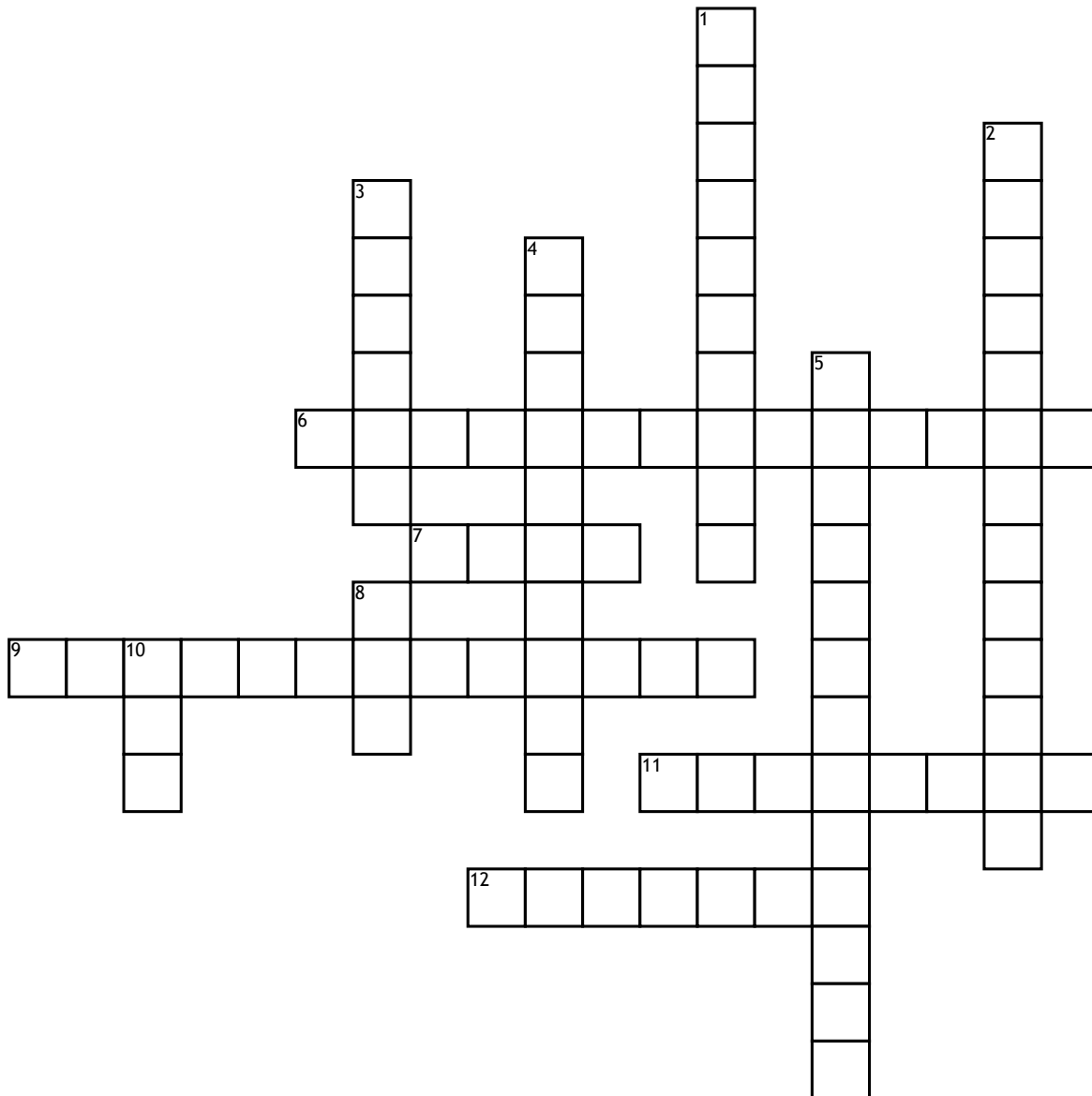


# Mental Ill Health Crossword



## Across

6. The unjust or prejudicial treatment of different categories of people.

7. An anxiety disorder caused by very stressful, frightening or distressing events.

9. A long-term and overwhelming fear of social situations.

11. The symptoms that are in your body.

12. The type of depression that is also known as manic depression.

## Down

1. A relaxation exercise which might help you to feel less anxious.

2. Symptoms that are in your mind.

3. An extreme or irrational fear of or aversion to something.

4. The feeling of being sad, hopeless and losing interest in things you enjoy.

5. An anxiety disorder where you regularly have sudden attacks of panic or fear.

8. The type of depression usually associated with winter.

10. The talking therapy treatment which helps you to identify negative thought patterns and behaviours and change them.