

MENTAL HEALTH DISCUSSION

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

- 1) What comes to mind when you hear the term 'mental health'?
- 2) What do you think your mental health will be like in the future?
- 3) What do you do to maintain or improve your mental health?
- 4) Are you worried about the mental health of anyone you know?
- 5) Is mental health more important than physical health?
- 6) Are there many people with mental health problems in your country?
- 7) What does your government do for people with mental health diseases and problems?
- 8) How can society help people with mental health problems or stop people from developing them?
- 9) Do you think modern society increases the likelihood of mental health problems?
- 10) What advice would you give to someone with mental health issues?

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

- 1) How is your mental health?
- 2) Has your mental health changed over the years?
- 3) What affects your mental health on a daily basis?
- 4) Are you worried about your mental health?
- 5) How does one's mental health deteriorate?
- 6) What is the relationship between sleep and mental health?
- 7) What mental health disorders and problems do you know of?
- 8) One of the most common mental health problems is depression. How can we help people who suffer from this?
- 9) If someone has a mental health disorder, should they be kept in a special mental health institution?
- 10) Are murderers with mental health problems really murderers?

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