

MENTAL HEALTH WORDSEARCH AND FILL IN THE BLANK ACTIVITY SHEETS

time to change

let's end mental health discrimination

Can you find the following words in our wordsearch?



- ANXIETY
- BIPOLAR
- COPE
- DEPRESSION
- DISCRIMINATION
- EMOTIONS
- FRIENDSHIPS
- HELP
- LISTEN
- MEDICATION
- MENTALHEALTH
- MIND
- MOODS
- PANIC
- PSYCHOSIS
- PTSD
- RELATIONSHIPS
- RESILIENCE
- SCHIZOPHRENIA
- SELFESTEEM
- STIGMA
- STRESS
- SUICIDE
- TALK
- THERAPY
- TIMETOCHANGE
- UNDERSTANDING

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

Funded by



Run by



Now that you've found these words in our wordsearch, can you use them to fill in the gaps in the below definitions and statistics?

1. We all have _____, just as we all have physical health.
2. Mental wellbeing is the ability to _____ with the day-to-day stresses of life.
3. Mental health is a spectrum of _____ and experiences. We all have times when we feel better or worse.
4. _____ is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can sometimes feel really difficult to change.
5. If you have good mental wellbeing you are able to build and maintain good _____ with others.
6. 65% of people with mental health problems report stigma affecting their _____.
7. There may be times or situations in your life that are more difficult than others. The capacity to stay mentally well during those times is called _____.
8. If you have good mental wellbeing you are able to feel and express a range of _____.
9. _____ is what we feel when we are worried, tense or afraid - particularly about things that are about to happen, or which we think could happen in the future.
10. Being under pressure is a normal part of life. It can help you take action, feel more energised and get results. But if you often become overwhelmed by _____, these feelings could start to be a problem for you.
11. _____ is a low mood that lasts for a long time, and affects your everyday life.
12. _____ is the leading cause of death among young people aged 20-34 in the UK.
13. 6% of the population say they have experienced at least one symptom of _____.
14. A diagnosis of _____ does not mean someone has a 'split personality',
15. The term _____ refers to the way your mood can change between two very different states - mania and depression.
16. _____ is short for Post-traumatic stress disorder.
17. _____ is the perception that a certain attribute makes a person unacceptably different from others leading to prejudice and discrimination against them.
18. 9 out of 10 people who experience mental health problems say they face stigma and _____ as a result.
19. _____ attacks are a type of fear response. They're an exaggeration of your body's normal response to danger, stress or excitement.
20. Cognitive behavioural _____ is a type of talking treatment which focuses on how thoughts, beliefs and attitudes affect feelings and behaviour, and teaches coping skills for dealing with different problems.
21. There are four main types of psychiatric _____: antidepressants; antipsychotics sleeping pills and mood stabilisers.
22. Stigma can prevent people struggling with poor mental health from seeking _____.
23. You don't need to be an expert in mental health to _____ to a friend or colleague.
24. Mental health problems affect one in four of us, yet many people are still afraid to _____ about it.
25. Mental health stigma often stems from a lack of _____ on the subject, perpetuated by myths and stereotypes.
26. _____ is a growing social movement working to change the way we all think and act about mental health problems.