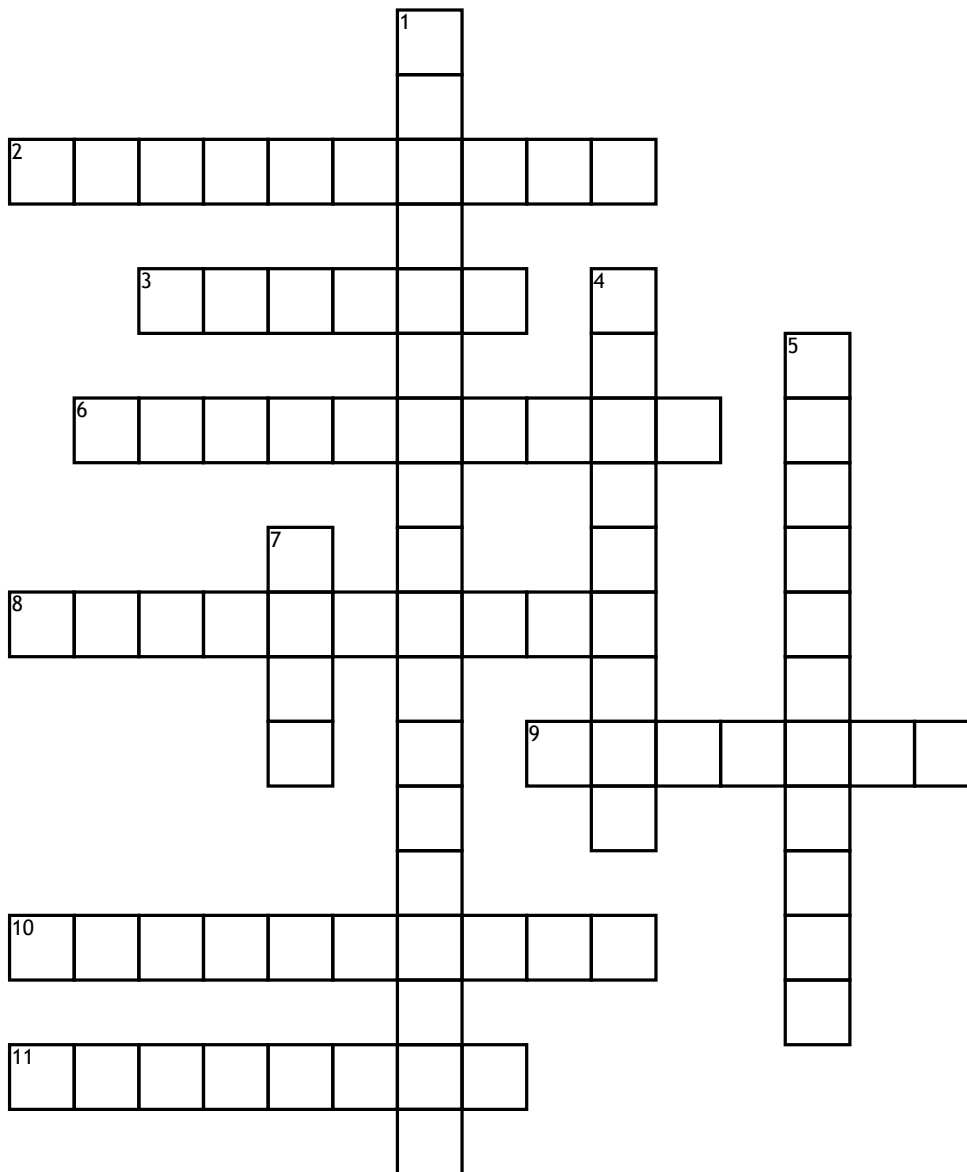


Name: _____

Date: _____

Mental Health Awareness



Across

- 2. sadness; gloom; dejection.
- 3. a specific response by the body to a stimulus, as fear or pain, that disturbs or interferes with the normal psychological equilibrium of an organism
- 6. the branch of medicine concerned with the diagnosis and treatment of mental illness
- 8. growing to manhood or womanhood; youthful
- 9. a mental health problem characterized by an alternation between extreme euphoria and deep depression

- 10. to give advice to; advise
- 11. a state of serious emotional and mental deterioration, of organic or functional origin
- 12. a state of apprehension and psychic tension occurring in some forms of mental disorder

Down

- 1. Having a tendency to dwell on unwanted thoughts or perform certain repetitious rituals, especially as a defense against anxiety from unconscious conflicts
- 4. of or relating to the treatment of obesity

- 5. a technique in which one focuses one's full attention only on the present, experiencing thoughts, feelings, and sensations but not judging them
- 7. to make easier or less difficult; contribute to; facilitate