

Mental Health Awareness

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

conflict resolution
social skills
perception
boundaries
Hospital
sleep

anger management
relationships
acceptance
Awareness
Therapy

copng skills
resilience
medication
patience
support