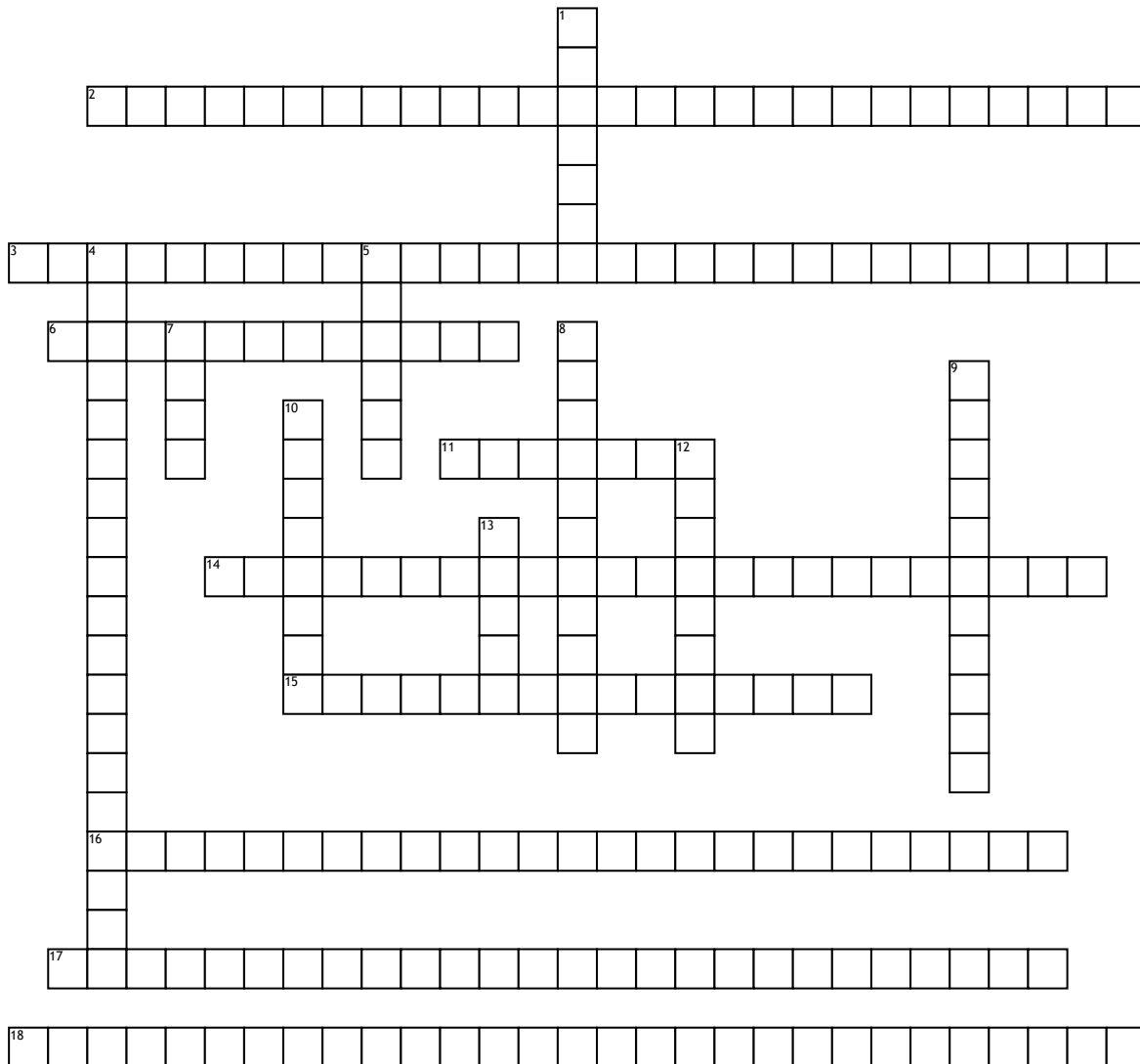


Name: _____

Date: _____

mental health



Across

- 2. can result because of a sexual assault or car accident
- 3. framework for understanding a person's response and symptoms
- 6. who can prescribe medication for a mental health concern
- 11. a cycle of bingeing and using compensatory methods to rid body of binge
- 14. who identifies mental health behaviors
- 15. using a legal substance to the point of impairment
- 16. tied to changing amounts of exposure to sunlight

17. the condition when an individual is worried about most everything

18. someone with this condition is twice as likely to abuse substances

Down

- 1. 18-29 year old individuals have highest prevalence of using this substance
- 4. persistant thoughts and impulses
- 5. word for the impact our emotional and social experiences have on us

7. simple set of screening questions for someone with substance abuse issues

8. symptoms can seem cardiovascular in nature

9. performing well and then hitting a slump

10. the good stress

12. intentionally not consuming enough calories to sustain healthy eating

13. energy, euphoria, rapid speaking, and irritability are symptoms