

# May for Mental Health Awareness

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

EXERCISE  
HOPE  
TRAUMA  
SUPPORT  
STRUGGLE  
STRESS  
DEPRESSION  
RELAXATION  
RECOVERY  
MEDICATION  
SLEEPLESSNESS  
MEDITATION  
BIPOLAR  
SELF CARE  
TREATMENT  
WELLBEING  
SUICIDAL  
HEALTH  
ADHD  
CRISIS  
COPING

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