

GOSOSY MENTAL HEALTH LESSONS ELECTRONIC ENHANCEMENTS

Lesson Script: Let's Talk About Mental Health

NOTE: This **Lesson Script** is for teacher use only. It is not intended for students because it contains the answers to the "Listening for New Information" activities. Instead of the **Lesson Scripts**, students may use the **Pocket Guides** for self study of vocabulary and key conversations in both English and Spanish. See the **Teacher Guide** for more information about how to use the electronic enhancements.

The following "Message to Students About Mental Health" is recorded in Spanish at the beginning of the lesson. Students should listen to this message before using this or any of the Mental Health audio lessons.

*A Message to Students About Mental Health**

It is just as important to take care of your mental health as it is to take care of your physical health. Physical health means you have a strong and healthy body, while mental health means that your mind and emotions are also healthy. People with good mental health can cope with the problems of everyday life.

There are many types of mental health conditions, such as anxiety disorders, depression, and addiction problems with drugs or alcohol. Sometimes a mental health condition becomes so serious that it becomes a mental illness.

It can be difficult to talk about mental health, and it can be hard to admit that you or someone you care about is having problems with mental health. However, there are many things that can help mental health conditions. Sometimes talking with a professional counselor can help, and sometimes medications prescribed by a doctor can help. If you or someone you care about is having problems with mental health, there is a phone number you can call for a free, confidential referral near you. The number is 1-800-662-4357. Someone will talk to you in Spanish and will connect you to help near where you live.

Mensaje a los Estudiantes Acerca de la Salud Mental

Es tan importante cuidar de la salud mental cómo lo es el de cuidar de la salud física. Salud física significa que usted tiene un cuerpo fuerte y saludable, mientras que salud mental significa que su mente y sus emociones están en buen estado de salud. Las personas con buena salud mental pueden enfrentar fácilmente los problemas de la vida diaria.

Hay muchos tipos de condiciones de salud mental, como trastornos de ansiedad, depresión y problemas de adicción a drogas o alcohol. A veces una condición de salud mental se vuelve tan grave que se convierte en una enfermedad mental.

Puede ser difícil hablar sobre la salud mental, y puede ser difícil admitir que usted, o alguien a quien usted conoce tiene problemas de salud mental. Sin embargo, hay muchas cosas que pueden ayudar a las condiciones de salud mental. A veces hablar con un consejero profesional puede ayudar y algunas veces los medicamentos recetados por un médico también pueden ayudar. Si usted o alguien a quien conoce tiene problemas de salud mental, hay un número de teléfono al que puede llamar para obtener una referencia gratuita y confidencial cerca de donde vive. El número es 1-800-662-4357. Alguien le hablará en español y le conectará con quien le puede ayudar cerca de donde usted vive.

* Material in italics does not appear in the audio file

Hablemos de Salud Mental / Let's Talk About Mental Health

En esta lección, practicarás palabras y conversaciones relacionadas acerca de salud mental. Antes de comenzar esta lección, por favor escucha este pequeño mensaje acerca de la salud mental.

** In this lesson, you will practice words and conversations for talking about mental health. Before starting the lesson, please listen to this short message about mental health.*

(See page 1 for a transcript of the message.)

Parte 1: Práctica de Vocabulario / Part 1: Vocabulary Practice

Ahora escucharás palabras en español y luego en inglés. Repite las palabras en inglés.

Now you will hear words in Spanish followed by English. Repeat the English words.

(Each English word or phrase is followed by a pause, giving students time to repeat. The English word or phrase is then repeated.)

salud física	physical health
salud mental	mental health
alterado	upset
preocupado	worried
ansioso	anxious
estresado	stressed
trastorno de ansiedad	anxiety disorder
triste	sad
deprimido	depressed
depresión	depression
adicción	addiction
consejero	counselor

Práctica: Ahora escucharás las palabras en español, seguidas por una pausa. Durante la pausa, di las palabras en inglés. Luego oírás las palabras en inglés.

Test Yourself: Now you will hear the words in Spanish, followed by a pause. During the pause, say the English words. You will then hear the English words.

(Each Spanish word or phrase is followed by a pause.)

salud física	physical health
salud mental	mental health
alterado	upset
preocupado	worried
ansioso	anxious
estresado	stressed
trastorno de ansiedad	anxiety disorder
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Parte 2: Práctica de la Conversación / Part 2: Conversation Practice

Rosa está preocupada por su amigo Juan. Se ha visto alterado por varios días. Rosa le pregunta a Juan si él está bien. Escucharás la conversación en español y luego la conversación en inglés.

Rosa is worried about her friend Juan. He has looked unhappy for several days. Rosa asks Juan if he is OK. You will hear the conversation in Spanish followed by the conversation in English.

- A: ¿Estás bien Juan?
B: Sí, estoy bien.
A: ¿Estás seguro? Te ves alterado.
B: Pues, me siento ansioso y preocupado. Pero, no se por qué.
A: Deberías hablar con un consejero. Te puede ayudar.
- A: Are you OK, Juan?
B: I'm fine.
A: Are you sure? You look upset.
B: Well, I feel worried and anxious. But I don't know why.
A: Maybe you should talk to a counselor. It can help.

Ahora, repite la conversación en inglés.

Now repeat the conversation in English.

(Each line of the conversation is followed by a pause.)

- A: Are you OK, Juan?
B: I'm fine.
A: Are you sure? You look upset.
B: Well, I feel worried and anxious. But I don't know why.
A: Maybe you should talk to a counselor. It can help.

Una conversación: Tú eres Juan. Tu amiga Rosa te preguntará cómo te sientes.

One-sided Conversation: You are Juan. Your friend Rosa will ask you how you feel.

(Each line of the conversation is followed by a pause.)

- A: Are you OK, Juan?
B: (pause)
A: Are you sure? You look upset.
B: (pause)
A: Maybe you should talk to a counselor. It can help.

Escucha la siguiente conversación. Escucharás información nueva. Anna esta preocupada por su amigo Mario porque se ve triste. Ella le preguntó. ¿Cómo se siente Mario? ¿Qué consejo le da Anna a Mario? ¿Le ayudó a Anna un consejero?

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Listening for New Information: Listen to the following conversation. Anna is worried about her friend Mario because he looks unhappy. She asks him about it. How does Mario feel? What advice does Anna give Mario? Did a counselor help Anna?

- A: Are you OK, Mario?
B: I'm OK.
A: Really? You look unhappy.
B: I guess you're right. I do feel sad. I'm not sure why.
A: Maybe you should talk to a counselor. It helped me a lot when I was unhappy.

(Each question is followed by a pause before the answer.)

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|-----------------------------------|---|
| ¿Cómo se siente Mario? | Se siente triste. / He feels sad. |
| ¿Qué consejo le dio Anna a Mario? | Que debería hablar con un consejero /
He should talk to a counselor. |
| ¿Le ayudó a Anna un consejero? | Sí, la ayudó mucho. / Yes, it helped her a lot. |

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|--|---------------------------------------|
| <i>How does Mario feel?</i> | <i>He feels sad.</i> |
| <i>What advice does Anna give Mario?</i> | <i>He should talk to a counselor.</i> |
| <i>Did a counselor help Anna?</i> | <i>Yes, it helped her a lot.</i> |

Parte 3: Más Práctica de Conversación / Part 3: More Conversation Practice

Conversación Nueva / New Conversation

Anna y Mario están hablando más acerca de la salud mental de Mario. Escucharás la conversación en español y luego la conversación en inglés.

Anna and Mario are talking more about Mario's mental health. You will hear the conversation in Spanish followed by the conversation in English.

- A: ¿Cuánto tiempo te has sentido triste, Mario?
B: Por mucho tiempo. Yo creo como dos meses.
A: ¡Eso es mucho tiempo! Puede que estés deprimido. Creo que necesitas ayuda.
B: ¿Ayuda? ¿Qué clase de ayuda?
A: Tú puedes hablar con un doctor o con un consejero.
B: Yo no creo que eso me ayude.
A: ¡Sí, puede! Tú, necesitas cuidar de tu salud mental. Sabes, la salud mental es tan importante como la salud física.
- A: How long have you felt sad, Mario?
B: A long time. About two months, I think.
A: That's a long time! You might be depressed. I think you need help.
B: Help? What kind of help?
A: You could talk to a doctor or a counselor.
B: I don't think that would help.
A: It can! You need to take care of your mental health. You know, mental health is just as important as physical health.

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Ahora, repite la conversación en inglés.

Now repeat the conversation in English. (Each line of the conversation is followed by a pause.)

- A: How long have you felt sad, Mario?
B: A long time. About two months, I think.
A: That's a long time! You might be depressed. I think you need help.
B: Help? What kind of help?
A: You could talk to a doctor or a counselor.
B: I don't think that would help.
A: It can! You need to take care of your mental health. You know, mental health is just as important as physical health.

Una conversación: Tú eres Mario. Anna te preguntará acerca de tu salud mental.

One-sided Conversation: You are Mario. Anna will ask you about your mental health.

(Each line of the conversation is followed by a pause.)

- A: How long have you felt sad, Mario?
B: (pause)
A: That's a long time! You might be depressed. I think you need help.
B: (pause)
A: You could talk to a doctor or a counselor.
B: (pause)
A: It can! You need to take care of your mental health. You know, mental health is just as important as physical health.

Escucha la siguiente conversación. Escucharás información nueva. Rosa esta preocupada por su hermano Marco. Ella conversa con su amigo Luis acerca de los problemas de Marco. ¿Por qué está Marco tan estresado? ¿Qué es lo que Marco hace cada día? ¿Necesita Marco ayuda?

Listening for New Information: Listen to the following conversation. Rosa is worried about her brother Marco. She talks to her friend Luis about Marco's problem. Why is Marco stressed? What does Marco do every day? Does Marco need help?

- A: I'm very worried about Marco.
B: Why? What's wrong?
A: He's very stressed about his job. When he comes home from work, he drinks beer every day. A lot of beer.
B: It sounds like an addiction. He needs help.
A: I know. Can you please talk to him?
B: Of course I will.

(Each question is followed by a pause before the answer.)

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¿Por que está Marco estresado?

Él está estresado por su trabajo./
He's stressed about his job.

¿Qué es lo que Marco hace cada día?

Él bebe mucha cerveza todos los días. /
He drinks a lot of beer every day.

¿Necesita Marco ayuda?

Sí. Él podría tener una adicción al alcohol./
Yes. He might have an addiction to alcohol.

Why is Marco stressed?

He's stressed about his job.

What does Marco do every day?

He drinks a lot of beer every day.

Does Marco need help?

Yes. He might have an addiction to alcohol.

Escucha la siguiente conversación. Escucharás información nueva. Roberto está preocupado por su hermana Marta. Él habla con ella. ¿Cómo se siente Marta? ¿Qué podría tener Marta? ¿Qué piensa Roberto que Marta debería hacer?

Listening for New Information: Listen to the following conversation. Roberto is worried about his sister, Marta. He talks to her. How does Marta feel? What might Marta have? What does Roberto think Marta should do?

A: What's wrong, Marta? You look so tired.

B: I feel anxious and worried all the time. I can't sleep.

A: You might have an anxiety disorder. A doctor can help you.

B: A doctor? I'm not sick--I'm just worried!

A: Doctors can help with mental health, too.

B: Are you sure?

A: Yes. If you want, I'll go with you to the doctor.

(Each question is followed by a pause before the answer.)

¿Cómo se siente Marta?

Ella se siente ansiosa y preocupada todo el tiempo. No puede dormir. /
She feels anxious and worried all the time.
She can't sleep.

¿Que podría tener Marta?

un trastorno de ansiedad /an anxiety disorder

¿Qué piensa Roberto que Marta debería hacer?

debería ir al doctor / go to the doctor

How does Marta feel?

*She feels anxious and worried all the time.
She can't sleep.*

What might Marta have?

an anxiety disorder

What does Roberto think Marta should do?

go to the doctor

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