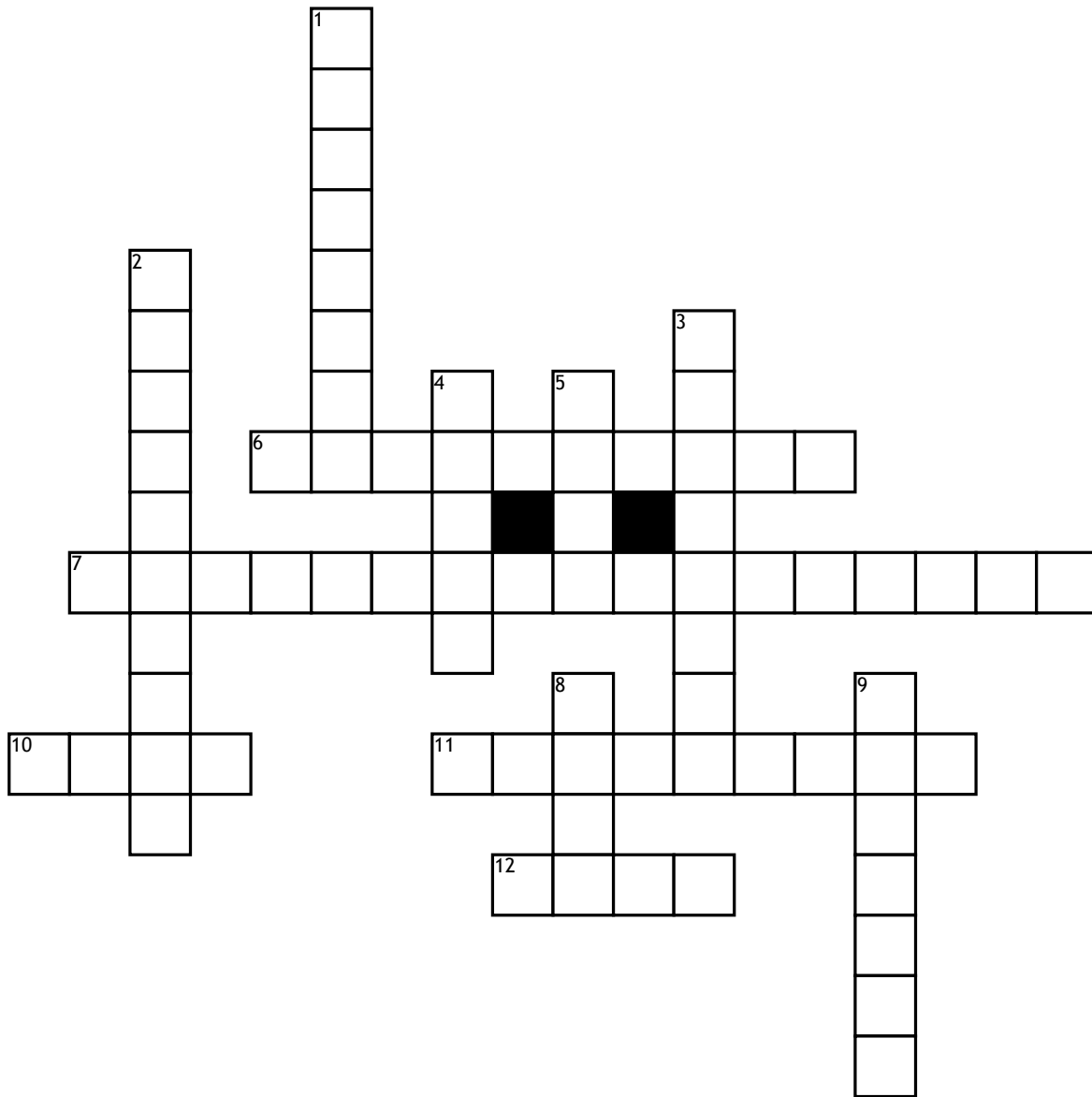


Name: \_\_\_\_\_

# Genesis Mental Health Awareness Week 2020



## Across

6. Recently Genesis offered an online workshop titled '\_\_\_\_\_\_ Booster'  
7. The employee assistance programme can be located on which Genesis Connect Page  
10. What internal support page is available when you need guidance to help yourself or others  
11. The theme for Mental Health Awareness Week 2020 is '..... your wellbeing'

12. It is always okay to ask for ....

## Down

1. 1737 is the free number to text for which support organisation  
2. A form of exercise/activity known to help reduce stress and helps control anxiety?  
3. What is the name of the app supported by Genesis which was founded and launched by John Kirwan

4. What is the name of the employee assistance programme supported by Genesis  
5. Always be .... To each other, you never know when someone might need a friendly smile.  
8. There are 5 ways to wellbeing; Be Active. Connect, Take Notice, Keep Learning and '\_\_\_\_\_  
9. One in four New Zealanders experience this at some stage in their life.