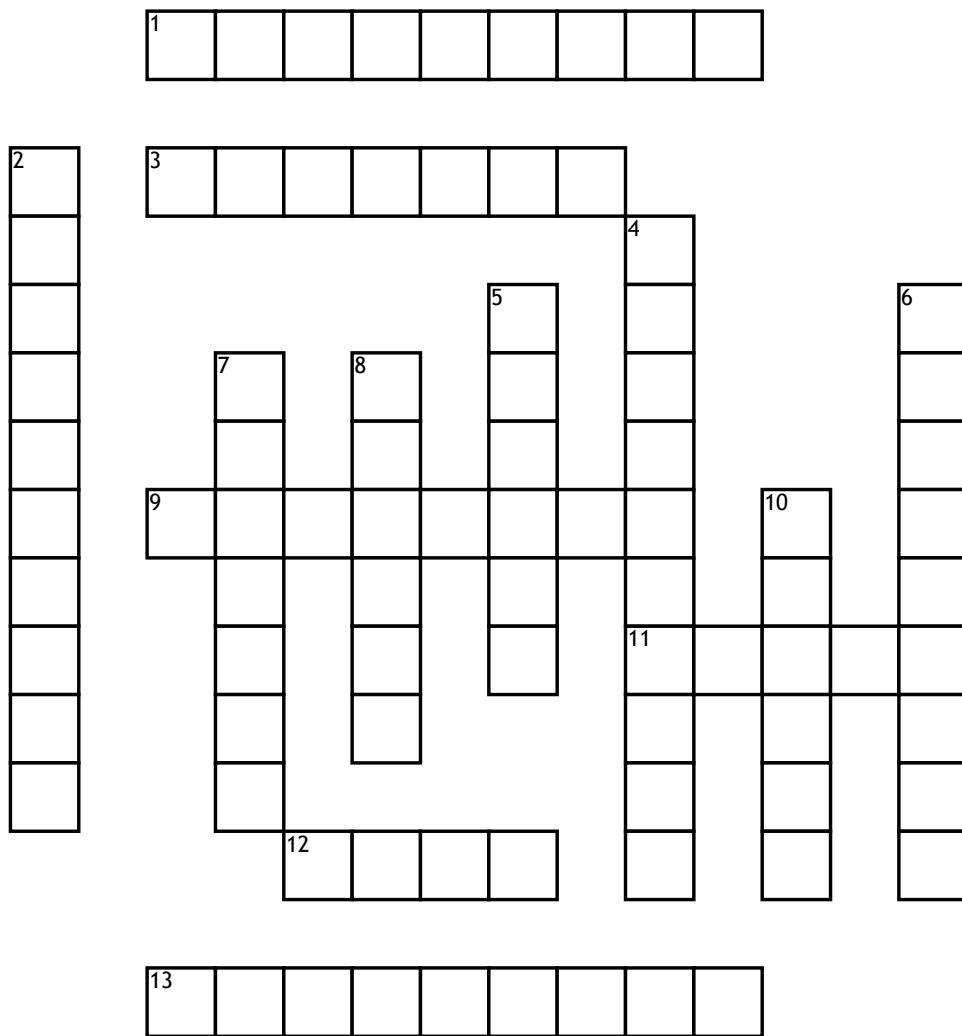


Name: _____ Date: _____ Period: _____

Mental Health Awareness Month



Across

1. talking to a professional _____ is one way to support your mental health.
3. Use of drugs and _____ can increase symptoms of depression.
9. What activity is good for your mental and physical health?
11. Getting enough _____ is important for your mental health.

12. We do not want to feel stressed, we want to feel _____.

13. May is "Mental Health _____ Month."

Down

2. _____ can help quiet the mind and relieve anxiety.
4. Extreme Sadness
5. Eating healthy foods and staying physically _____ can support your mental health.

6. A Mental Health _____ can help others deal with their mental health issues.

7. Feeling fearful or overwhelmed can cause _____.

8. Extreme worry or pressure can cause _____.

10. Taking a deep _____ can help calm you down.

Word Bank

sleep	counselor	alcohol	awareness	calm
depression	anxiety	therapist	exercise	Meditation
stress	active	breath		