

Name: _____

Date: _____

Mental Health

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

sexual problems
overthinking
overeating
worrying
anxious
lost

social anxiety
self harming
conscious
no sleep
crying
sad

physical pain
oversleeping
confusion
hopeless
empty

panic attacks
frustration
indenial
shaking
anger