

Understanding Psychiatric Illness Word Search



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

Do you know what these words mean?

ANXIETY
BIPOLAR
EATING DISORDERS
MAJOR DEPRESSION
MANIA
OBSESSIVE COMPULSIVE
PANIC
PERSONALITY DISORDER
PHOBIA
PSYCHOSIS
SCHIZOPHRENIA

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Anxiety – A vague feeling of fear, nervousness, tension, worry, uncertainty, or helplessness without a specific reason – feeling “keyed up”

Bipolar – A mood disorder that includes both manic behavior and depression

Eating disorders – Anorexia (refusing to eat because of a distorted body image, bulimia (having uncontrolled binge eating along with vomiting or dieting) or binge eating (eating too much or too fast – more than your body needs)

Major depression – A severe or long-lasting time of deep sadness and grief

Mania – A mood that is too upbeat, happy and fast-paced. Thoughts and activities can be non-stop. Some people experience it as being very irritable.

Obsessive Compulsive – Having unwanted ideas, emotions or impulses that force themselves into mind. They cause a strong impulse to do something that is very hard to resist.

Panic – Having extreme anxiety that can cause poor ability to think and function, distort how you see things, and make it harder to communicate. There are often distressing physical symptoms with “panic attacks”.

Personality Disorder – A set of patterns or traits that make it harder to maintain meaningful relationships, feel fulfilled, and enjoy life

Phobia – A horrible fear that can cause extreme anxiety

Psychosis – Having problems telling the difference between reality and having delusions like feeling controlled, paranoid or suspicious. May include hallucinations like hearing voices or seeing things other people don’t see.

Schizophrenia – A long-term psychotic disorder that can include some unusual behaviors or ways of speaking, problems with focusing and decision-making, and less ability to express and experience positive emotions

The symptoms of these psychiatric illnesses can be improved by following the treatment plan developed by you and your health care team.