

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 **MENTAL HEALTH**, just as we all have physical health.
2. Mental wellbeing is the ability to **COPE** with the day-to-day stresses of life.
3. Mental health is a spectrum of **MOODS** and experiences. We all have times when we feel better or worse.
4. **SELF ESTEEM** 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 **RELATIONSHIPS** with others.
6. 65% of people with mental health problems report stigma affecting their **FRIENDSHIPS**.
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 **RESILIENCE**.
8. If you have good mental wellbeing you are able to feel and express a range of **EMOTIONS**.
9. **ANXIETY** 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 **STRESS**, these feelings could start to be a problem for you.
11. **DEPRESSION** is a low mood that lasts for a long time, and affects your everyday life.
12. **SUICIDE** 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 **PSYCHOSIS**.
14. A diagnosis of **SCHIZOPHRENIA** does not mean someone has a 'split personality'.
15. The term **BIPOLAR** refers to the way your mood can change between two very different states - mania and depression.
16. **PTSD** is short for Post-traumatic stress disorder.
17. **STIGMA** 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 **DISCRIMINATION** as a result.
19. **PANIC** 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 **THERAPY** 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 **MEDICATION**: antidepressants; antipsychotics sleeping pills and mood stabilisers.
22. Stigma can prevent people struggling with poor mental health from seeking **HELP**.
23. You don't need to be an expert in mental health to **LISTEN** to a friend or colleague.
24. Mental health problems affect one in four of us, yet many people are still afraid to **TALK** about it.
25. Mental health stigma often stems from a lack of **UNDERSTANDING** on the subject, perpetuated by myths and stereotypes.
26. **TIME TO CHANGE** is a growing social movement working to change the way we all think and act about mental health problems.