Across
1. An anxiety disorder involving fear of being in situations from which one can’t escape and there is no help available.
5. An evaluation one makes of how much value they see themselves as having, both to others and within the world. In other words, a self-judgement of worth.
8. A person who helps others in crisis.
9. City hosting the ACA 2020 Conference.
11. A defense mechanism involving a failure to consciously acknowledge thoughts, feelings, desires, or aspects of reality that would be painful or unacceptable.
13. A mental sorting system created by the mind using prior experience and learnings.
17. Mental Health Awareness Month.

Down
1. Location of ACA headquarters.
2. The quality or state of being conscious or aware of something.
3. CEO of ACA.
4. The part of our mental processing that holds our beliefs and information around what our society deems as right and wrong.
6. A defense mechanism in which intolerable feelings, impulses or thoughts one does not want to admit to are dealt with by attributing them to other people.
7. Collecting and evaluating data to gain information and make decisions about diagnosis treatment and possible outcomes.
10. A return to a normal state of health, mind, or strength.
12. Emotional response after a distressing or life-threatening event.
14. Psychological and bodily tension generated by difficult or unmanageable circumstances and/or experiences.
15. A mood disorder episode characterized by racing thoughts, pressured speech, irritability or euphoria, and marked impairments in judgment.
16. An inner urge that impels you to take action or alternately inhibits action.