

# Mental Health Awareness Week!!

1. Verb Base Form
2. Verb Base Form
3. Verb Base Form
4. A Measurement Of Time
5. Noun Plural
6. Noun
7. Adjective
8. Adjective
9. Verb Present Ends In Ing
10. Verb Present Ends In Ing
11. Adjective
12. Verb Present Ends In Ing

# Mental Health Awareness Week!!

Mental Health Awareness Week is designed to educate and increase awareness around Mental Illness. Some activities include \_\_\_\_\_  
Verb Base Form\_\_\_\_\_, \_\_\_\_\_  
Verb Base Form\_\_\_\_\_, and \_\_\_\_\_  
Verb Base Form\_\_\_\_\_. About 1 in 4 adults suffer from a diagnosable mental illness each \_\_\_\_\_  
A measurement of time\_\_\_\_\_. Mental illnesses include...

Depression: Depression is not simply a temporary change in mood or a sign of weakness. It is a real medical condition with many emotional, physical, behavioural and cognitive \_\_\_\_\_  
Noun Plural\_\_\_\_\_. Unfortunately, many \_\_\_\_\_  
Noun\_\_\_\_\_, unaware of how \_\_\_\_\_  
Adjective\_\_\_\_\_ this illness is, do not seek treatment because they are afraid of what others will think. And yet, today depression is a \_\_\_\_\_  
Adjective\_\_\_\_\_ illness for which there are many effective treatments. If you suspect that you are depressed, it is important that you see your doctor as soon as possible.

Bipolar disorder: Also known as manic-depressive illness, is a brain disorder that causes unusual shifts in mood, energy, activity levels, and the ability to carry out day-to-day tasks. \_\_\_\_\_  
Verb Present ends in ING\_\_\_\_\_ with a doctor or other licensed mental health professional is the first step for anyone who thinks he or she may have bipolar disorder

Eating Disorders: There is a commonly held view that \_\_\_\_\_  
Verb Present ends in ING\_\_\_\_\_ disorders are a lifestyle choice . Eating disorders are actually serious and often \_\_\_\_\_  
Adjective\_\_\_\_\_ illnesses that cause severe disturbances to a person's

eating behaviors. Obsessions with food, body weight, and shape may also signal an eating disorder. Common eating disorders include anorexia nervosa, bulimia nervosa, and binge-eating disorder. Verb Present ends in

ING with a doctor or other licensed mental health professional is the first step for anyone who thinks he or she may have an eating disorder.