



Grieving Father Forever Haunted by Daughter's Tragic Death

Description

Image not found or type unknown
Cordelia Ostler Rhiannon has brown, tied back hair and is wearing a black leather coat and white blouse.
Cordelia Ostler

Rhiannon Williams had been receiving counselling for depression and anxiety

Gareth Williams, a father, described his daughter's suicide as a "depth charge" that shattered his world in ways he could not articulate.

He emphasized the urgent need for parents to recognize the severity of mental health issues, highlighting the alarming suicide rates in Wales in 2023.

Tragically, Rhiannon's battle with anxiety and depression ultimately led to her untimely death, prompting her family to advocate for mental health awareness.

Despite seeking professional help, subtle changes in Rhiannon's behavior went unnoticed, raising questions of missed signs and parental responsibility.

Image not found or type unknown
Gareth Williams Rhiannon has long dark hair and is wearing a patterned white top and sunglasses. She is
Gareth Williams

Rhiannon's family has been supported by the Jac Lewis Foundation since her death last year

Rhiannon, a talented student, eventually succumbed to her inner demons, leaving her family devastated.

Her parents discovered troubling notes in her diaries, shedding light on her meticulous planning of the tragic event.

The family, supported by the Jac Lewis Foundation, urges others to seek help and break the silence surrounding mental health struggles.

Gwyn Augustus, a key figure in the national advisory liaison service, emphasizes the importance of prompt counseling and therapy to prevent further tragedies.

Vocabulary List:

1. **Counselling** /'kaʊn.səl.ɪŋ/ (noun): Professional guidance in resolving personal conflicts and emotional problems.
2. **Severity** /sɪ'ver.ɪ.ti/ (noun): The quality of being very serious or severe.
3. **Devastated** /'dɛv.ə.steɪ.tɪd/ (adjective): Severely shocked or distressed.
4. **Tragic** /'trædʒ.ɪk/ (adjective): Causing or characterized by extreme distress or sorrow.
5. **Suicide** /'suː.ɪ.saɪd/ (noun): The act of intentionally causing one's own death.



6. **Awareness** /ə'weər.nəs/ (noun): Knowledge or perception of a situation or fact.

Comprehension Questions

Multiple Choice

1. Who described his daughter's suicide as a "depth charge" that shattered his world?

- Option: Gareth Williams
- Option: Gwyn Augustus
- Option: Cordelia Ostler
- Option: Jac Lewis

2. What did Rhiannon Williams battle with before her untimely death?

- Option: Depression and anxiety
- Option: Physical illness
- Option: Financial problems
- Option: Addiction issues

3. What foundation has been supporting Rhiannon's family since her death?

- Option: Jac Lewis Foundation
- Option: Gareth Williams Foundation
- Option: Cordelia Ostler Foundation
- Option: Gwyn Augustus Foundation

4. Who emphasized the importance of prompt counseling and therapy?

- Option: Gareth Williams
- Option: Gwyn Augustus
- Option: Cordelia Ostler
- Option: Jac Lewis

5. What disturbing discovery did Rhiannon's parents make in her diaries?

- Option: Troubling notes
- Option: Happy memories
- Option: Shopping lists
- Option: Recipes

6. What did Rhiannon's family advocate for after her death?



- Option: Mental health awareness
- Option: Physical fitness programs
- Option: Financial literacy
- Option: Educational reforms

Answer

Multiple Choice: 1. Gareth Williams 2. Depression and anxiety 3. Jac Lewis Foundation 4. Gwyn Augustus
5. Troubling notes 6. Mental health awareness

Vocabulary quizzes

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

1. What is used to describe the rapidly increasing number of COVID-19 cases?
 - Option: Easing
 - Option: Fluctuating
 - Option: Soaring
 - Option: Stagnant
2. Which adverb emphasizes the need for immediate action?
 - Option: Casually
 - Option: Reluctantly
 - Option: Urgently
 - Option: Diligently
3. What term refers to the critical nature or seriousness of situation?
 - Option: Trivial
 - Option: Severity
 - Option: Mildness
 - Option: Insignificant
4. What word is used when medication is officially recommended by a doctor?
 - Option: Optional
 - Option: Customized
 - Option: Prescribed
 - Option: Suggested
5. What term relates to the growth and development of the brain and nervous system?
 - Option: Muscular



- Option: Neurodevelopmental
- Option: Respiratory
- Option: Digestive

6. What is the term for the careful examination or inspection?

- Option: Neglect
- Option: Scrutiny
- Option: Approval
- Option: Superficiality

7. Which process involves providing guidance or support to someone in need?

- Option: Judging
- Option: Compromising
- Option: Counselling
- Option: Accusing

8. What term describes inappropriate behavior or wrongdoing?

- Option: Pristine
- Option: Misconduct
- Option: Ethical
- Option: Compliant

9. What is the term for a thorough examination and repair or renovation?

- Option: Neglect
- Option: Overhaul
- Option: Patchwork
- Option: Minimal

10. What term refers to the frequency of occurrence of something?

- Option: Relevance
- Option: Frequency
- Option: Incidence
- Option: Negligence

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

11. The company was struggling due to a huge _____ of orders that needed to be processed.

12. The new medicine aims to _____ pain and reduce inflammation.

13. The community was _____ by the natural disaster with homes destroyed and lives



lost.

14. The stadium has a seating _____ of 50,000 spectators.
15. Lack of funding has been a major _____ to the project's progress.
16. The new software system improved the company's overall _____ and productivity.
17. Family planning includes methods of birth control and _____ to prevent unwanted pregnancies.
18. The errors were not intentional but were due to several _____ in the quality control process.
19. Scientists are studying the relationship between smoking and lung cancer to determine if there is a direct _____.
20. Leaders must take _____ for their actions and decisions.

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

21. The play depicted a story of love and loss that moved the audience to tears.
22. The campaign aimed to raise about the importance of environmental conservation.
23. The project's failure was attributed to several in the planning phase.
24. The university is known for its groundbreaking in the field of robotics.
25. The evidence presented in court was proven to be leading to a mistrial.
26. The company prides itself on its commitment to honesty and in all its dealings.
27. The theater has a seating of 500 making it suitable for large productions.
28. The patient needs to be seen by a doctor due to the severity of the symptoms.
29. Effective time management includes tasks based on their importance and deadlines.



30. The of flu cases usually rises during the winter months.

Answer

Multiple Choice: 1. Soaring 2. Urgently 3. Severity 4. Prescribed 5. Neurodevelopmental 6. Scrutiny 7. Counselling 8. Misconduct 9. Overhaul 10. Incidence

Gap-Fill: 11. Backlog 12. Alleviate 13. Devastated 14. Capacity 15. Impediment 16. Efficiency 17. Contraception 18. Oversights 19. Causality 20. Accountability

Matching sentence: 1. Tragic 2. Awareness 3. Oversights 4. Research 5. Fabricated 6. Integrity 7. Capacity 8. Urgently 9. Prioritization 10. Incidence

CATEGORY

1. Health - LEVEL4

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