

WORLD MENTAL HEALTH DAY

http://www.eslHolidayLessons.com/10/world_mental_health_day.html

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ALL ANSWERS ARE IN THE TEXT ON PAGE 2.

THE READING / TAPESCRIPT

World Mental Health Day is on October the 10th every year. It was started by the World Federation for Mental Health in 1992. The MentalHealth.org website says: "It is a unified effort to promote greater public awareness and understanding of mental health and mental illness." Every year, thousands worldwide raise awareness and funds for mental health causes. The United Nations strongly supports this day, saying: "Greater efforts are needed to address the difficulties in providing mental health care and protecting the human rights of those with severe disorders." The former General-Secretary of the U.N. Ban Ki-moon stated: "Mental health is of paramount importance for personal well-being, family relationships and an individual's ability to contribute to society."

The World Health Organization (WHO) defines mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". The organization says there is a great need today to focus more resources on mental disorders. More than 75 per cent of people who suffer from mental health problems live in the developing world. They have very few opportunities to receive proper treatment. The WHO stresses there is an urgent need to "scale up care for mental, neurological and substance use disorders" in order to close the massive treatment gap between rich and poor nations.

PHRASE MATCH

Match the following phrases from the article.

Paragraph 1

- | | |
|------------------------|---------------------|
| 1. on October the 10th | a. are needed |
| 2. promote greater | b. every year |
| 3. mental health | c. society |
| 4. Greater efforts | d. importance |
| 5. of paramount | e. public awareness |
| 6. contribute to | f. causes |

Paragraph 2

- | | |
|----------------------------------|--------------------------|
| 1. a state of well- | a. world |
| 2. realizes his or her | b. normal stresses |
| 3. cope with the | c. contribution |
| 4. make a | d. being |
| 5. in the developing | e. rich and poor nations |
| 6. massive treatment gap between | f. own abilities |

LISTENING GAP FILL

World Mental Health Day is on October the 10th every year. It (1) _____ World Federation for Mental Health in 1992. The MentalHealth.org website says: "It (2) _____ promote greater public awareness and understanding of mental health and mental illness." Every year, thousands worldwide raise awareness (3) _____ health causes. The United Nations strongly supports this day, saying: "Greater efforts are (4) _____ difficulties in providing mental health care and protecting the human (5) _____ severe disorders." The former General-Secretary of the U.N. Ban Ki-moon stated: "Mental health is of paramount importance for personal well-being, family relationships and (6) _____ contribute to society."

The World Health Organization (WHO) (7) _____ as "a state of well-being in which the individual realizes his or her own abilities, (8) _____ normal stresses of life, can work productively and fruitfully, and (9) _____ contribution to his or her community". The organization says there is a great need today (10) _____ on mental disorders. More than 75 per cent of people who suffer from mental health problems live in the developing world. They have (11) _____ to receive proper treatment. The WHO stresses there is an urgent need to "scale up care for mental, neurological and substance use disorders" (12) _____ massive treatment gap between rich and poor nations.

WHILE READING / LISTENING GAP FILL

Put the words into the gaps in the text.

World Mental Health Day is on October the 10th every year. It was (1) _____ by the World Federation for Mental Health in 1992. The MentalHealth.org website says: "It is a unified (2) _____ to promote greater public awareness and understanding of mental health and mental illness." Every year, thousands (3) _____ raise awareness and (4) _____ for mental health causes. The United Nations strongly (5) _____ this day, saying: "Greater efforts are needed to address the difficulties in providing mental health care and (6) _____ the human rights of those with severe disorders." The former General-Secretary of the U.N. Ban Ki-moon stated: "Mental health is of paramount importance for personal well-(7) _____, family relationships and an individual's (8) _____ to contribute to society."

worldwide
supports
being
started
funds
ability
effort
protecting

The World Health Organization (WHO) (9) _____ mental health as "a state of well-being in which the individual realizes his or her own abilities, can (10) _____ with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her (11) _____". The organization says there is a great need today to (12) _____ more resources on mental disorders. More than 75 per cent of people who (13) _____ from mental health problems live in the developing world. They have very few opportunities to receive proper (14) _____. The WHO stresses there is an (15) _____ need to "scale up care for mental, neurological and substance use disorders" in order to close the massive treatment gap (16) _____ rich and poor nations.

focus
defines
community
treatment
between
suffer
cope
urgent

CHOOSE THE CORRECT WORD

Delete the wrong word in each of the pairs of *italics*.

World Mental Health Day is on October the 10th every year. It was started by the World Federation for Mental Health in 1992. The MentalHealth.org website *saying / says*: "It is a unified *effect / effort* to promote greater public awareness and understanding of mental health and *mental / mentally* illness." Every year, thousands worldwide raise awareness and funds for mental health *cause / causes*. The United Nations strongly supports this day, saying: "Greater efforts are needed to address the *difficult / difficulties* in providing mental health care and *protection / protecting* the human rights of those with severe disorders." The former General-Secretary of the U.N. Ban Ki-moon stated: "Mental health is of paramount *importance / important* for personal well-being, family relationships and an individual's ability to contribute to *socially / society*."

The World Health Organization (WHO) *defines / definitions* mental health as "a *statue / state* of well-being in which the individual realizes his or her own abilities, can cope with the normal *stressed / stresses* of life, can work productively and fruitfully, and is able to make a contribution to his or her community". The organization says there is a great need today *for / to* focus more resources on mental disorders. More than 75 per cent of people who *suffer / sufferers* from mental health problems live in the developing world. They have very few opportunities to receive *properly / proper* treatment. The WHO stresses there is an urgent need to "*scale / sale* up care for mental, neurological and substance use disorders" in order to close the *massive / mass* treatment gap between rich and poor nations.

MULTIPLE CHOICE

World Mental Health Day is on October the 10th every year. It was started by the World Federation for Mental Health in 1992. The MentalHealth.org website says: "It is a unified (1) _____ to promote greater public awareness and understanding of mental health and mental illness." Every year, thousands (2) _____ raise awareness and funds for mental health causes. The United Nations (3) _____ supports this day, saying: "Greater efforts are needed to (4) _____ the difficulties in providing mental health care and protecting the human rights of those with severe disorders." The former General-Secretary of the U.N. Ban Ki-moon stated: "Mental health is of paramount (5) _____ for personal well-(6) _____, family relationships and an individual's ability to contribute to society."

The World Health Organization (WHO) (7) _____ mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and (8) _____, and is able to make a contribution to his or her community". The organization says there is a great need today to focus more resources on mental disorders. More than 75 per cent of people who (9) _____ from mental health problems live in the developing world. They have very few opportunities to receive (10) _____ treatment. The WHO stresses there is an urgent need to "(11) _____ up care for mental, neurological and substance use disorders" in order to close the massive treatment (12) _____ between rich and poor nations.

Put the correct words from this table into the article.

- | | | | | |
|-----|----------------|-----------------|---------------|----------------|
| 1. | (a) effect | (b) affect | (c) effort | (d) afford |
| 2. | (a) worldwide | (b) worlds | (c) worldly | (d) world |
| 3. | (a) strength | (b) strengthen | (c) strong | (d) strongly |
| 4. | (a) addressing | (b) addresses | (c) addressed | (d) address |
| 5. | (a) importance | (b) importantly | (c) import | (d) important |
| 6. | (a) doing | (b) being | (c) having | (d) taking |
| 7. | (a) definition | (b) definite | (c) defines | (d) definitive |
| 8. | (a) fruitfully | (b) fruits | (c) fruity | (d) fruitful |
| 9. | (a) sufferance | (b) suffer | (c) suffered | (d) sufferer |
| 10. | (a) properly | (b) prosper | (c) proper | (d) propel |
| 11. | (a) scales | (b) scale | (c) scald | (d) stale |
| 12. | (a) gaped | (b) gape | (c) gapped | (d) gap |

SPELLING

Spell the jumbled words (from the text) correctly.

Paragraph 1

1. The MentalHealth.org sbtewi
2. promote greater libucp awareness
3. rseai awareness
4. sseradd the difficulties
5. those with rveese disorders
6. contribute to ticoeys

Paragraph 2

7. his or her own blaitisei
8. normal esstser of life
9. cuosf more
10. people who ruesff
11. an tnegur need
12. rich and poor aitnso

PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

- () her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to
- () problems live in the developing world. They have very few opportunities to receive proper
- () treatment. The WHO stresses there is an urgent need to “scale up care for mental, neurological and substance
- () make a contribution to his or her community”. The organization says there is a great need today to focus
- () needed to address the difficulties in providing mental health care and protecting the human rights of those with severe
- () more resources on mental disorders. More than 75 per cent of people who suffer from mental health
- () funds for mental health causes. The United Nations strongly supports this day, saying: “Greater efforts are
- () The World Health Organization (WHO) defines mental health as “a state of well-being in which the individual realizes his or
- (**1**) World Mental Health Day is on October the 10th every year. It was started by the World Federation for Mental Health in
- () disorders.” The former General-Secretary of the U.N. Ban Ki-moon stated: “Mental health is of paramount
- () use disorders” in order to close the massive treatment gap between rich and poor nations.
- () importance for personal well-being, family relationships and an individual’s ability to contribute to society.”
- () awareness and understanding of mental health and mental illness.” Every year, thousands worldwide raise awareness and
- () 1992. The MentalHealth.org website says: “It is a unified effort to promote greater public

SCRAMBLED SENTENCES

With a partner, put the words back into the correct order.

1. health mental of understanding and awareness Public.

2. day this supports strongly Nations United The.

3. difficulties the address to needed are Efforts.

4. rights disorders of those The with human severe.

5. individual's An society to contribute to ability.

6. life of stresses normal the with Cope.

7. or a her contribution community to his Make.

8. Focus resources mental more on disorders.

9. Few to proper opportunities receive treatment.

10. nations Gap rich poor between and.

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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THE WORLD MENTAL HEALTH DAY SURVEY

Write five questions about World Mental Health Day in the table. Do this in pairs/groups. Each student must write the questions on his / her own paper.

Without your partner, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

Return to your original partner(s) and share and talk about what you found out. Make mini-presentations to other groups on your findings.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find more information about World Mental Health Day. Talk about what you discover with your partner(s) in the next lesson.

3. MAGAZINE ARTICLE: Write a magazine article about World Mental Health Day. Write about what happens around the world. Include two imaginary interviews with people who did something on this day.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

4. POSTER: Make your own poster about World Mental Health Day. Write about will happen on this day around the world.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.