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

Mental Health Week 2021

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

   Patience       Mood       Feelings       Expression       Therapeutic       Relief       Emotions       Resilience       Conversations       Optimism       Positivity       Reachout       Headspace       BeyondBlue       Lifeline       Selfcare       Help       Support       Balance       Relaxation       Rest       Comfort       Welfare       Wellbeing       Contentment       Glee       Satisfaction       Joyfulness       Serenity       Health       Mental       Awareness       Happy       Calm       Mindfulness