

Name: _____

Mental Health Crossword

Across

2. A common mental disorder that causes people to experience depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth

5. Ability to understand and share the feelings of another.

6. A disorder that develops in some people who have experienced a shocking, scary, or dangerous event

7. The feeling of being under too much mental or emotional pressure.

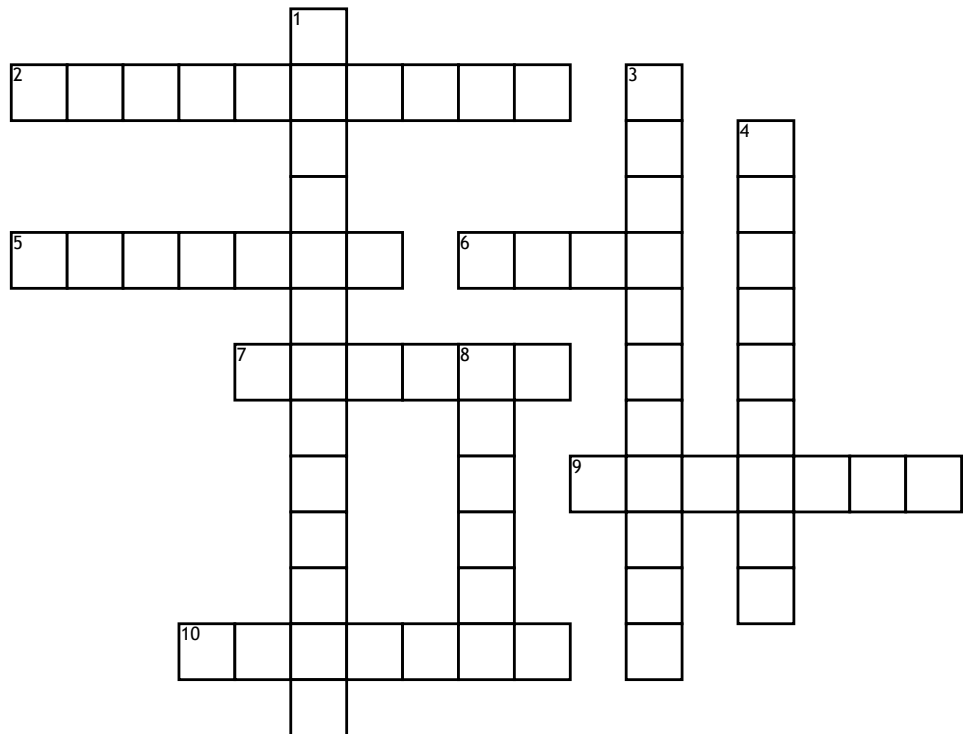
9. A common mental illness defined by feelings of uneasiness, worry and fear

10. A mental health problem characterised by an alternation between extreme euphoria and deep depression

Down

1. Treatment for OCD

3. A process of bringing one's attention to experiences occurring in the present moment



4. This therapy aims to identify and correct distorted thinking patterns that can lead to feelings and behaviours that may be troublesome, self-defeating, or even self-destructive

8. Mark of disgrace associated with a particular circumstance, quality, or person

