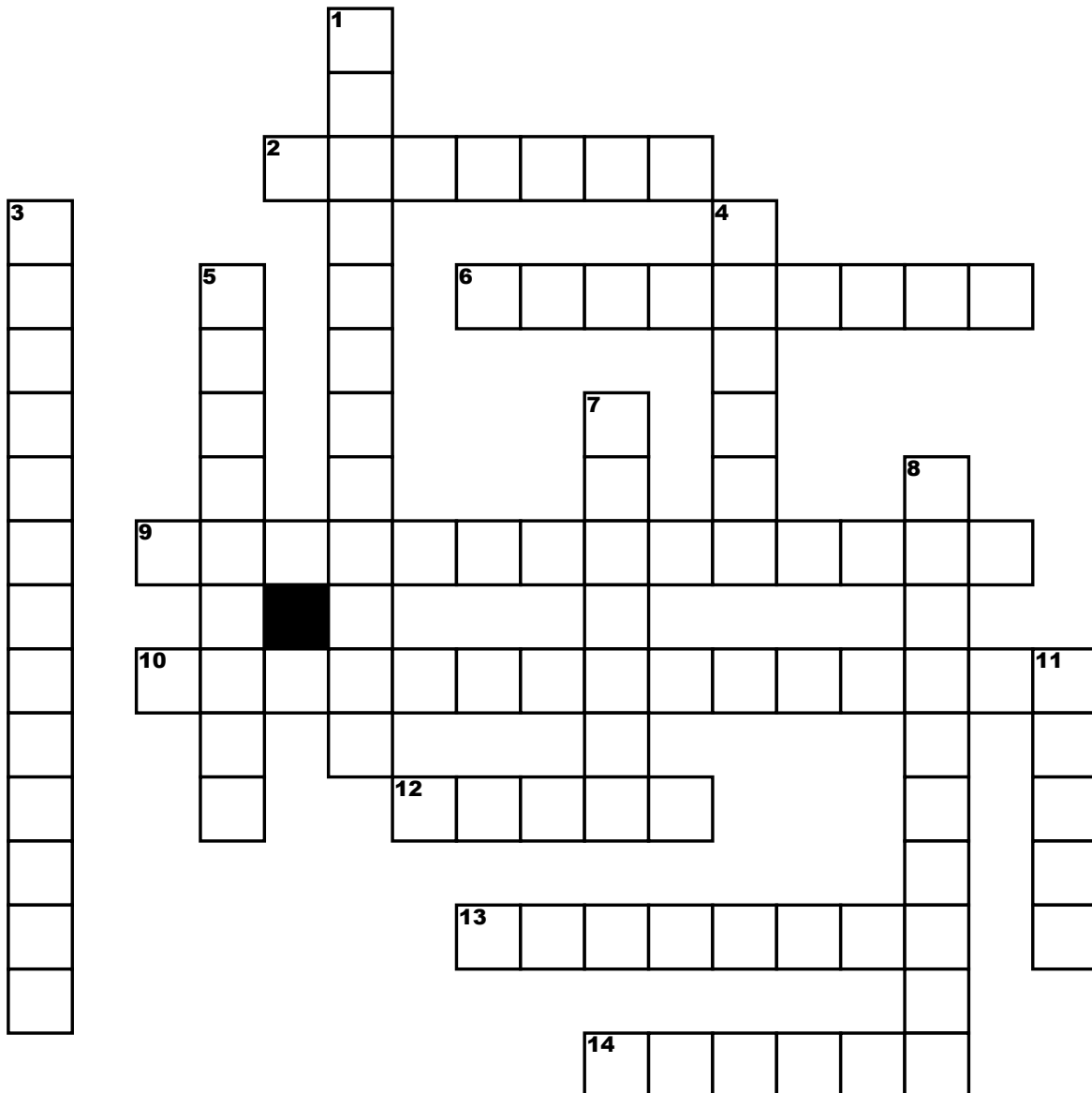


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Mental Health



## **Across**

**2. feeling worried**

**6. a way to calm yourself down**

**9. restoring someone to health**

**10. examples are anxiety disorder, ptsd, eating disorders**

**12. a strong feeling of annoyance**

**13. taking care of yourself**

**14. a feeling of pressure or tension**

## **Down**

**1. a person's psychological condition**

**3. when people see shadows and illusions**

**4. people think that mental illnesses are bad because of this**

**5. knowing what is going on around you**

**7. when someone takes their own life**

**8. the feeling of being alone**

**11. most people need to do this for 9 hours**