



Confronting Mental Health STIGMA

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Today's Plan

- Learn about Mental Health Stigma
- Watch and discuss films
- Share mental health resources


Nota Bene (NB):

- Mental health is personal – YOU are the expert on your own experience
- It's okay to feel!
- Take care while watching films



Physical Health

- Physical Wellness
- Physical Illness



Mental Health

- Mental Wellness
- Mental Illness

In TV, movies, and your experience, people with mental illness are portrayed as...

Tired; Messy; Lazy; Delusional; bipolar; dangerous; crazy

Stigma

- A judgment or stereotype that is:
 - Always **negative**
 - Always **untrue**
 - Can be **internalized**

How does stigma feel?

Shitty

Limiting



Anosognosia

By Leesa Kim (2016)

<https://www.artwithimpact.org/film/anosognosia/>



Hanging

By Nick LeDonne (2017)

<https://www.artwithimpact.org/film/hanging/>



Little Elizabeth

By Elizabeth Ayiku

<https://www.artwithimpact.org/film/little-elizabeth/>

Watching each movie...

What did you think?

What did you feel?

Memorable techniques?

How can/do you promote good mental health?