

Mental Health Awareness

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

Behavioural
compassion
problems
support
speak

psychology
assertive
approach
listen
act

depression
awareness
therapy
health

understand
community
anxiety
mental