

Up to half of adults suffer from mental illness

18th January, 2016



Britain's National Health Service (NHS) suggests that up to half of adults have suffered from some form of mental illness at some stage in their life. Data from the Health Survey for England reveals that 25 per cent of all adults have been

diagnosed with a mental health problem, while a further 18 per cent believe they have suffered from one but have not seen a doctor for diagnosis. Mental health expert Andy Bell said more needed to be done for people to get the help they need. Mr Bell said: "[These] figures are another wake-up call for the NHS to ensure that mental health support is available for people who need it when they need it. Timely access to effective mental health treatment saves lives."

Researchers questioned 5,000 adults about their experiences. They found that 26 per cent of people said they had received a mental health illness diagnosis. According to the survey, depression was the most common form of mental illness, with 19 per cent of people saying they had suffered from the condition. Women are more likely to suffer from mental health problems than men. Over 40 per cent of middle-aged women have been diagnosed with an illness at some point in their life. A spokeswoman from the mental health charity Sane bemoaned the survey's findings. She said: "These are shocking figures...because the scale of mental illness is already known but too often ignored."

Sources: *Telegraph.co.uk* / *BBC.com* / *Mirror.co.uk*

Writing

People should stop treating mental health as a taboo subject. Discuss.

Chat

Talk about these words from the article.

health service / suffered / mental illness / diagnosed / expert / wake-up call / effective / researchers / experiences / depression / middle-aged / charity / survey / shocking

True / False

- Britain's health service said half of British people are mentally ill. T / F
- Most people in Britain have had an undiagnosed mental illness. T / F
- A mental health expert said people needed to wake up. T / F
- Effective mental health treatment saves people's lives. T / F
- Researchers surveyed 5,000 in a survey on mental health. T / F
- The most common mental health problem in Britain is depression. T / F
- Men in Britain suffer more mental health problems than women. T / F
- A charity worker said mental health issues are often ignored. T / F

Synonym Match

- | | |
|---------------|----------------|
| 1. reveals | a. period |
| 2. stage | b. care |
| 3. form | c. illness |
| 4. available | d. shows |
| 5. treatment | e. disregarded |
| 6. questioned | f. kind |
| 7. common | g. lamented |
| 8. condition | h. asked |
| 9. bemoaned | i. accessible |
| 10. ignored | j. prevalent |

Discussion – Student A

- How serious are mental health issues?
- Why are women more likely to develop mental health problems?
- What everyday things can affect our mental health?
- Why are older people more likely to develop mental health problems?
- What is the care like for people with mental health in your country?
- How would improving mental health care improve a country?
- Mental health is often missing from public health debates even though it's critical to wellbeing. (Diane Abbott) What do you think?
- What questions would you like to ask a mental health expert?

Phrase Match

- | | |
|--------------------------------------|---------------------------|
| 1. some form | a. common form |
| 2. seen a doctor for | b. done for people |
| 3. more needed to be | c. for people who need it |
| 4. support is available | d. aged women |
| 5. effective mental health treatment | e. charity |
| 6. Researchers questioned | f. of mental illness |
| 7. depression was the most | g. in their life |
| 8. 40 per cent of middle- | h. 5,000 adults |
| 9. at some point | i. saves lives |
| 10. mental health | j. diagnosis |

Discussion – Student B

- What do you think about what you read?
- Do you ever worry about your mental health?
- Should more money be spent helping people with mental health problems?
- What mental health conditions do you know about?
- How can we stay healthy mentally?
- How does depression affect people's lives?
- How do you know if you have a mental illness?
- "Mental health needs a great deal of attention. It's the final taboo and it needs to be faced and dealt with." (Adam Ant) What do you think?

Spelling

- eerusffd from some form of mental illness
- 25 per cent of all adults have been adogsndie
- Mental health pxeret
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- mental health taetnmtr saves lives
- eshrrecas questioned 5,000 adults
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- rdenopessi was the most common form
- the mental health ychairt
- These are shocking gsriufe
- too often genirido

Answers – Synonym Match

1. d	2. a	3. f	4. i	5. b
6. h	7. j	8. c	9. g	10. e

Role Play

Role A – Medicine

You think medicine is the best way to help someone with a mental health problem. Tell the others three reasons why. Tell them why their ways aren't so good. Also, tell the others which is the least effective of these (and why): exercise, therapy or a lifestyle change.

Role B – Exercise

You think exercise is the best way to help someone with a mental health problem. Tell the others three reasons why. Tell them why their ways aren't so good. Also, tell the others which is the least effective of these (and why): medicine, therapy or a lifestyle change.

Role C – Therapy

You think therapy is the best way to help someone with a mental health problem. Tell the others three reasons why. Tell them why their ways aren't so good. Also, tell the others which is the least effective of these (and why): exercise, medicine or a lifestyle change.

Role D – Lifestyle change

You think a lifestyle change is the best way to help someone with a mental health problem. Tell the others three reasons why. Tell them why their ways aren't so good. Also, tell the others which is the least effective of these (and why): exercise, therapy or medicine.

Speaking – Help

Rank these with your partner. Put the best ways of helping people with a mental illness at the top. Change partners often and share your rankings.

- | | |
|--------------|-----------------------------|
| • medicine | • talking about the problem |
| • education | • join a support group |
| • friendship | • therapy |
| • exercise | • lifestyle changes |

Answers – True False

a	F	b	F	c	F	d	T	e	T	f	T	g	F	h	T
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Answers to Phrase Match and Spelling are in the text.