

I Got You™ - Mental Health Word Search

Find and circle the helpful words to someone struggling with mental health.

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

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| 1. Boundaries | 2. Breathe | 3. Caring |
| 4. Compassion | 5. Connection | 6. Courage |
| 7. Empathy | 8. End the stigma | 9. Feelings |
| 10. Grace | 11. Hold space | 12. Hope |
| 13. How can I help | 14. I see you | 15. Kindness |
| 16. Loved | 17. Non judgemental | 18. Not alone |
| 19. Recharge | 20. Selfcare | 21. Sincere |
| 22. Strong | 23. Support | 24. Therapy |
| 25. Trust | 26. Understanding | 27. Valid |
| 28. Valued | 29. Worthy | 30. You are enough |

Words you WON'T find here

"Get over it" - "Stop brooding" - "Don't feel that way" - "Snap out of it"
"Stop being defensive" - "You're overreacting" - "Stop looking for attention"