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**Level 0 – 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-0.html>

### **Contents**

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

**Please try Levels 1, 2 and 3. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders-0.html>

Half of us will have at least one mental health problem by the age of 75. A study said the most common problem was mood disorders like depression. Men and women have different problems. The most common problems for women were depression and phobias. Men suffered most from alcohol abuse and depression.

The researchers looked at 32 health surveys from 156,000 people. They found out when mental health problems first start. An important finding was that a lot of children have mental disorders. Young people need more help. 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-0.html>

## PARAGRAPH ONE:

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

## PARAGRAPH TWO:

- |                                |                           |
|--------------------------------|---------------------------|
| 1. researchers looked at 32    | a. first start            |
| 2. 156,000                     | b. more help              |
| 3. They found                  | c. finding                |
| 4. when mental health problems | d. mental health problems |
| 5. An important                | e. people                 |
| 6. a lot                       | f. health surveys         |
| 7. Young people need           | g. out when               |
| 8. treat their                 | h. of children            |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders-0.html>

(1) \_\_\_\_\_ will have (2) \_\_\_\_\_

mental health problem (3) \_\_\_\_\_ of 75. A study

said the most common problem was (4) \_\_\_\_\_

depression. Men and women (5) \_\_\_\_\_. The

most common problems for women were depression and phobias.

Men (6) \_\_\_\_\_ alcohol abuse and depression.

The researchers (7) \_\_\_\_\_ health surveys from

156,000 people. They (8) \_\_\_\_\_ mental health

problems first start. An important (9) \_\_\_\_\_ a lot

of children (10) \_\_\_\_\_. Young people

(11) \_\_\_\_\_. They need services

(12) \_\_\_\_\_ mental health problems.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders-0.html>

Half of us will have at least one mental health problem by the age of 75. As  
tudy said the most common problem was mood disorders like depression.  
Men and women have different problems. The most common problems for  
men and women were depression and phobias. Men suffered most from alcohol  
abuse and depression. The researchers looked at 32 health surveys from  
156,000 people. They found out when mental health problems first start.  
An important finding was that a lot of children have mental disorders. You  
ng people need more help. They need services that treat their mental heal  
th problems.

# MENTAL HEALTH SURVEY

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders-0.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) \_\_\_\_\_

*Half the world to develop mental health disorder – 3rd August 2023*  
More free lessons at [breakingnewsenglish.com](https://breakingnewsenglish.com)

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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) \_\_\_\_\_

# WRITING

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders-0.html>

Write about **mental health** for 10 minutes. Read and talk about your partner’s paper.

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