



# Dad's Unending Guilt Over Daughter's Tragic Death

## Description

Gareth Williams Rhiannon depicted with brown hair tied back, wearing a black leather coat and white blouse.  
Gareth Williams

Rhiannon Williams had been undergoing therapy for depression and anxiety.

The father expressed that his daughter's suicide impacted him profoundly, likening it to a "depth charge" that devastated him in inexplicable ways.

Following Rhiannon's passing, Gareth Williams aims to raise awareness about the extreme dangers of poor mental health.

Recent statistics reveal that the suicide rate in Wales in 2023 soared to its highest in a decade, averaging approximately one per day.

Mr. Williams' remarks coincide with the implementation of a Welsh government-supported service throughout Wales to aid those impacted by suicide.

## Vocabulary List:

1. **Impact** /'ɪm.pækt/ (noun): The strong effect or influence that something has on a situation or person.
2. **Profoundly** /prə'faʊndli/ (adverb): In a way that has a very great effect on someone or something.
3. **Awareness** /ə'wɛər.nəs/ (noun): Knowledge or perception of a situation or fact.
4. **Dangers** /'deɪn.dʒərz/ (noun): The possibility of suffering harm or injury.
5. **Statistics** /stə'tɪs.tɪks/ (noun): Numerical data that represents information or a collection of information.
6. **Implementation** /,ɪmplɪmen'teɪʃən/ (noun): The process of putting a decision or plan into effect.

## Vocabulary quizzes

**Multiple Choice ( Select the Correct answer for each question. )**



1. What term refers to the ability of a product to provide a desired effect or result?  
Option: Consequences  
Option: Efficacy  
Option: Neurodevelopmental  
Option: Emotional
2. Which term is related to blood vessels?  
Option: Statistics  
Option: Gastroparesis  
Option: Impact  
Option: Vascular
3. What substance is known for its antioxidant properties found in foods like berries and tea?  
Option: Polyphenol  
Option: Prescription  
Option: Detrimental  
Option: Awareness
4. Which term refers to the process of putting a decision or plan into effect?  
Option: Vascular  
Option: Efficacy  
Option: Implementation  
Option: Ischemic
5. What word describes an option or choice that can be used instead of the usual?  
Option: Biliary  
Option: Alternative  
Option: Inflammation  
Option: Cessation
6. Which term relates to the growth and development of the nervous system?  
Option: Neurodevelopmental  
Option: Dangers  
Option: Complications  
Option: Retinopathy
7. What process often occurs in response to injury or infection?  
Option: Efficacy  
Option: Inflammation  
Option: Cues  
Option: Afflicted



8. Which term involves the collection analysis and interpretation of data?

- Option: Nutrition
- Option: Statistics
- Option: Precautionary
- Option: Mindful

9. What word describes a powerful effect or influence on something or someone?

- Option: Polyphenol
- Option: Impact
- Option: Profoundly
- Option: Intuitive

10. Which hormone raises glucose levels in the blood?

- Option: Glucagon
- Option: Ischemic
- Option: Cessation
- Option: Emotional

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. Smoking has many \_\_\_\_\_ effects on health.

12. Public \_\_\_\_\_ campaigns aim to educate people about important issues.

13. An \_\_\_\_\_ stroke occurs when blood flow to the brain is blocked.

14. The region was \_\_\_\_\_ by a severe drought.

15. Every action has its own set of \_\_\_\_\_.

16. A balanced diet is crucial for good \_\_\_\_\_.

17. She had an \_\_\_\_\_ understanding of the problem.

18. The movie had a very \_\_\_\_\_ ending.

19. Body language can provide important \_\_\_\_\_ about a person's feelings.

20. It is important to be \_\_\_\_\_ of your surroundings at all times.



**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

|                                                                                                    |
|----------------------------------------------------------------------------------------------------|
| 21. The surgery was successful but unexpected arose during recovery.                               |
| 22. Patients with diabetes may experience delayed gastric emptying a condition known as .          |
| 23. The system is responsible for producing and transporting bile.                                 |
| 24. Diabetic is a complication that affects the eyes due to damage to blood vessels in the retina. |
| 25. The loss of a loved one can impact a person affecting every aspect of their life.              |
| 26. The doctor recommended a series of measures to prevent the spread of infection.                |
| 27. Mountaineering involves many risks and that climbers must be aware of.                         |
| 28. The film's powerful story evoked strong reactions from the audience.                           |
| 29. The company announced the of its operations in the region.                                     |
| 30. Increasing public about mental health is crucial in breaking the stigma.                       |

**Answer**

**Multiple Choice:** 1. Efficacy 2. Vascular 3. Polyphenol 4. Implementation 5. Alternative 6. Neurodevelopmental 7. Inflammation 8. Statistics 9. Impact 10. Glucagon

**Gap-Fill:** 11. Detrimental 12. Awareness 13. Ischemic 14. Afflicted 15. Consequences 16. Nutrition 17. Intuitive 18. Emotional 19. Cues 20. Mindful

**Matching sentence:** 1. Complications 2. Gastroparesis 3. Biliary 4. Retinopathy 5. Profoundly 6. Precautionary 7. Dangers 8. Emotional 9. Cessation 10. Awareness

**CATEGORY**

1. Health - LEVEL6

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