

Name: _____

Date: _____

Mental Health Word Search

J C G N I H T A E R B P E E D U G X X X L C G Z
M M B R I M Q C I A V P F B N C C P G E K I M T
I T C Y X S F S H Z W W R J P O P I A J B Y F B
H R F V O X A S D D Q L N H G O E N A H J K G X
Q L U S T X N F X F K V F T N J C W T V X P H F
U X Y W K H O C E Q Y L R Y I D A B K R X W Z E
C N T Q K J I K V T O N M X L O N C Q J X K Y L
Y O I V Y T T L E Y Y W G L A P G H B N C U N Z
Y I V M P I A A K O A F D S N X E U N Q Q O D F
T T I T A U T G M C V U S K R D R Y S S I E E H
A A T I R H I D M Q Y Q Q O U I M B L T N K N B
E Z I N E T D N V Z V J Z D O K A G A I T O W M
J I S H H L E D E H C O C A J B N X R I E P L I
V L O E T A M R D S N F F U Z Z A T O N Q Y Y N
K I P R P E G R N J O S L C V L G G H G H V J D
I B Q R F H Y X A C P B P G E M E D O F Q J S F
H A K Z X L I A N U X Q R R W I M N J A Z Q M U
U T S U Q A X E O Y G T H I W T E H C E L Q W L
X S U K L T M R N B E T Z S E W N K X N R S Q N
L H P P C N G X F M L H C O B T T X Y X M M X E
O K P Z F E Y J L L Q N B P V P Y Z M J Z T N S
T K O X K M E F E I R G D T R E A T M E N T E S
F E R F T S H B C M V F M K B P P A E T Z O H C
D B T X R X L T F P N C O P I N G S K I L L S E

Anger Management
Coping Skills
Journaling
Meditation
Support
Groups

Stabilization
Mental Health
Relaxation
Treatment
Therapy
Grief

Deepbreathing
Mindfulness
Positivity
Sobriety
Safety
Goals