

# WORLD MENTAL HEALTH DAY

[http://www.eslHolidayLessons.com/10/world\\_mental\\_health\\_day.html](http://www.eslHolidayLessons.com/10/world_mental_health_day.html)

## CONTENTS:

The Reading / Tapescript	2
Phrase Match	3
Listening Gap Fill	4
Listening / Reading Gap Fill	5
Choose the Correct Word	6
Multiple Choice	7
Spelling	8
Put the Text Back Together	9
Scrambled Sentences	10
Discussion	11
Student Survey	12
Writing	13
Homework	14

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." General-Secretary 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 \_\_\_\_\_ World Federation for Mental Health in 1992. The MentalHealth.org website says: "It \_\_\_\_\_ promote greater public awareness and understanding of mental health and mental illness." Every year, thousands worldwide raise awareness \_\_\_\_\_ health causes. The United Nations strongly supports this day, saying: "Greater efforts are \_\_\_\_\_ difficulties in providing mental health care and protecting the human \_\_\_\_\_ severe disorders." General-Secretary Ban Ki-moon stated: "Mental health is of paramount importance for personal well-being, family relationships and \_\_\_\_\_ contribute to society."

The World Health Organization (WHO) \_\_\_\_\_ as "a state of well-being in which the individual realizes his or her own abilities, \_\_\_\_\_ normal stresses of life, can work productively and fruitfully, and \_\_\_\_\_ contribution to his or her community". The organization says there is a great need today \_\_\_\_\_ on mental disorders. More than 75 per cent of people who suffer from mental health problems live in the developing world. They have \_\_\_\_\_ to receive proper treatment. The WHO stresses there is an urgent need to "scale up care for mental, neurological and substance use disorders" \_\_\_\_\_ 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 \_\_\_\_\_ by the World Federation for Mental Health in 1992. The MentalHealth.org website says: "It is a unified \_\_\_\_\_ to promote greater public awareness and understanding of mental health and mental illness." Every year, thousands \_\_\_\_\_ raise awareness and \_\_\_\_\_ for mental health causes. The United Nations strongly \_\_\_\_\_ this day, saying: "Greater efforts are needed to address the difficulties in providing mental health care and \_\_\_\_\_ the human rights of those with severe disorders." General-Secretary Ban Ki-moon stated: "Mental health is of paramount importance for personal well-\_\_\_\_\_, family relationships and an individual's \_\_\_\_\_ to contribute to society."

*worldwide*  
*supports*  
*being*  
*started*  
*funds*  
*ability*  
*effort*  
*protecting*

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

## 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.” General-Secretary 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. \_\_\_\_\_

Copyright © www.ESL Holiday Lessons.com

---

**WORLD MENTAL HEALTH DAY**

**DISCUSSION (Write your own questions)**

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

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Copyright © www.ESL Holiday Lessons.com

# 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.