

Articles

Mental Health

Exercise 2

Choose the correct answer of the available possible options.

1. World Mental Health Day, on 10 October, is a day to raise awareness of the effects mental illness has on millions of people's lives across ____ world, and to help educate and inform us all.

A. a/an

B. the

2. Around the world, one in four people will have some kind of mental illness during their lifetime. Around 450 million people are living with ____ mental health problem right now, making it one of the biggest health issues in the world. Yet people rarely talk about any mental health problems they have because there is still a lot of stigma.

A. a/an

B. the

3. World Mental Health (WMH) Day was first celebrated in 1992. It was created to raise awareness of just how common mental health issues are, fight against stigma and campaign for better conditions and treatment for people who have ____ mental health problem.

A. a/an

B. the

4. The number of people and organisations involved in celebrating WMH Day has grown and grown, and now many countries, such as Australia, actually have ____ Mental Health Week, which includes WMH Day on 10 October.

A. a/an

B. the

5. Each year there is a different theme. For example, in 2017 ____ theme was mental health in the workplace.

A. a/an

B. the

6. Employers should create ____ environment which supports good mental health. This also helps to reduce the number of days employees take off work.

A. a/an

B. the

7. Employers should help employees to achieve _____ good work–life balance by encouraging them to take breaks and holidays and discouraging them from working at home in the evenings and at weekends.

A. a/an

B. the