



PUZZLE

Mental Health Word Scramble



Name: _____ Date: _____

Unscramble the words to complete the sentences. Then unscramble the highlighted letters to complete the quote.

1. When preparing to talk about a mental health issue, it can help to practice in front of a **rimorr**. _____
2. It can also help to write down your thoughts, such as how you **eelf** and what you have been struggling with.

3. To support someone coping with a mental health issue, **stlnei** without interrupting. _____
4. In addition, be ready to **ncocten** the person with help. _____
5. Signs of anxiety can include difficulty controlling feelings of **ywror**. _____
6. The cause of anxiety may be linked to a family trait or traumatic **tveen**. _____
7. Writing down things you are **gfreuta** for can help support good mental health. _____

Quote of the month:

For it is in giving that we _____ . ~ St. Francis of Assisi ♦