

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Mental Health

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

hyperactive

panic attack

test anxiety

nightmares

distracted

sensitive

emotional

worries

phobias

what if

refuses

afraid

avoids

cries

alone

can't