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Mental Health Vocabulary

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| **Across**  **1.** Persons physical and mental response after stopping or severely reducing the use of a substance that was used regularly  **5.** Relating to the mind  **7.** Intense and sudden feeling of fear, anxiety, terror or dread  **10.** Response or change in the body caused by any emotional, physical, social or economic factor  **11.** Repeating an act over and over again  **13.** Vague, uneasy feeling in response to stress  **14.** An intense fear  **15.** Type of delusion- false belief that one is being mistreated, abused or harassed | **Down**  **2.** A recurrent, unwanted thought, idea or image  **3.** false belief  **4.** A disorder of the mind; false beliefs and suspicion about a person or situation  **6.** Seeing, hearing, smelling or feeling something that is not real  **8.** Reliving a trauma in thoughts during the day and in nightmares during sleep  **9.** Type of delusion- exaggerated belief about ones importance, wealth, power or talents  **12.** To kill oneself |