

## Mental Health - Activity 2, Worksheet 3 - CLB 2-3

Read the health message from Ottawa Public Health and answer the questions below.



### Mental Illness

1. Mental Illness is a change in feelings, behaviour and thinking that makes it difficult to live your normal life.

Facts about mental illness:

- can happen at any age
- 2. • can happen to males or females
- can happen to rich or poor
- can happen to members of any religion
- may be temporary or long lasting

Symptoms include:

- angry
- sadness
- 3. • change in eating
- don't want to socialize
- want to sleep a lot

4. Do not be embarrassed or ashamed. With help, you can get better.  
5. If you have any questions, please contact a health professional

psychologist

family doctor  
counsellor



1 What is mental illness?

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2 What gender gets mental illness?

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3 What are two symptoms of mental illness?

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4 Should you be embarrassed or ashamed?

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5 If you have questions, who should you contact?

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**Mental Health - Activity 2, Worksheet 4 - CLB 2-3****Mental Health**

Read about 7 newcomers to Canada. Work with a partner and decide if they have good mental health or not. Write Yes or No. Be prepared to explain your answer.

You can look at Activity 2, Worksheet 2 and 3 for help.

1 Abdi likes to relax by spending time with his friends and family. He eats well and is always happy. He participates in class.



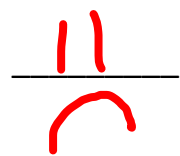
2 Viviana found living in a new country a challenge, but she has made an effort to learn the language. She volunteers and has met new friends



3 Cuc is not happy with her new life in Canada. She never goes out with her friends. She is angry and finds very little to enjoy.



4 Dong Ho is very stressed. He doesn't want to go out, doesn't want to learn the language and wants to sleep all day. He believes he will never be happy again.



5 Effy misses her friends and family. She has met many new friends in her English class. To help with her loneliness, she has joined a soccer team and met new friends.



6 Franz has found it difficult to find a job. Before he was happy, but not anymore. He complains about everything to everyone. His friends are worried because he is very angry.



7 The long and cold winters are new to Gregor. He doesn't want to stay inside and play computer games. He likes to be physically active and is taking skating lessons. It has been difficult, but he is enjoying winter more than he expected.

