



Mental Health Awareness

Find words related to **mental health** in the grid, circle them as you explore in all directions.

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

RECOVERY
MINDSET
POSITIVITY
EMPATHY

STRESS
THERAPY
GROWTH
BALANCE

SELF-CARE
STRENGTH
COMMUNITY

GRATITUDE
ACCEPTANCE
DEPRESSION