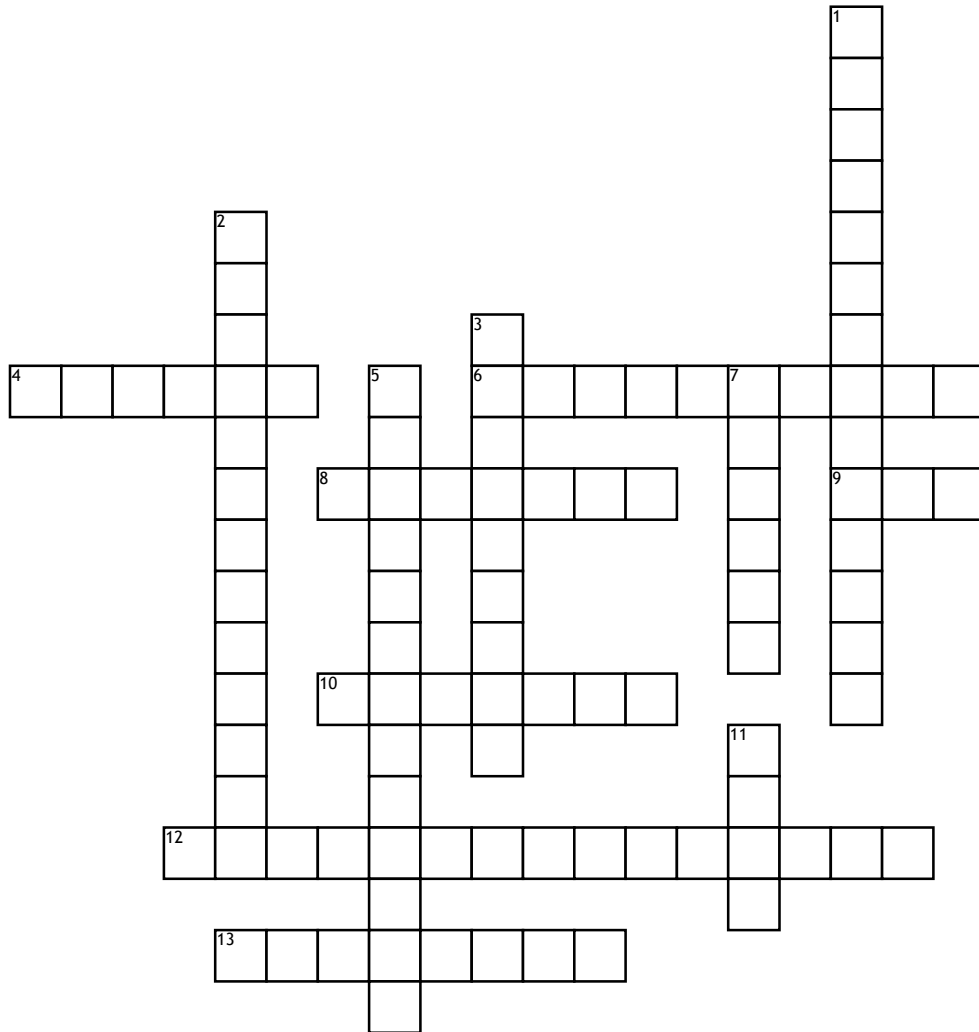


# Mental Health Disorders



**Across**

- 4. Irrational or extreme fear of something
- 6. Frequent sadness, isolation and loss of interest in hobbies
- 8. Increased heart rate, nervousness, realistic fears
- 9. Repeated thoughts or actions which are uncontrollable

- 10. Episodes of mania/depression and major mood swings
- 12. Extreme depression with long lasting episodes
- 13. Personality changes, memory loss, confused about time and place

**Down**

- 1. Disturbances in eating habits, poor self-esteem, affects thoughts about eating

- 2. Hallucinations, confusion, requires life-long treatment
- 3. Substance abuse, anxiety and depression, withdrawal
- 5. Panic attacks, sudden terror, shortness of breath
- 7. Anxiety, high heart rate, emotional instability, hard to concentrate
- 11. Obtained from heavy stress, has nightmares and intense emotional reactions

**Word Bank**

- |                  |                 |               |                |
|------------------|-----------------|---------------|----------------|
| Phobia           | PTSD            | Depression    | Panic disorder |
| Major depression | Dementia        | Addiction     | Anxiety        |
| OCD              | Eating disorder | Schizophrenia | Stress         |
| Bipolar          |                 |               |                |