

What/who is ALGEE?



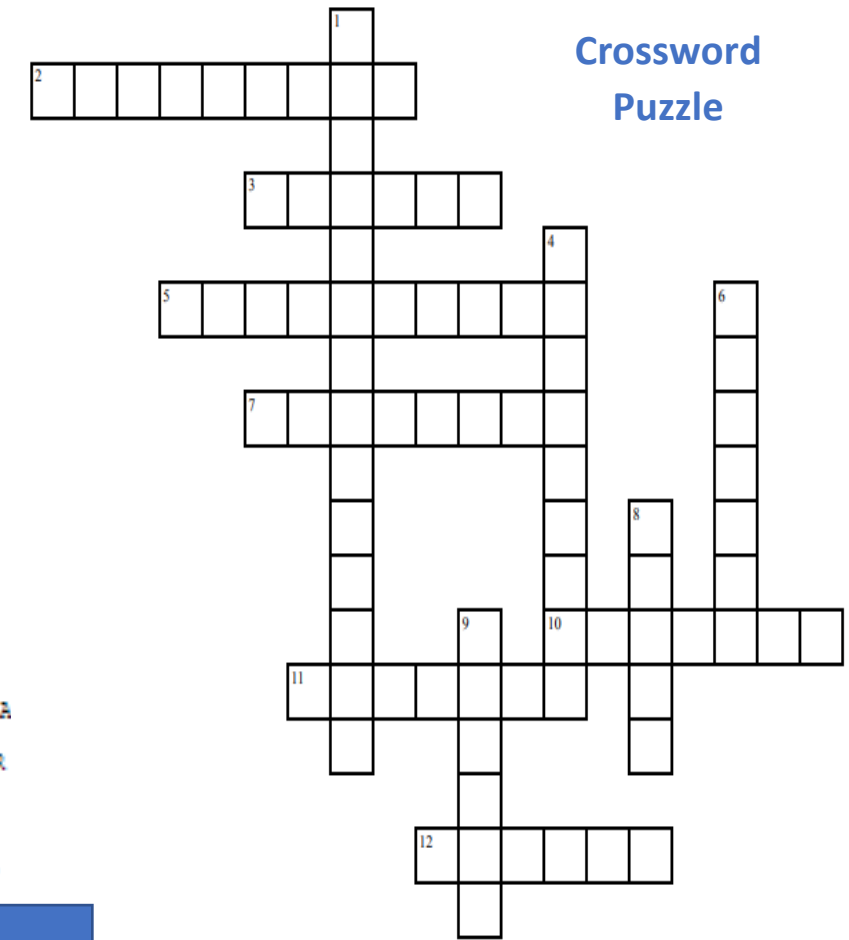
May
Mental Health
Awareness Month



Mental Health

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

PSYCHOLOGICAL	SYMPTOMS	PAIN	ANOREXIA
ENVIRONMENT	HEALTH	ANXIETY	BIPOLAR
FEELINGS	STRESS	DEPRESSION	MOOD
ISOLATION	ILLNESS	SOCIAL	MENTAL



Crossword
Puzzle

Across

- 2. The state of which a person feels
- 3. When people have a negative perception of people who have Mental Health challenges
- 5. Helpless & hopeless
- 7. With depression, sometimes to get out of bed is a _____
- 10. When a person has no issues that impede on their quality of life, they are ----- (adj.)

- 11. What people feel in times of extreme nervousness (n.)
- 12. Negative pressure one feels

Down

- 1. Medication used to help with depression
- 4. When a person's quality of life is hindered by an ailment, they are _____ (adj.)
- 6. When people have difficulties or feel alone, they need _____ (n.)
- 8. An organ vital to a person's ability to think
- 9. "World Mental _____ Day"

Signs and symptoms of stress

- Difficulties with sleep
- Low energy and motivation
- Sadness
- Nervousness
- Difficulties with concentration
- Questioning one's abilities
- Feeling easily annoyed or irritable

Children may show stress as:

- Defiance
- Disrespect
- Complaining
- Fighting
- Not wanting to leave your side
- Ignoring

<https://www.nami.org/About-Mental-Illness>
<https://www.samhsa.gov/childrens-awareness-day>

Crossword Puzzle Answers

1 Antidepressant	5 Depression	9 Health
2 Wellbeing	6 Support	10 Healthy
3 Stigma	7 Struggle	11 Anxiety
4 Unhealthy	8 Brain	12 Stress

Sponsored by Garrett County Child & Adolescent Wellness Workgroup with funding made possible by the Garrett County Local Management Board through the Governor's Office of Crime, Prevention, Youth and Victim Services and the Local Behavioral Health Authority.

ALGEE is the mnemonic used during Mental Health First Aid Training & is also the mascot for the program

For additional information please visit: www.mentalhealthfirst.org



ALGEE: THE ACTION PLAN



- ASSESS** for risk of suicide or harm.
- LISTEN** non-judgmentally.
- GIVE** re-assurance and information.
- ENCOURAGE** appropriate professional help.
- ENCOURAGE** self-help and other support strategies.

*Suicide and Crisis
Lifeline:*

988

Call or Text

Free

Confidential

Available 24/7

Chat Services:

988lifeline.org/chat/