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Nota di contenuto	Acknowledgement 1. Christian Ludwig , Theresa Summer , Maria Eisenmann , Daniel Becker , Nadine Kruger: Mental Health in English Language Education - An Introduction 2. Nadine Kruger : Expert Interviews: Mental Health in the School Context Section 1 Curriculum and Competencies 3. Nadine Kruger : Expert Interviews: Mental Health in the School Context 4. Daniel Becker: We Got a Match! Examining Potential Connections between English Language Teaching and Mental Health Education 5. Roman Bartosch & Stefanie Fuchs : The Worst is

Yet to Come: Theoretical and Empirical Findings on Mental Health in a Climate-Changed World 6. Christian Ludwig & Michaela Sambanis : Gender and Adolescent Mental Health: Building Students' Resilience through Authentic Media and Drama Activities 7. Theresa Summer and Valentin Werner : Music and Mental Health in ELT: A Focus on Emotional Self-Regulation with Insights from Psychotherapy Section 2 Texts and Materials 8. Maria Eisenmann: Sally Nicholls' Multimodal Novel Ways to Live Forever in the EFL Classroom - an Empirical Student Survey 9. Caroline Zehne : Addressing Mental Health (Representation) in and with Video Games Hellblade: Senua's Sacrifice and its potential use in the EFL classroom 10. Christian Ludwig & Veronika Martinez : Lighter Than My Shadow: Graphic Memoirs about Eating Disorders in the Multimodal EFL Classroom Section 3 (Digital) Culture & Communication 11. Michaela Sambanis: "Down at the end of lonely street": Social Isolation, Loneliness, Stress and Boredom - A neuroDidactic View 12. Peter Schildhauer , David Gerlach & Kristin Weiser-Zurmuhlen : (Mental) Challenges of a Post-Truth Society: Investigating Conspiracy Theories in the English Language Classroom 13. Ben Opitz: Promoting Digital Media Competences By Addressing Cyberbullying in the EFL Classroom Section 4 Teachers and Teacher Education 14. Sonja Babic and Sarah Mercer : Understanding the Ecology of Language Teacher Wellbeing: Theory and Practice 15. Eva Seidl & Jelena Petrovic : Promoting Mental Health and Wellbeing in the University Language Classroom 16. Eleni Louloudi : "But, are you really fine?": Reconstructing Mental Health through a Critical Literacy Lesson Developed by Pre-Service Teachers of English Contributors

Sommario/riassunto

Mental health has become a growing concern in today's society, with schools emerging as focal points for addressing this topic. The present volume takes this as a starting point to explore the relevance of curricula and competencies, texts and materials, (digital) culture and communication, and teacher education in the context of mental health and English language education. This, for instance, includes insights into interrelated topics such as gender, climate change, stress, and conspiracy theories. A variety of texts including multimodal novels, video games, and songs provides practical impulses for integrating mental health related topics into English lessons. As such, this volume brings together scholars from various fields who discuss the relationship between mental health issues and English as a foreign language learning from a variety of theoretical, empirical, and practice-oriented perspectives.
