|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Mental Health Matters

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| S | B | I | W | O | O | K | M | H | D | V | Y | A | N | N | O | I | T | N | E | V | E | R | P |
| L | B | D | I | L | N | I | W | F | E | U | B | M | X | K | E | C | I | U | I | O | S | W | T |
| B | N | H | S | U | O | U | A | A | P | H | S | U | P | E | M | W | W | M | T | Y | U | A | N |
| R | Q | Z | C | N | W | S | Y | X | R | L | U | A | A | L | O | D | R | O | U | O | Q | I | W |
| Z | D | A | I | R | A | O | K | E | E | H | X | R | D | R | T | O | H | S | K | H | H | J | E |
| B | G | C | X | T | T | K | U | P | S | E | V | T | L | R | I | S | N | F | N | T | D | J | K |
| I | J | M | X | T | J | K | X | M | S | A | A | U | K | T | O | D | K | J | E | J | D | Z | O |
| K | F | A | G | O | T | Z | Z | A | I | L | C | E | W | J | N | N | E | S | A | T | C | R | R |
| G | L | B | B | X | B | P | W | Y | O | T | Z | D | S | V | D | A | X | A | O | X | P | O | E |
| A | Q | V | O | E | H | K | R | F | N | H | F | A | M | I | L | Y | E | Z | S | J | I | Q | L |
| W | B | P | A | I | N | W | R | U | H | Y | E | F | H | K | H | W | R | O | G | Y | H | M | A |
| B | E | H | A | V | I | O | R | S | N | E | S | E | F | S | Q | O | C | U | N | P | S | B | X |
| E | G | H | N | H | D | O | W | O | O | A | N | U | M | N | L | Z | I | B | I | L | D | C | A |
| I | N | T | K | I | R | F | A | Y | U | T | W | N | X | G | H | L | S | F | L | R | N | W | T |
| I | I | I | A | M | A | X | O | O | D | I | M | I | F | D | N | R | E | O | E | P | E | C | I |
| B | Y | Z | D | U | X | G | E | X | Q | N | C | B | P | J | H | V | S | C | E | K | I | A | O |
| E | L | Q | B | M | Y | D | I | N | J | G | R | V | G | O | J | O | S | Y | F | V | R | Q | N |
| T | L | U | F | E | Q | W | M | B | U | L | X | D | F | N | M | I | V | S | Z | X | F | V | Y |
| W | U | F | I | T | A | L | K | T | O | S | O | M | E | O | N | E | U | P | H | P | C | Y | N |
| H | B | N | H | S | S | E | R | T | S | I | S | T | H | G | U | O | H | T | F | I | L | M | N |
| A | N | X | I | E | T | Y | S | L | E | E | P | H | A | B | I | T | S | R | B | K | U | V | V |
| Z | G | N | I | L | E | S | N | U | O | C | Y | H | G | F | Q | D | Q | C | U | X | W | I | C |
| G | R | Y | K | K | E | E | W | A | L | R | T | E | H | E | L | P | I | N | G | T | I | T | M |
| M | R | V | V | N | R | M | H | W | M | X | L | H | O | G | G | R | V | X | N | C | N | V | O |

   talk to someone       prevention       stress       counseling       emotion       pain       bullying       trauma       sleep habits       healthy eating       exercise       family       behaviors       thoughts       feelings       helping       friendship       depression       relaxation       anxiety