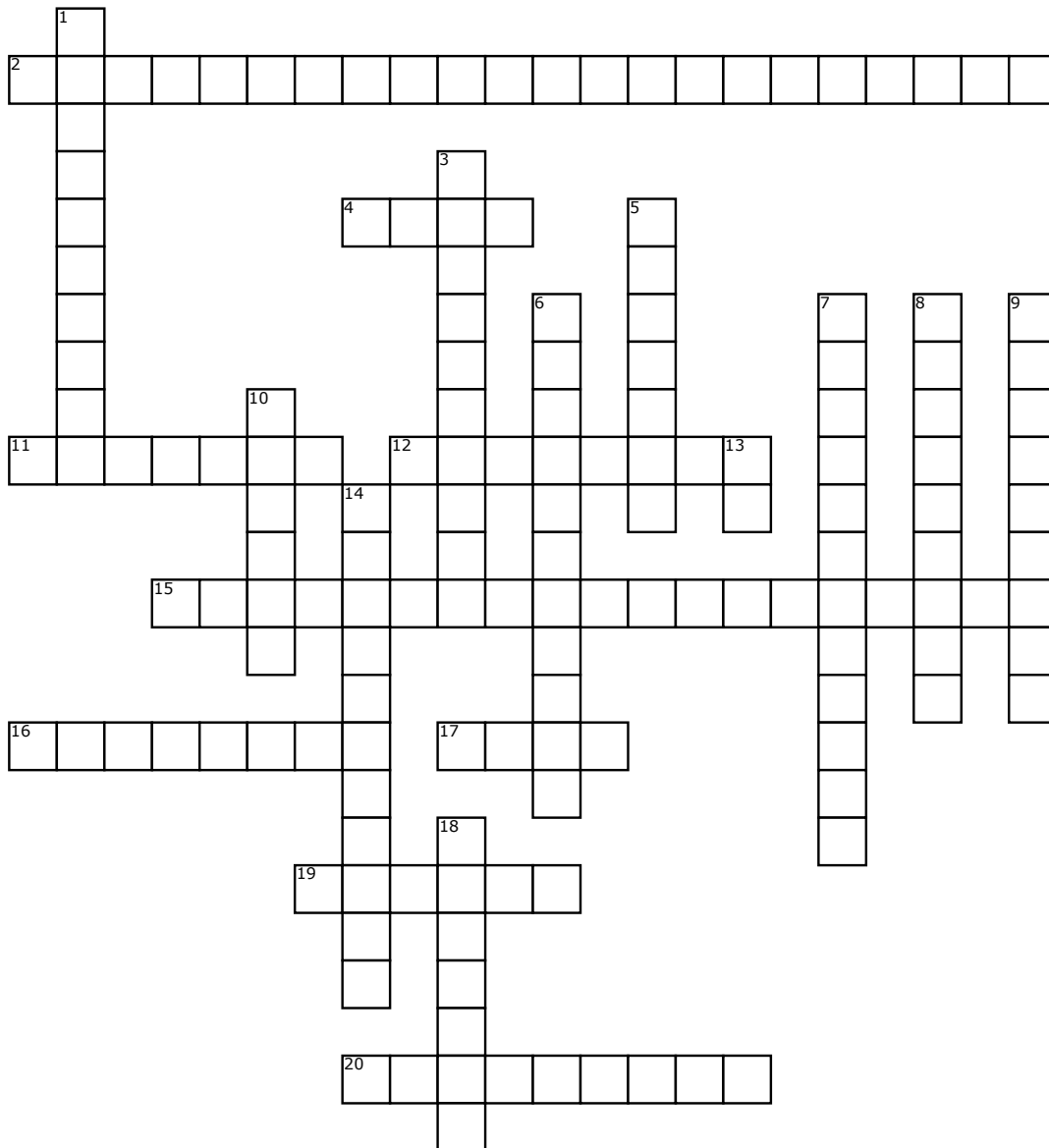


Name: _____

Date: _____

Mental Health Awareness Crossword 1



Across

2. Person trained to help in a crisis for support and guidance

4. Keeping it balanced helps mental health

11. A fearful condition

12. An unhelpful coping strategy

15. Feeling sad and low after childbirth

16. Unable to sleep well

17. A leading Mental Health Charity in UK

19. Who might be your best support team

20. Difference between mental health and mental illness

Down

1. Feeling down, upset or tearful are symptoms of

3. You call 0800 195 6999

5. Eating condition involving binge and purge

6. A type of talking therapy

7. Starting this can help people with mental health concerns

8. What can help to calm anxiety and panic attacks

9. For attempted or immediate risk of suicide call 999 for an

10. Too much pressure can lead to this

13. Who can help with a diagnosis

14. Symptoms for this are similar to a heart attack

18. Another term for Manic Depression