

Name: _____

Date: _____

DEPRESSION ISN'T A JOKE

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

IRRITABILITY

RESTLESSNESS

HOPELESSNESS

LONLINESS

SUICIDAL

INSOMNIA

FATIGUE

SADNESS

ANXIETY

GUILT