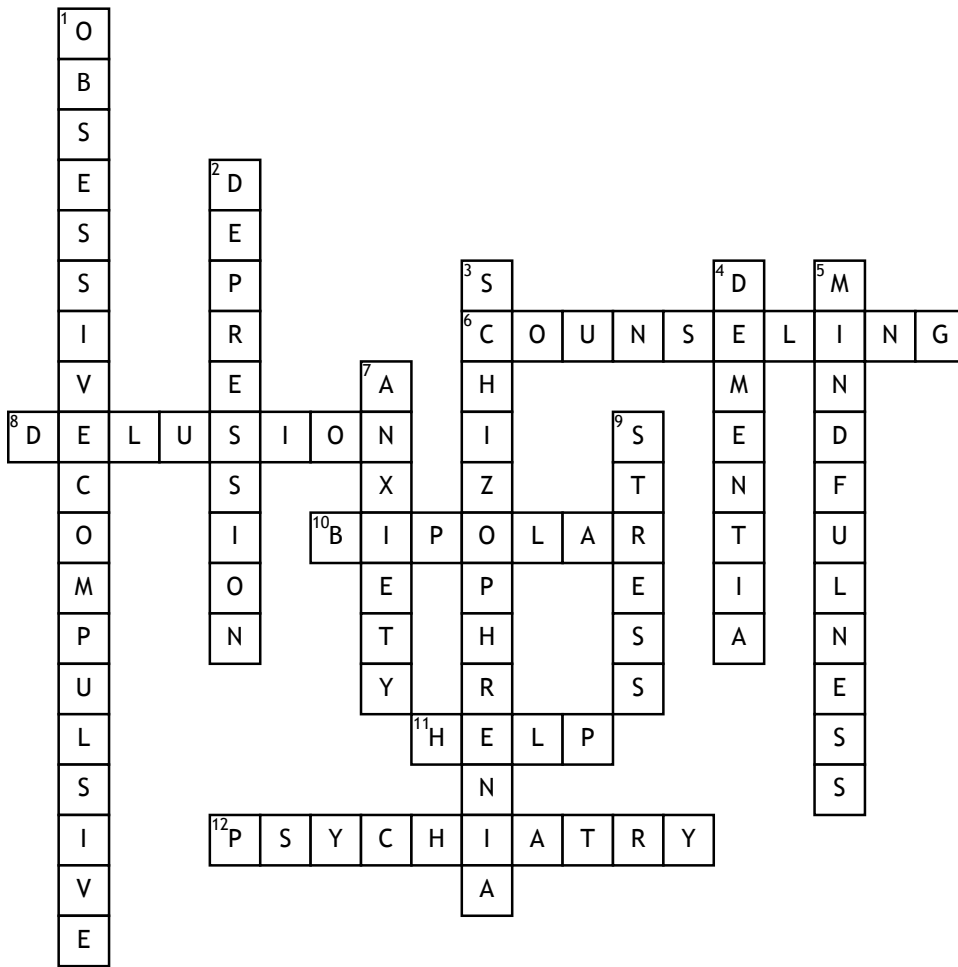


Name: \_\_\_\_\_

# Mental Health Awareness



## Across

- 6.** to give advice to; advise  
**8.** an idiosyncratic belief or impression that is firmly maintained despite being contradicted by what is generally accepted as reality or rational argument, typically a symptom of mental disorder  
**10.** a mental health diagnosis characterized by an alternation between varying levels of euphoria and depression  
**11.** to make easier or less difficult; contribute to; facilitate

- 12.** the branch of medicine concerned with the diagnosis and treatment of mental illness

## Down

- 1.** having a tendency to dwell on unwanted thoughts or perform certain repetitious rituals, especially as a defense against anxiety from unconscious conflicts  
**2.** sadness; gloom; dejection  
**3.** a disorder that can result in hallucinations, delusions, and extremely disordered thinking and behavior  
**4.** a state of serious emotional and mental deterioration, of organic or functional origin

- 5.** a technique in which one focuses one's full attention only on the present, experiencing thoughts, feelings, and sensations but not judging them

- 7.** a state of apprehension and psychic tension occurring in some forms of mental disorder

- 9.** 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