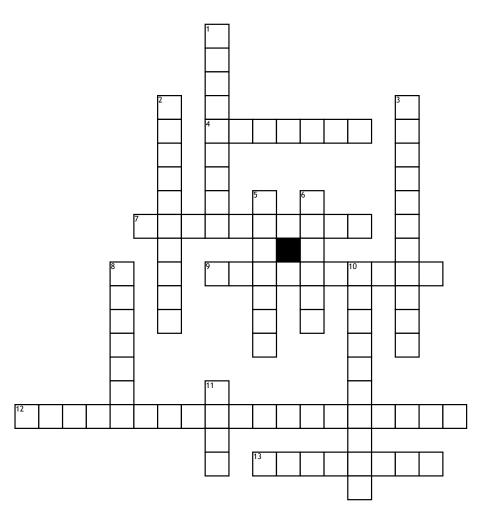
Mental Health Awareness

Across

- **4.** a state of apprehension and psychic tension occurring in some forms of mental disorde
- 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 equillibrium 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

