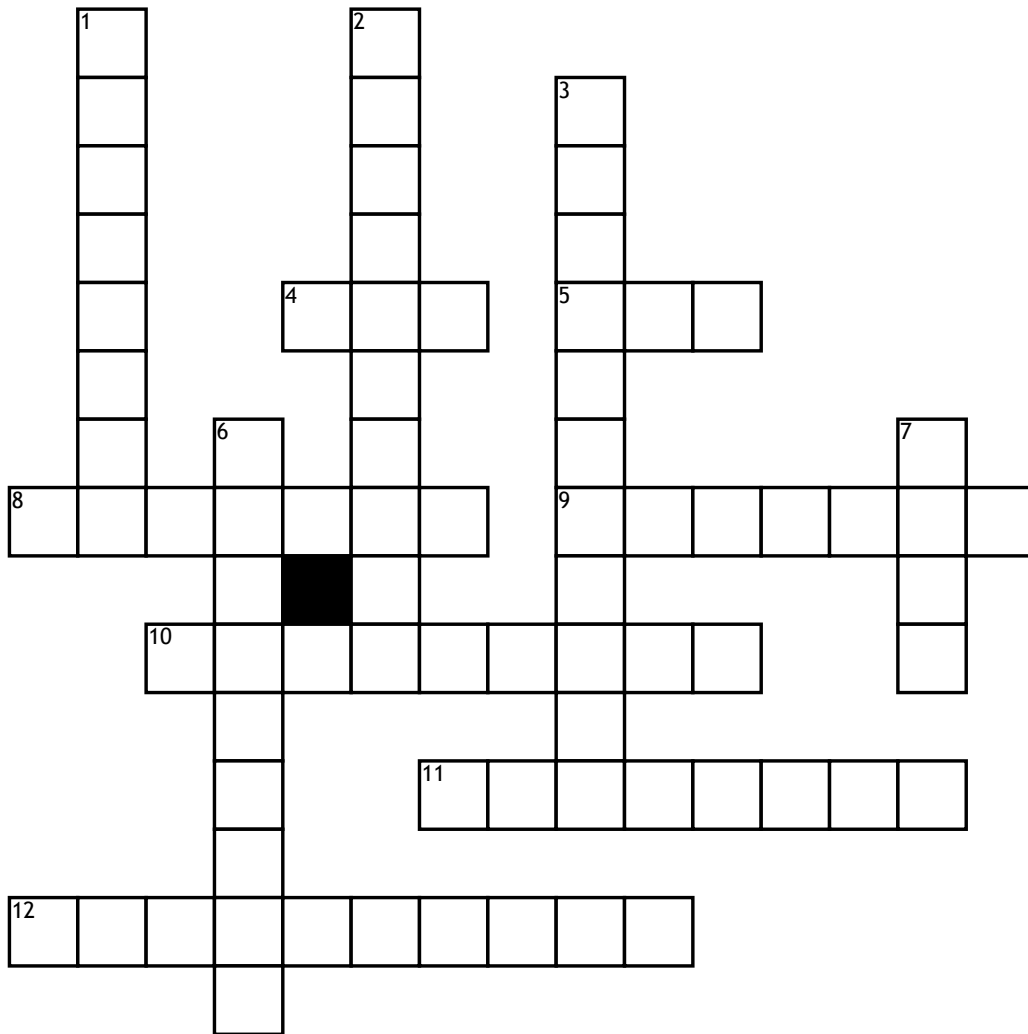


# Depression and Anxiety



**Across**

- 4. Can a person have both depression and anxiety together?
- 5. A type of depressive disorder
- 8. A possible cause of depression
- 9. Causes distress in your daily life

10. In changing patterns of thinking or behaviours a therapy is used called .....behavioural therapy(CBT)

11. Lifestyle changes such as..... exercise can assist in recovery

12. A treatment that a doctor might recommend

**Down**

- 1. Possible new medication that is also known as 'Special K'
- 2. Need 5 or more symptoms to be diagnosed
- 3. Possible cause of anxiety
- 6. A brain chemical if low could be responsible for mood disorders
- 7. A type of anxiety disorder

**Word Bank**

- |            |             |         |           |
|------------|-------------|---------|-----------|
| physical   | depression  | anxiety | Genetic   |
| medication | personality | SAD     | cognitive |
| ketamine   | yes         | PTSD    | serotonin |