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.
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.
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.”

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.
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 sbetwei

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 essstser of life

9. cuosf more

10. people who ruesff

11. an tnegur need

12. rich and poor aitnnso
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 importance for personal well-being, family relationships and an individual’s ability to contribute to society."

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.

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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.


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. ____________________________________________

DISCUSSION (Write your own questions)

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

1. ____________________________________________

2. ____________________________________________

3. ____________________________________________

4. ____________________________________________

5. ____________________________________________

6. ____________________________________________
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.

<table>
<thead>
<tr>
<th>Q.1.</th>
<th>STUDENT 1</th>
<th>STUDENT 2</th>
<th>STUDENT 3</th>
</tr>
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<tbody>
<tr>
<td></td>
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<tr>
<td>Q.2.</td>
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<tr>
<td>Q.3.</td>
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<td>Q.4.</td>
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<tr>
<td>Q.5.</td>
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<td></td>
</tr>
</tbody>
</table>

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

Write about World Mental Health Day for 10 minutes. Show your partner your paper. Correct each other’s work.
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 what 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.