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Level 1 – 3rd August 2023

Half the world to develop mental health disorder

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com2308/230803-mental-health-disorders-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders-1.html>

More people are experiencing mental health problems. Half of us will have at least one problem by the age of 75. The lead author of a study said the most common problems were mood disorders like depression. The risk of disorders differs between men and women. The most common mental health disorders for women were depression and phobias that make daily life more difficult. Men suffered most from alcohol abuse and depression.

The researchers looked at 32 mental health surveys from 156,000 people in 29 countries. The researchers found out when mental health problems first start. They also looked at the risk of getting different mental disorders. An important finding was that mental disorders appear a lot in children. Young people need more help with their lives. They need services that treat their mental health problems.

Sources: <https://newatlas.com/health-well-being/half-population-predicted-to-develop-mental-health-disorder-by-75/>
<https://neurosciencenews.com/mental-health-population-23724/>
<https://www.abc.net.au/news/2023-08-01/half-population-mental-health-disorders-queensland-study/102668734>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders-1.html>

PARAGRAPH ONE:

- | | |
|-------------------|---------------------------|
| 1. experiencing | a. author of a study |
| 2. Half of | b. one problem |
| 3. have at least | c. abuse |
| 4. by the | d. like depression |
| 5. The lead | e. mental health problems |
| 6. mood disorders | f. and phobias |
| 7. depression | g. us will |
| 8. alcohol | h. age of 75 |

PARAGRAPH TWO:

- | | |
|------------------------------|---------------------------|
| 1. researchers looked at 32 | a. at the risk |
| 2. from 156,000 people | b. out when |
| 3. researchers found | c. lot in children |
| 4. They also looked | d. in 29 countries |
| 5. An important | e. more help |
| 6. disorders appear a | f. mental health surveys |
| 7. Young people need | g. mental health problems |
| 8. services that treat their | h. finding |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders-1.html>

More people are experiencing mental health problems.

(1) _____ will have at least one problem

(2) _____ of 75. The lead author of a study said

the most common problems were (3) _____

depression. (4) _____ disorders differs between

men and women. The most common mental health disorders for

women were depression and phobias that

(5) _____ more difficult. Men suffered most from

(6) _____ depression.

The (7) _____ 32 mental health surveys from

156,000 people in 29 countries. The researchers

(8) _____ mental health problems first start.

They also looked at (9) _____ getting different

mental disorders. An important (10) _____

mental disorders appear a lot in children. Young people need

more help (11) _____. They need services

(12) _____ mental health problems.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders-1.html>

More people are experiencing mental health problems. Half of us will have at least one problem by the age of 75. The lead author of a study said the most common problems were mood disorders like depression. The risk of disorders differs between men and women. The most common mental health disorders for women were depression and phobias that make daily life more difficult. Men suffered most from alcohol abuse and depression. The researchers looked at 32 mental health surveys from 156,000 people in 29 countries. The researchers found out when mental health problems first start. They also looked at the risk of getting different mental disorders. An important finding was that mental disorders appear a lot in children. Young people need more help with their lives. They need services that treat their mental health problems.

MENTAL HEALTH SURVEY

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders-4.html>

Write five GOOD questions about mental health in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

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

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

