

Name: _____

Date: _____

Symptoms of depression and anxiety

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

Sleep Problems

Self harm

Alcohol

Fretful

Drugs

Poor Appetite

Irritable

Suicide

Unhappy

Worry

Self-esteem

restless

fearful

Gloomy

Tense