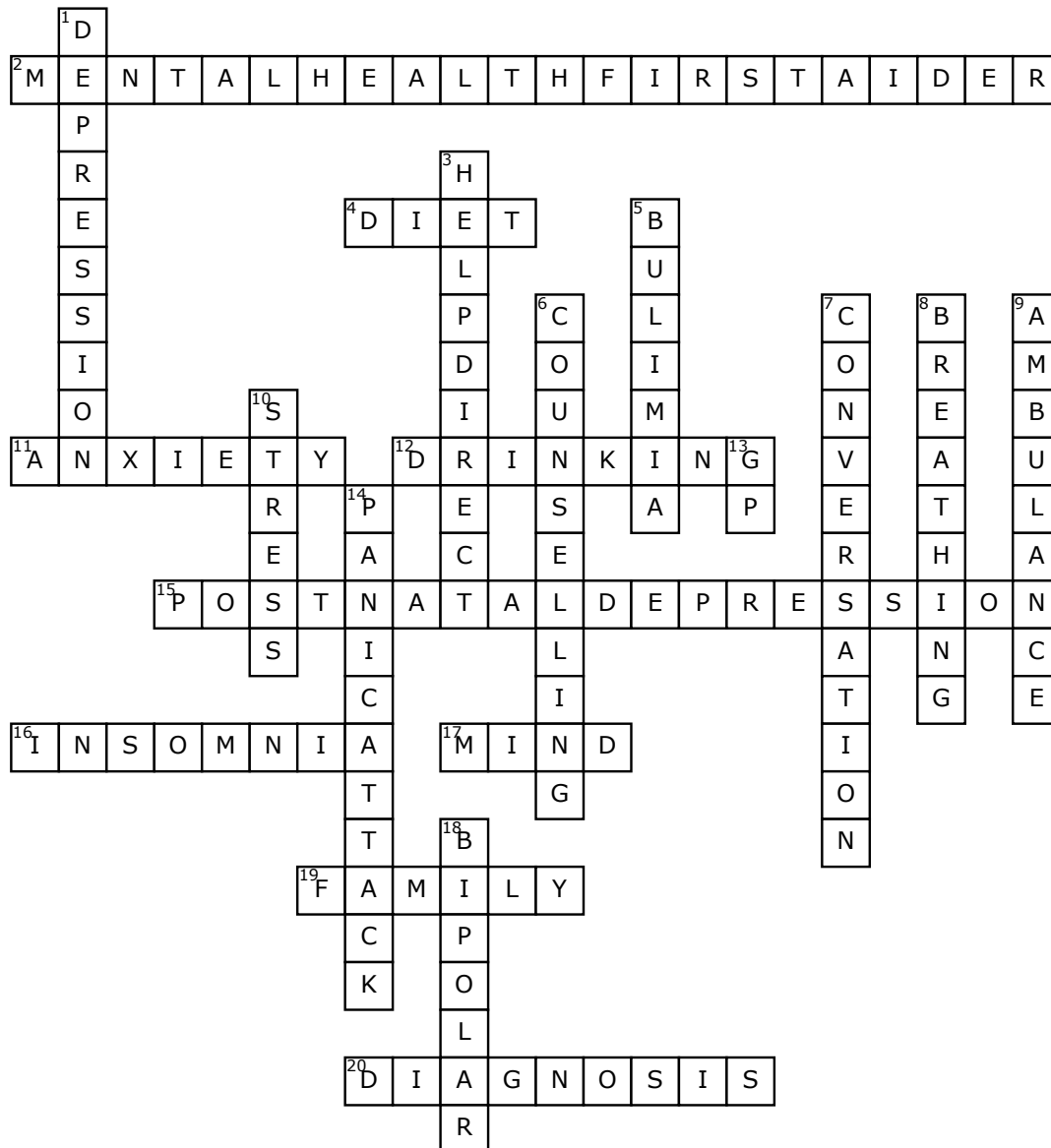


Name: _____

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