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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 |