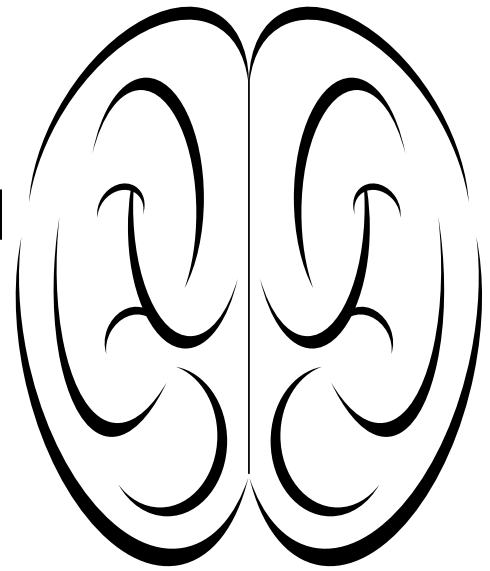
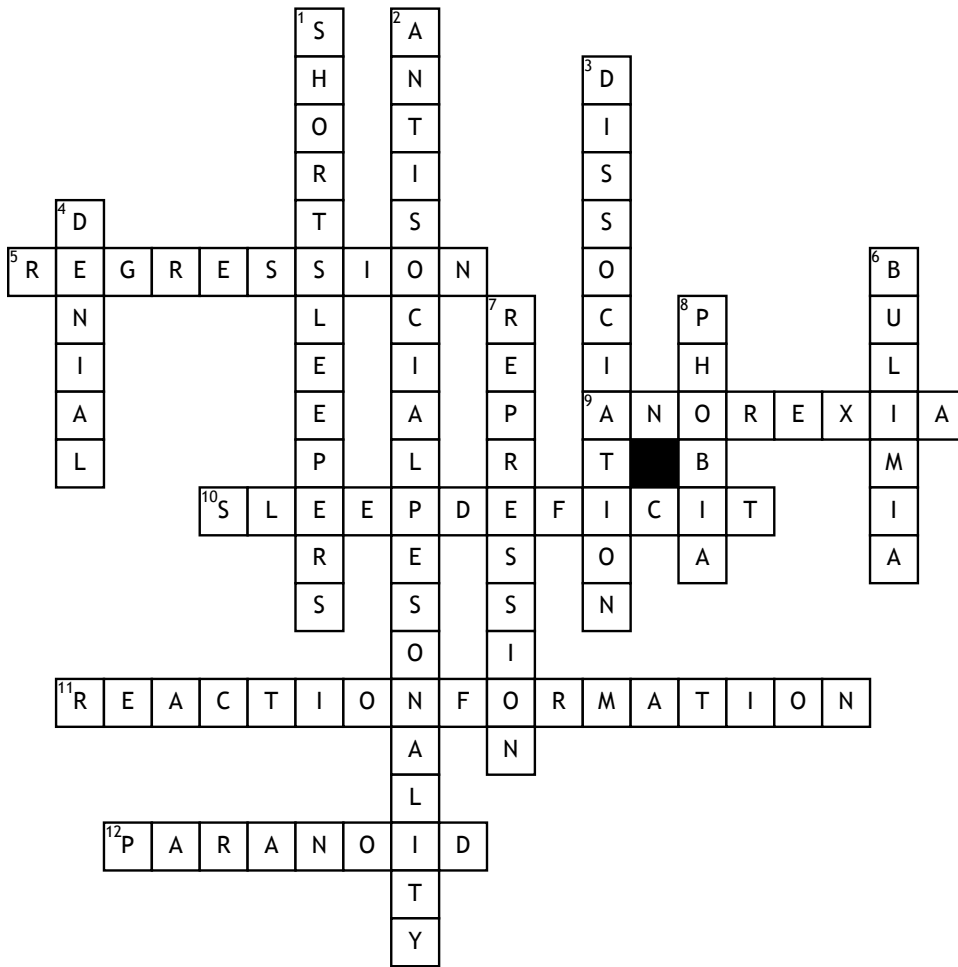


Mental Health Crossword Puzzle



Across

- 5. acting in an immature way
- 9. excessive dieting
- 10. sleep shortage leading to health problems

- 11. trying to make the best of a situation
- 12. consistent mistrust of others

Down

- 1. function well with short sleep
- 2. prefer to be distant from others

- 3. a moment of disengaging
- 4. not able to accept reality
- 6. bingeing on food then vomiting
- 7. blocking ot painful memories
- 8. persistant fear of something