

Name: _____

Mental Health

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

black dog institute
healthy eating
beyond blue
medication
exercise
therapy
relax

signs and symptoms
kids help line
body image
prevalence
anorexia
stress
sleep

coping strategies
psychologist
depression
treatment
anxiety
music