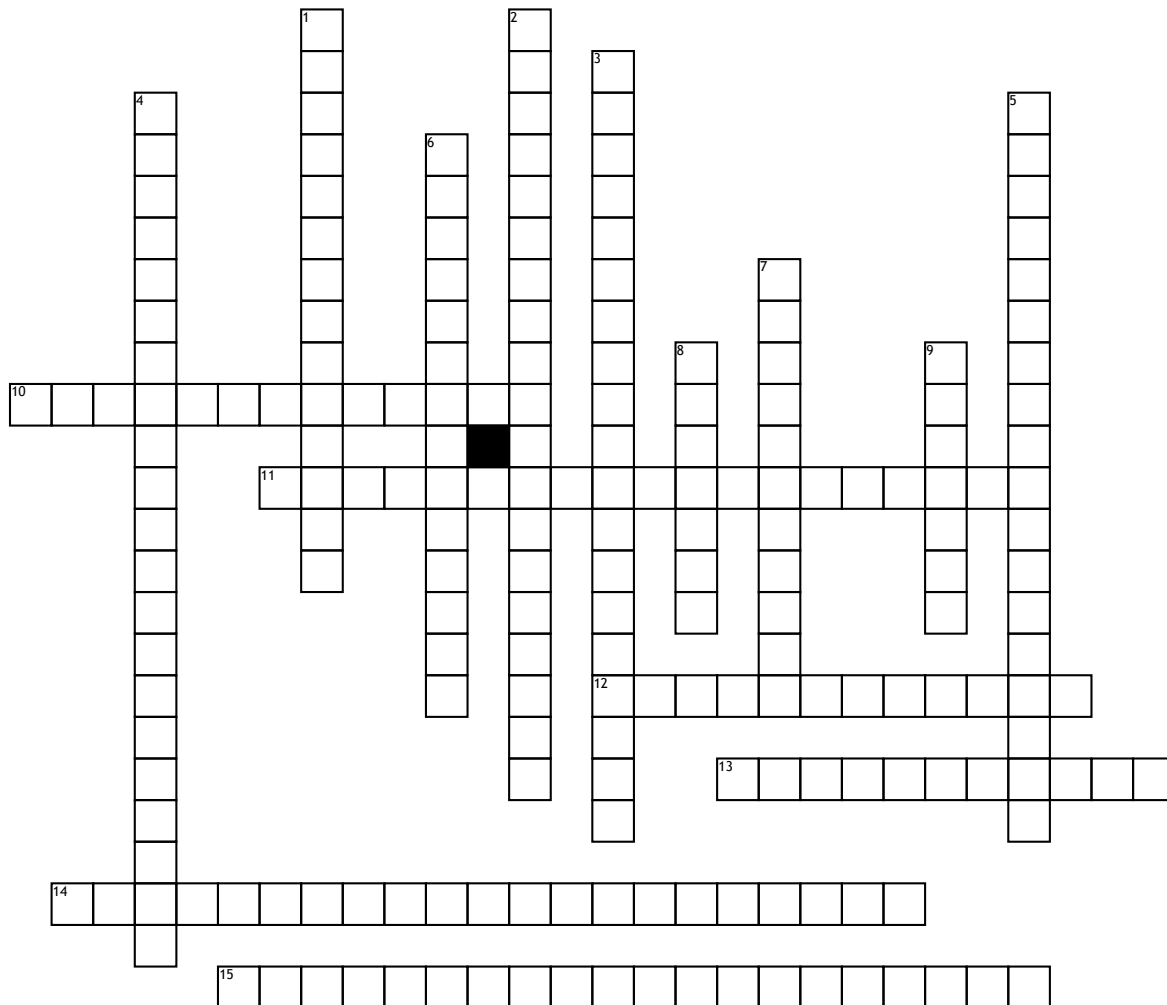


# Common Mental Illness



## Across

**10.** Brain disorder that affects the way a person acts, thinks and sees the world, manages emotions, relates to others, and functions.

**11.** Disorder with unwanted thoughts leading to repetitive behaviours, symptoms of anxiety/fear if rituals act are not performed.

**12.** Exposure to social/performance situations that provoke an immediate anxiety attack, symptoms include palpitations, sweating, discomfort, muscle tensions.

**13.** Feeling of panic, with associated physical symptoms which start suddenly for no apparent reason.

**14.** Psychiatric disorder characterized by an individuals disregard for social norms, rules and cultural codes, as well as compulsive behaviours and indifferences to the rights and feelings of others.

**15.** Damage to the brain caused by a sudden blow or jolt to the head.

## Down

**1.** Marked and persistent fear of clearly discernible objects or situations.

**2.** A disorder with flashbacks, persistent frightening thoughts and memories, anger or irritability in response to a traumatic/terrifying event.

**3.** severe long-lasting disorder affecting new mothers, in which they experience sadness, anxiety, fear, and insomnia.

**4.** Also known as Emotional regulation disorder is a mental condition characterized by emotional dysregulation, extreme "black and white" thinking and chaotic relationships.

**5.** Disorder characterized by excessive, unrealistic worry, that lasts 6 months or more.

**6.** Psychotic symptoms triggered by drugs, or alcohol

**7.** Fear of being alone or in a public place that has no escape hatch.

**8.** Chronic or episodic mental disorder causes unusual, extreme, and fluctuating changes in mood, energy, activity and concentration/focus.

**9.** Eating disorder characterized by restrictive eating patterns, binge eating, self induced vomiting.