

Mental HEALTH



Name: _____

Grade: _____

MATCHING

Match the answer from column A with column B by placing the appropriate letter on the line (____) provided.

1. _____ Moods

2. _____ Schizophrenia

3. _____ Depression

4. _____ Mental health

5. _____ Emotional intelligence

6. _____ Mental disorder

7. _____ Distress

8. _____ Anxiety

9. _____ Trama

10. _____ suicide

A. When a person, especially a child, goes through a very upsetting or scary event that is hard to cope with.

B. The ability to understand your own emotions.

C. A feeling of great suffering, pain, or worry.

D. A health issue that makes it hard to do everyday things like go to school or play with friends.

E. To kill oneself.

F. When your body has a big worry-feeling that can make you feel scared or nervous about what might happen.

G. It's about your emotional and social well-being.

H. A medical condition where a person feel intensely sad, grumpy, or hopeless for a long time.

I. a feeling you have inside, like when you're happy or sad.

J. When someone experience things that aren't there or believe things that aren't true.

