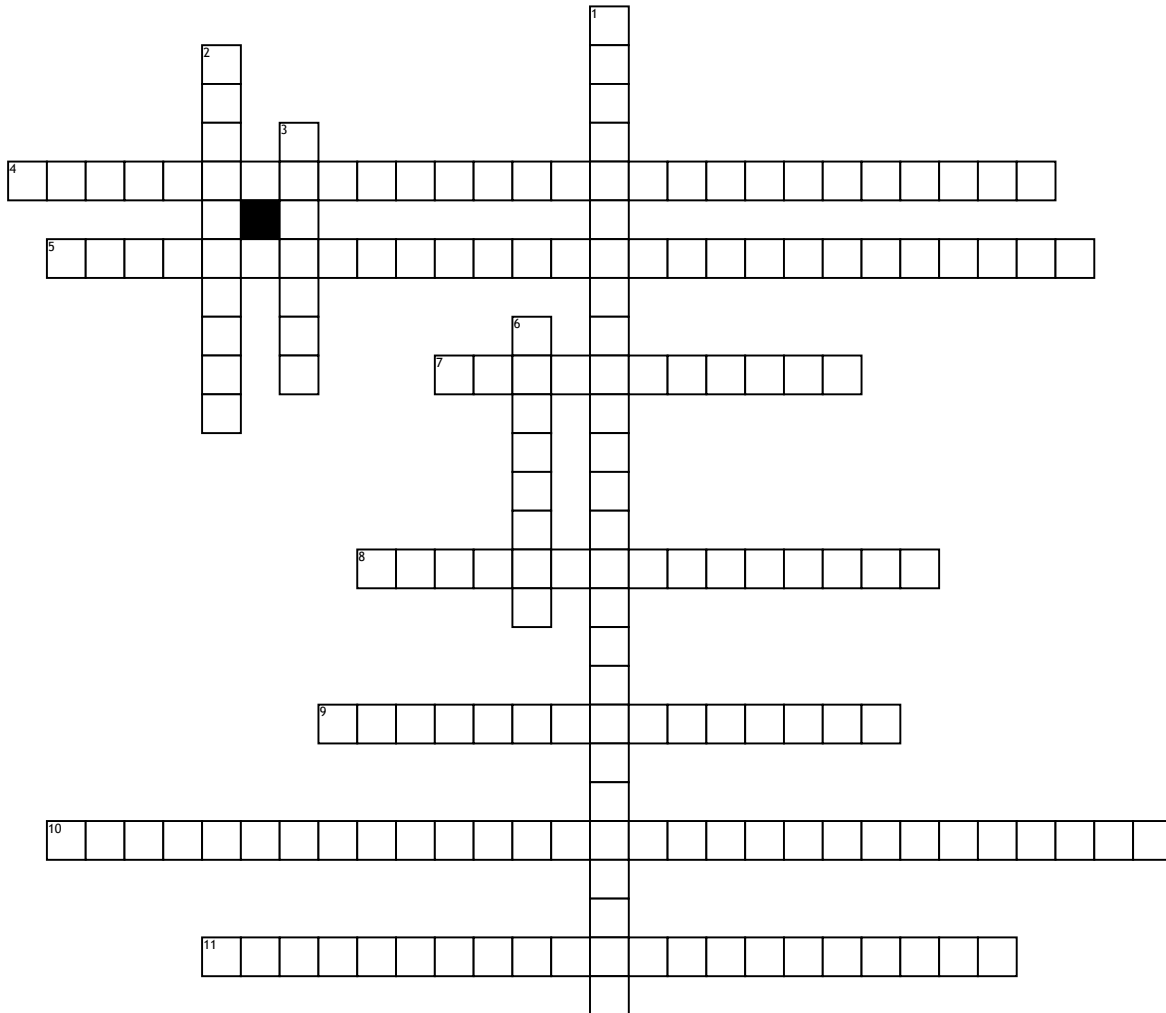


Name: _____

Date: _____

Mental Illness



Across

- 4. Feeling emotionally numb
- 5. Aggressive or horrific thoughts about losing control and harming yourself
- 7. feel negatively about themselves and their skills and accomplishments
- 8. Awareness that your fears are unreasonable or exaggerated but feeling powerless to control them
- 9. Feelings of worthlessness or excessive or inappropriate guilt
- 10. Wide mood swings lasting from a few hours to a few days, which can include intense happiness, irritability, shame or anxiety

11. Harsh self-judgment

Down

- 1. feeling depressed or irritable
- 2. Tiredness and lack of energy, so even small tasks take extra effort
- 3. May feel negatively about themselves. In some cases, traumatic events and environmental stress may be contributing factors.
- 6. Self-injury, suicidal thoughts or suicide attempts