

Mental Health Awareness

Across

4. a state of apprehension and psychic tension occurring in some forms of mental disorder
7. the branch of medicine concerned with the diagnosis and treatment of mental illness
9. growing to manhood or womanhood; youthful
12. Having a tendency to dwell on unwanted thoughts or perform certain repetitious rituals, especially as a defense against anxiety from unconscious conflicts
13. a state of serious emotional and mental deterioration, of organic or functional origin

Down

1. of or relating to the treatment of obesity
2. sadness; gloom; dejection
3. a technique in which one focuses one's full attention only on the present, experiencing thoughts, feelings, and sensations but not judging them
5. a mental health problem characterized by an alternation between extreme euphoria and deep depression
6. a specific response by the body to a stimulus, as fear or pain, that disturbs or interferes with the normal psychological equilibrium of an organism
8. condition or quality of being sad
10. to give advice to; advise
11. to make easier or less difficult; contribute to; facilitate

