

Name: _____

Date: _____

Mental Health Awareness

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

self-regulation

discrimination

relationships

mindfulness

stereotype

depression

resilient

behaviour

physical

negative

thoughts

bullying

positive

feelings

emotions

friends

support

healthy

anxiety

mental

social

stigma

stress

happy