Studies have consistently highlighted the positive impact of knowledge on improving attitudes around stigmatized issues like mental health conditions. With mental health impacting everyone, and mental health conditions, impact 1 in 5 children and adults annually, we hope you will take some time to educate yourself. One easy way to do that is to read or watch a movie/documentary. Below is a list of options to consider during Mental Health Awareness Month, or any time! Please encourage others to join you and make sure to include a short debrief following!

**Movies on Mental Health**

**Anxiety:**
- What About Bob
- Borderline Personality Disorder:
  - Welcome To Me
  - Girl, Interrupted
- Bipolar Disorder:
  - Silver Linings Playbook
  - Infinitely Polar Bear
- Depression:
  - The Skeleton Twins
  - It’s Kind OF A Funny Story

**OCD:**
- As Good As it Gets
- Matchstick Men
- The Aviator

**Schizophrenia:**
- A Beautiful Mind
- Canvas

**General:**
- Inside Out
- The Perks of Being a Wallflower
- The Soloist

**Documentaries on Mental Health**

- Bedlam
- This Emotional Life
- Kissed by God
- When the Bough Breaks
- Definition of Insanity

- Robin Williams: Come Inside My Mind
- Project Happiness
- The Devil and Daniel Johnston
- The Genius of Marian
- Running From Crazy
**Books on Mental Health**


**Individual or Group Debrief Questions:**

Where did you see mental health or a mental health condition discussed?

What were your favorite and least favorite scenes?

What scene has stuck with you most?

What surprised or challenged a preconceived notion or belief you had about mental health or mental health conditions?

If you could ask the author or director questions, what might they be?

What questions do you still have about mental health and mental health conditions? (Reach out to us!)

What is one thing you might do differently in future interactions with others around mental health or mental health conditions based on new learning or insight gained from the movie or book?