

SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

# Mental health wordsearch

Take a moment to care for your mental health with this calming word search. Find and circle all the words hidden in the grid. The words are hidden in any direction.

THOUGHTS  
RECOVERY  
STRESS  
BEHAVIOR

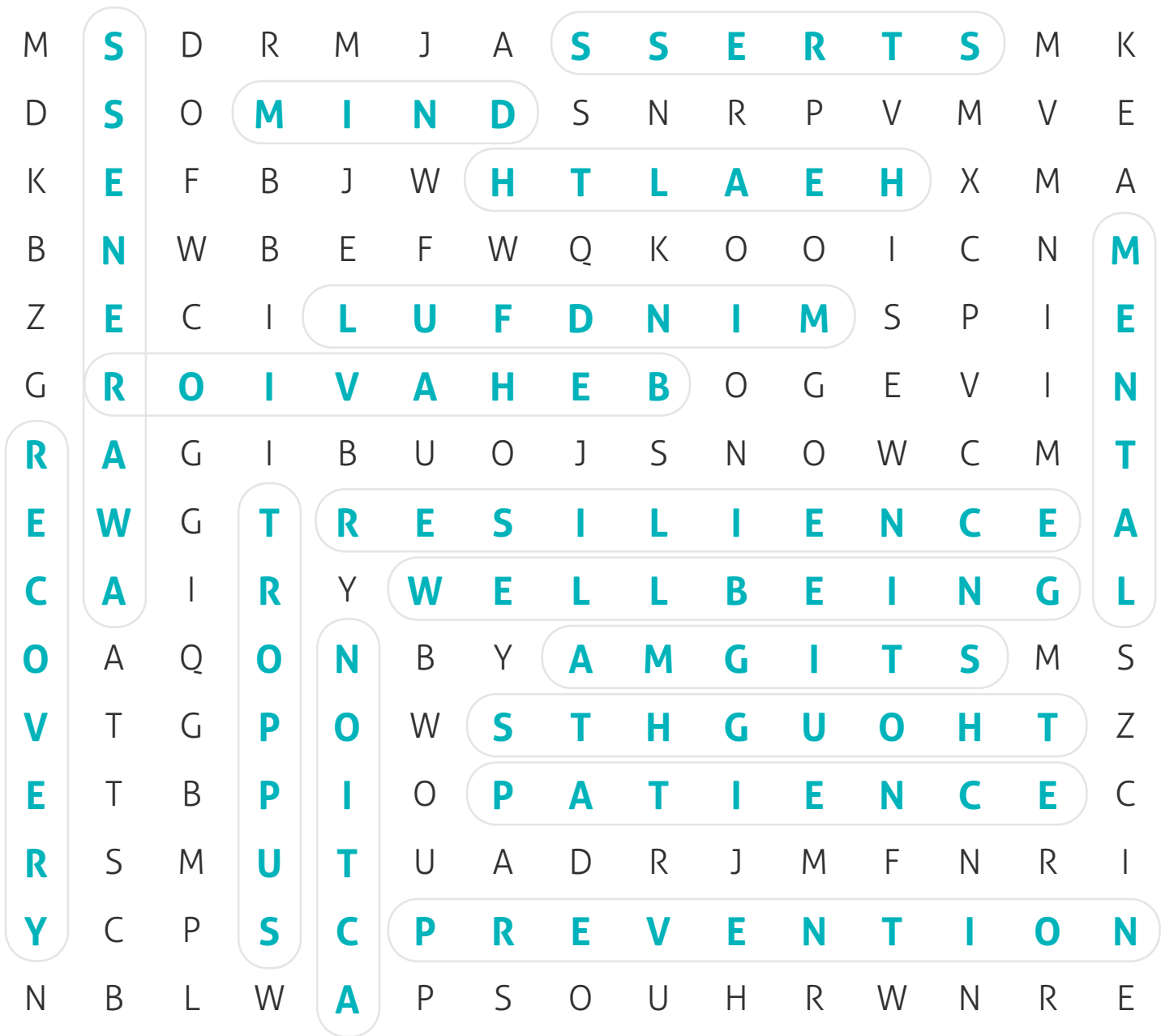
SUPPORT  
MENTAL  
PREVENTION  
WELLBEING

STIGMA  
HEALTH  
PATIENCE  
MINDFUL

AWARENESS  
MIND  
ACTION  
RESILIENCE

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



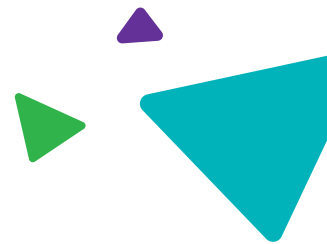


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SEPTIEMBRE ES EL MES DE CONCIENTIZACIÓN SOBRE LA PREVENCIÓN DEL SUICIDIO

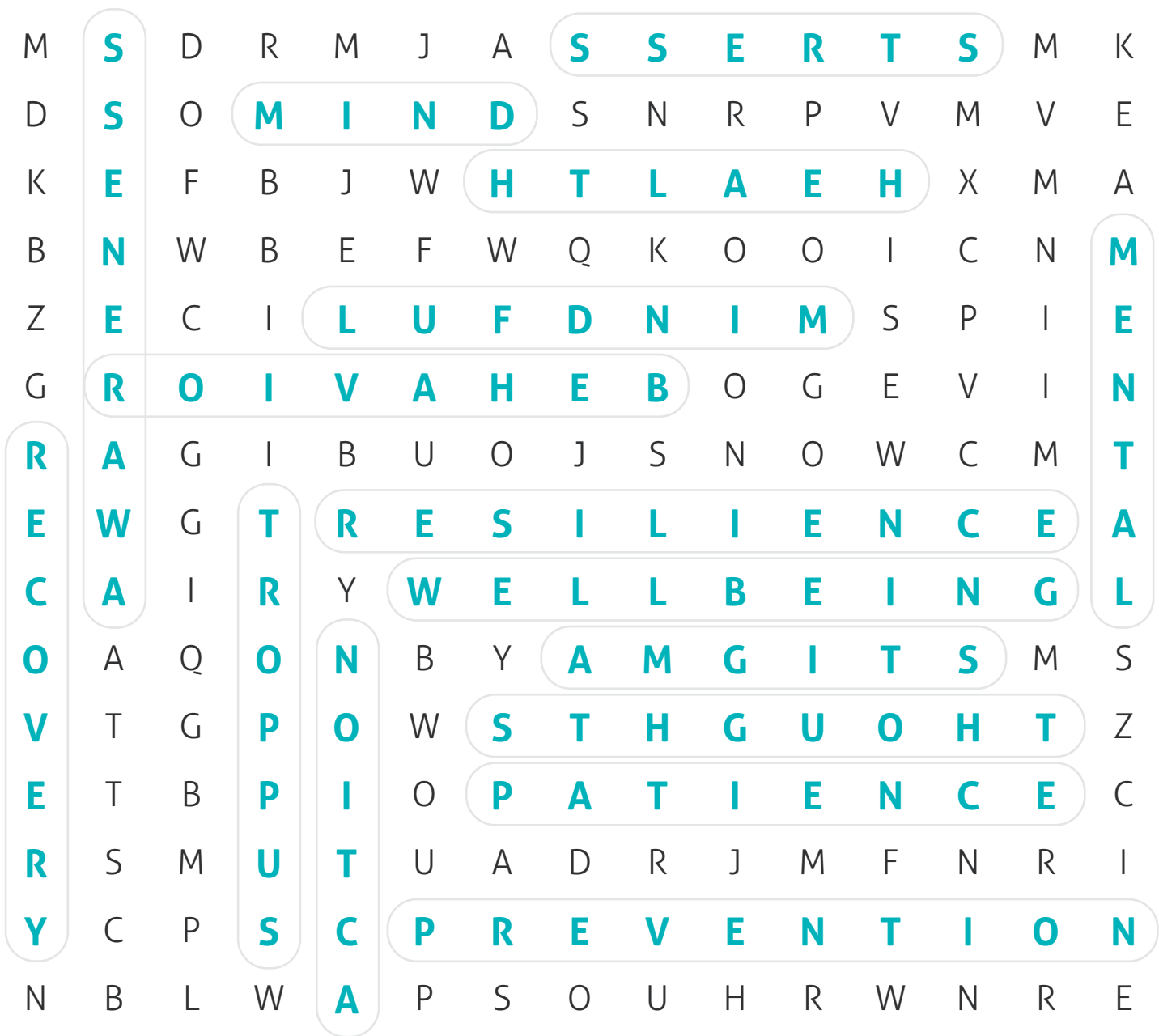
# Sopa de letras sobre salud mental

Tómese un momento para cuidar su salud mental con esta relajante sopa de letras. Encuentre y encierre en un círculo todas las palabras ocultas en la cuadrícula. Las palabras están ocultas en cualquier dirección.

|                             |                          |                         |                         |
|-----------------------------|--------------------------|-------------------------|-------------------------|
| AWARENESS (concientización) | MIND (mente)             | STIGMA (estigma)        | WELLBEING (bienestar)   |
| BEHAVIOR (conducta)         | MINDFUL (consciente)     | STRESS (estrés)         | RECOVERY (recuperación) |
| MENTAL (Mental)             | PATIENCE (paciencia)     | SUPPORT (apoyo)         | PREVENTION (prevención) |
| HEALTH (salud)              | RESILIENCE (resiliencia) | THOUGHTS (pensamientos) | ACTION (acción)         |

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





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 HEALTH (salud)

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