

Name: _____

Date: _____

Mental Health Matters

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

talk to someone
counseling
behaviors
feelings
stress

healthy eating
friendship
bullying
emotion
trauma

sleep habits
depression
exercise
helping
family

prevention
relaxation
thoughts
anxiety
pain