MHA COPING SKILLS WORD SEARCH

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   ASK FOR HELP       HOTLINE       TALK TO SOMEONE       COLORING       COUNT TO TEN       CROCHET       CROSSWORDS       CRY       DEEP BREATHING       DRAW       GARDENING       GO OUTSIDE       GOODBYE LETTER       PAINT       PET YOUR ANIMAL       PRAY       RIDE A BIKE       VERBAL THERAPY       SHOOT HOOPS       SHOP       SING       SLEEP       SMILE       SPEND TIME WITH FAMILY       TAKE A SHOWER       TIME OUT       USE I STATEMENTS       VIDEO GAMES       WALK       WORD SEARCH       YARD WORK       YOGA