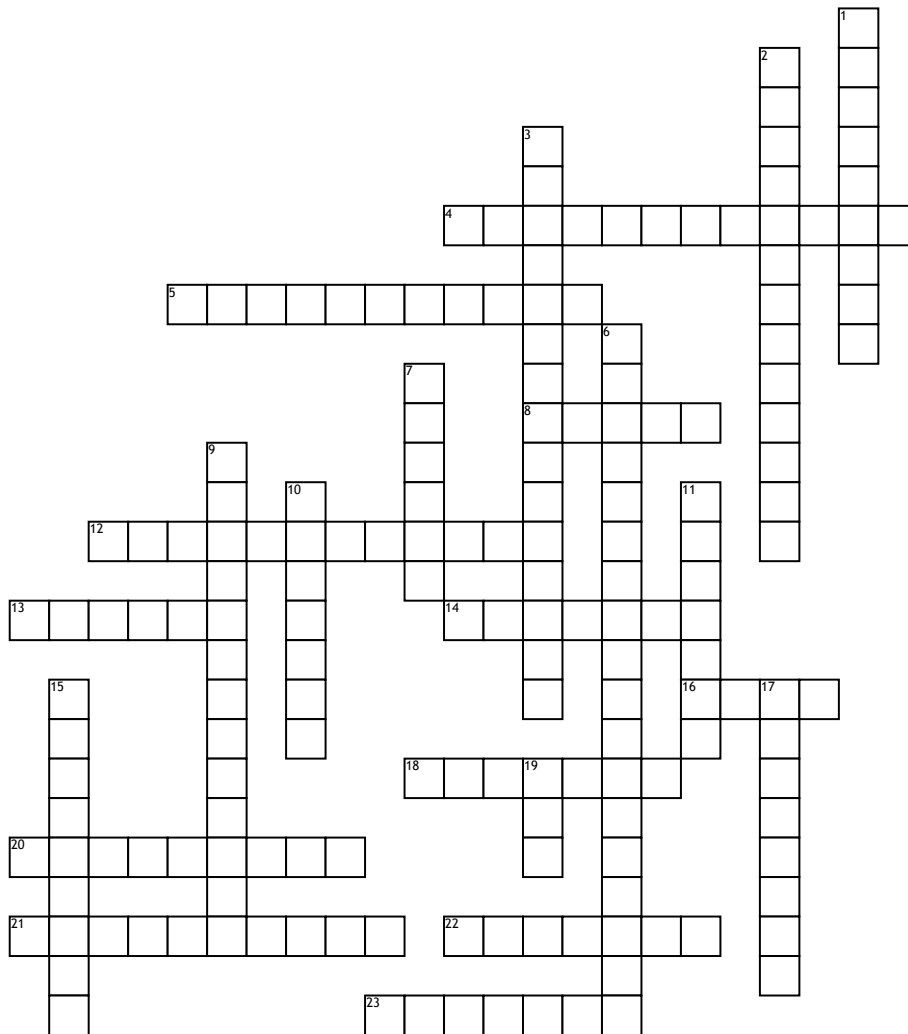


Mental Health



Across

- 4. how we think, feel and behave
- 5. the cause or possible reason for an attempt on one's life
- 8. sudden and repeated attacks of fear that last several minutes
- 12. symptoms or signs to look for that may notify others that someone is suicidal
- 13. negative attitudes that motivate people to fear, reject and discriminate against people
- 14. the deliberate ending of one's own life
- 16. Can develop in people that have lived through a dangerous event
- 18. when people have episodes of extremely low moods or extremely high moods

20. having good mental health and high life satisfaction

- 21. extreme sadness that can last for a prolonged period of time
- 22. to stop from happening
- 23. understanding another person's thoughts, feelings, and condition from their point of view

Down

- 1. an action or event making a significant change or stage in development
- 2. Anxious being around others
- 3. extreme sadness lasting for less than 2 weeks
- 6. when people worry about money, health, and family problems

- 7. the act of completing something
- 9. a change in thoughts and emotions that decreases a person's capacity to cope with everyday challenges
- 10. a feeling of worry about an event that is happening soon or with an uncertain outcome
- 11. the act of trying to do something
- 15. a major event that changes a person's status or circumstance
- 17. act of deliberately harming your own body
- 19. uncontrollable reoccurring thoughts and behaviors with an urge to repeat over and over

Word Bank

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|---------------|--------------|----------------|---------------------|------------------|
| Warning Signs | Anxiety | Empathy | panic | Social Anxiety |
| Stigma | Well being | Mental Illness | Bipolar | Mental Health |
| Prevent | Risk Factors | OCD | Generalized Anxiety | Attempt |
| PTSD | Life Event | Milestone | Depression | Minor Depression |
| Suicide | Self harm | Commit | | |