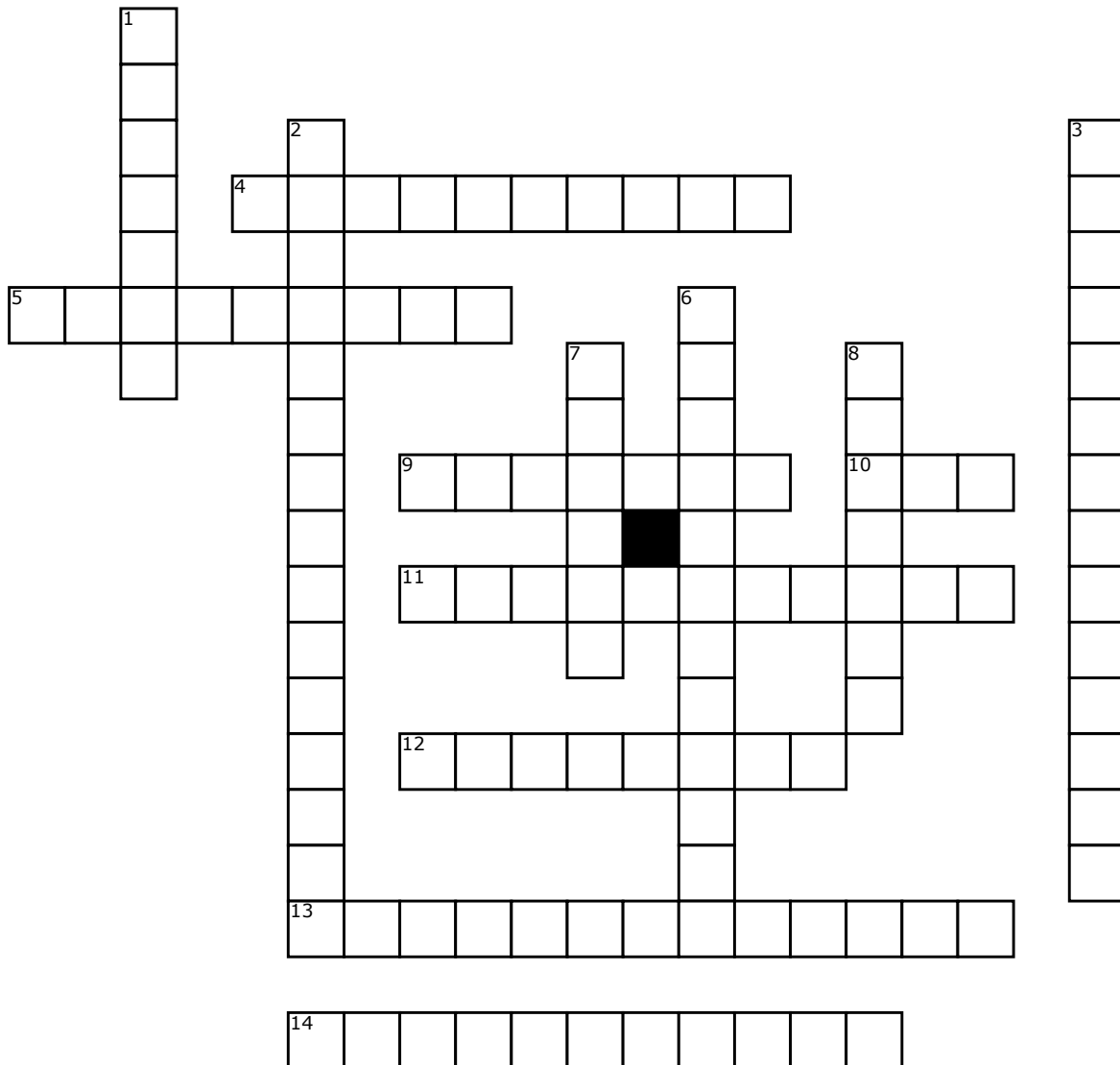


Name: \_\_\_\_\_

# Mental Health Awareness Week Crossword Answers



## **Across**

- 4.** The total number of 12-19 year olds in Canada at risk for developing this mental disorder is a staggering 3.2 million.
- 5.** It can be described as a dependency to a particular substance, thing, or activity.
- 9.** The most common mental health problem in young people.
- 10.** This mental disorder in which people have reoccurring, unwanted thoughts, ideas or sensations that make them feel driven to do something repetitively.

**11.** It can be described as anything that activates or enriches the mind.

**12.** The practice of taking an active role in protecting one's own well-being and happiness.

**13.** 1% of the Canadian population are affected by this mental illness.

**14.** It can be defined as a level of choice, influence and control that users of mental health services can exercise over events in their lives.

## **Down**

**1.** The rate of this mental illness is four times higher among men and women.

**2.** In youth, this is ranked as the second highest hospital care expenditure in Canada.

**3.** It can be characterized by abnormal or disturbed eating habits.

**6.** It refers to cognitive, behavioral and emotional well-being.

**7.** This presents a serious barrier, not only to diagnosis and treatment, but also to acceptance in the community.

**8.** Intense and unrealistic fears of specific object, situation or event.