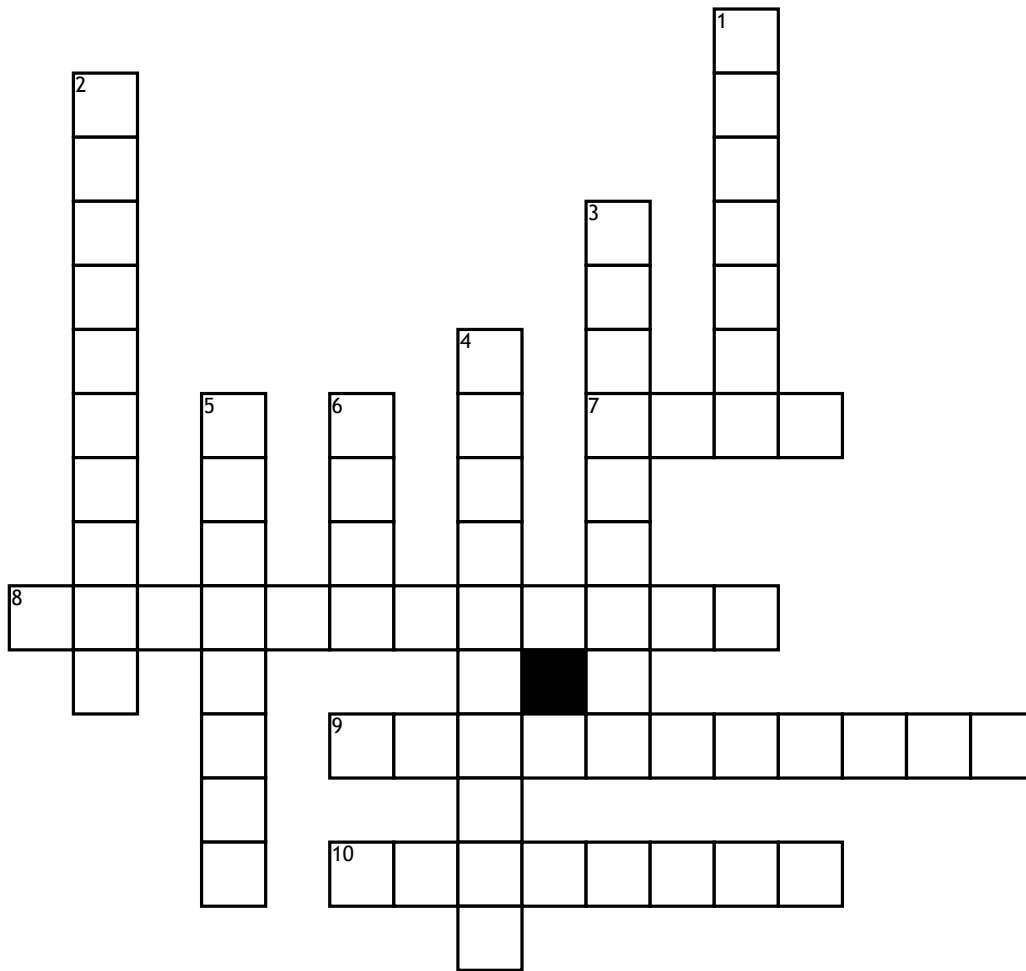


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Mental Health



## Across

- 7. Time off, sleep.
- 8. Your information is \_\_\_\_\_, your therapist may not share it with others.
- 9. A form of virtual therapy.
- 10. World event that has affected the mental health of many people.

## Down

- 1. An item that many people use as a form of selfcare.

- 2. \_\_\_\_\_ is a mental illness experienced by many people at some time in their life.
- 3. Professional that you would see for help with your mental health.
- 4. A type of selfcare that includes writing down your thoughts.
- 5. Something you can practice to help your own mental health.
- 6. Your thoughts occur in your \_\_\_\_\_.

## Word Bank

- |             |          |          |           |              |
|-------------|----------|----------|-----------|--------------|
| Journaling  | Rest     | Selfcare | Therapist | Depression   |
| Teletherapy | Pandemic | Mind     | Candles   | Confidential |