

Name: _____

Date: _____

Mental Health

A O G G D H N H I V K V T M Z B K X E Z O P J E
K L D B Y D D Y U T J X S O S A R K A W A Q Q V
U A N R I B N Z C T I E N F X S W J M U I R M I
S W P F D D E A F Y Q N O T L T T X H P R E V S
L R O G D A N Z Z Q O P I Y A V J B G I R G R L
H X S Z I I S Q Z X W N T R M Z T S Q R M N Z U
E E T S C N S R C X J O O E B N V K I N O A W P
H Z T V J H Y O R V A L M U O P N Q E I P C B M
H H R D R T S K R O X H E R H J X R U P W O R O
X Y A I J W G N C D U M F Q H H Y C P U M P P C
P O U A G A C H I Y E P S D D K C K Z E B I D E
M C M Q Z A B M J U U R H A P P I N E S S N M V
O I A U O Y T U E S Z P S L T T B N C L T G M I
K I T O D M E N T A L H E A L T H K Y C Q T S S
U X I W N I P I Q N D O Z F L U P N Z D C E X S
V J C L M L G M E A U J Y T E I X N A M D C B E
Q Q S I M M I V K P Q N K X J P F D Z B C H D S
H X T T A H R N B M S A N O Y S X I D Q B N H B
D I R O W E F D E N N O E Z E N Z K G L D I H O
C M E A W W M M P L M I N D F U L N E S S Q B N
J I S K S X Y R R O I Z Q R W D D W B M J U A G
J I S H S U A J P K Q F V N J Z O U O Z V E P W
Q H O V S S E R T S Z G E P F N E R O F A S V H
R S D T R R K F W V T J G V E O V R P E E L S M

post traumatic stress

Mental Health

disorders

emotions

stress

obsessive compulsive

mindfulness

happiness

anxiety

anger

coping techniques

online life

up front

stigma

sleep