

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

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

# Mental Health

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

**Coping Skills**  
**Negativity**  
**Happiness**  
**Therapy**  
**Hopeful**  
**Anger**

**Goal Setting**  
**Positivity**  
**Counselor**  
**Content**  
**Reading**  
**Music**

**SAIL Program**  
**Depression**  
**Laughter**  
**Sadness**  
**Anxiety**

**Hopelessness**  
**Confusion**  
**Coloring**  
**Nervous**  
**Stress**