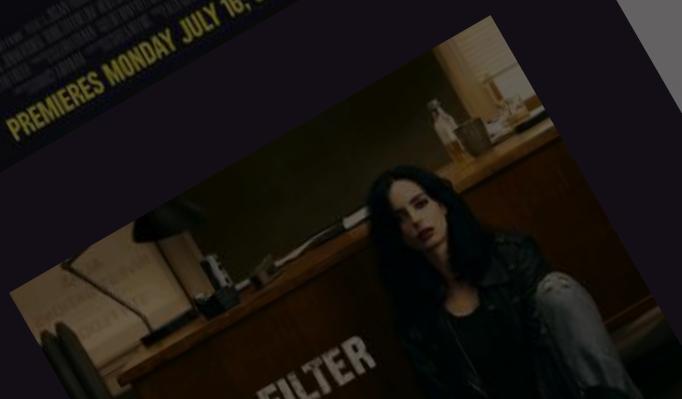
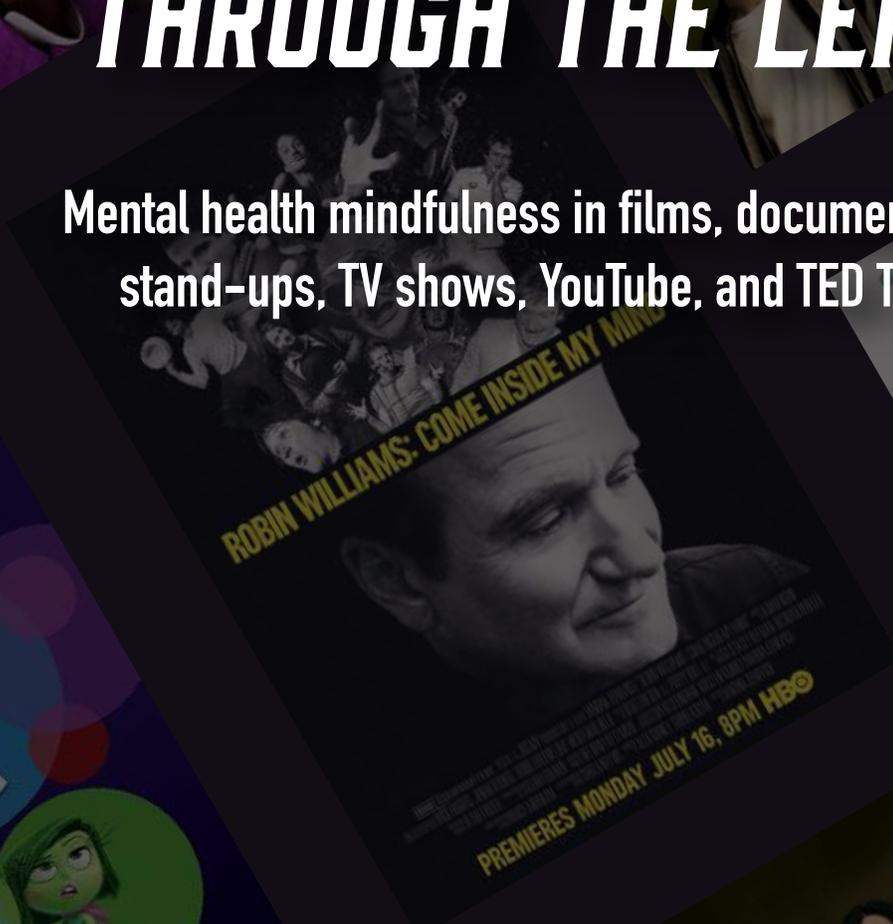


SEEING MENTAL HEALTH THROUGH THE LENS

Mental health mindfulness in films, documentaries, stand-ups, TV shows, YouTube, and TED Talks



FEATURE FILMS, DOCUMENTARIES, AND STAND-UP SPECIALS

DISCLAIMER: The items on this list are for educational purposes only. BUMC is not responsible for the statements made in these films, shows, and etc. The titles in each category are listed in alphabetical order and range in various genres. The mental health subject matter, age rating and year is included in each description.



A BEAUTIFUL MIND

Drama

2001

PG - 13

Schizophrenia

This movie, based on a true story, highlights the life of John Forbes Nash, Jr. (Russel Crowe), a mathematical savant who lived with schizophrenia. The movie beautifully captures the challenges John faced throughout his life, including paranoia and delusions that altered his promising career and deeply affected his life. Through the magic of film, viewers can live John's hallucinations with him, which feel as real to the audience as they did to him.



BEYOND SILENCE

Documentary

2017

PG - 13

Bipolar Disorder, Schizophrenia, Depression, and Anxiety

Meet Jeff, Lauren and Lloyd, three different people who share one common experience—their lives have been transformed by speaking up for mental health. The film captures their lives and their diagnoses—which include bipolar disorder, schizophrenia, depression and anxiety—weaving together a story about how speaking up is key to living well. Directed by Shaul Schwarz and executive produced by Demi Lovato, celebrates the strength and perseverance of these individuals determined to break through the silence associated with mental illness.



BIG HERO SIX

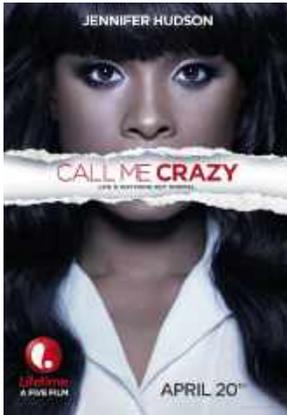
Children - Animation

2014

PG

Depression and Grief

Hiro is a young boy who graduated at age 14 or 13. Hiro does not know what to do with his life, until he gets some help from his older brother Tadashi. Hiro applies to get in a "nerd" college, only to be traumatized. But with the help of Baymax Hamada, Hiro goes on an unexpected journey with some of his friends. Watch as Hiro Hamada takes down an evil villain and some very important people pass away.



CALL ME CRAZY: A FIVE FILM

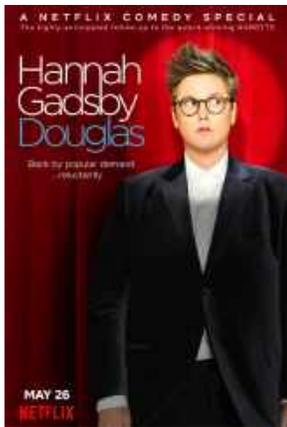
Drama

2013

PG - 13

Post Traumatic Stress Disorder

In the film, Jennifer Hudson plays a war veteran who suffers from PTSD (Post Traumatic Stress Disorder). Also, Octavia Spencer plays the role of a sympathetic and competent psychiatrist. The flick is a compilation of five vignettes, which mostly centers around women.



HANNAH GADSBY: DOUGLAS

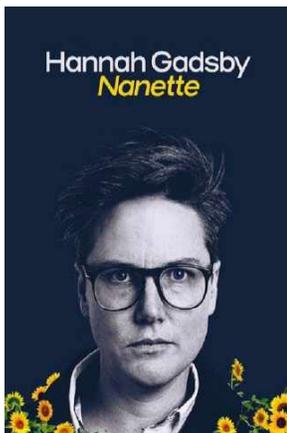
Stand-up

2020

R

Depression, Trauma, and Autism

“Douglas,” her new special on Netflix, explicitly situates itself as post-“Nanette,” which means it must, among other things, justify its existence as the work of someone who said she was done — both good enough to bring Gadsby back and post-stand-up enough to distinguish itself as part of a project that is of comedy and apart from it.



HANNAH GADSBY: NANETTE

Stand-up

2018

R

Depression, Trauma, and Autism

Nanette is an intelligent, thought-provoking, funny, angry, heart-wrenching, and political stand-up special by Australian comic Hannah Gadsby who reshapes standard stand-up by pairing punchlines with personal revelations on gender, sexuality, ADHD, autism, and childhood trauma.



FINDING DORY

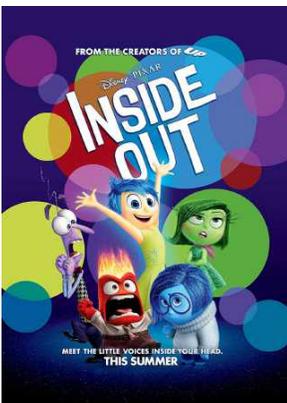
Children - Animation

2016

PG

Short-term Memory Loss, Obsessive Compulsive Disorder, and Trauma

Dory (Ellen DeGeneres) is a wide-eyed, blue tang fish who suffers from memory loss every 10 seconds or so. The one thing she can remember is that she somehow became separated from her parents as a child. With help from her friends Nemo and Marlin, Dory embarks on an epic adventure to find them. Her journey brings her to the Marine Life Institute, a conservatory that houses diverse ocean species. Dory now knows that her family reunion will only happen if she can save mom and dad from captivity.



INSIDE OUT

Children - Animation

2015

PG

General Mental Health and Emotions

This quirky animation personifies the different emotions inside a young girl's mind. Characters Joy, Sadness, Anger, Fear and Disgust try to help Riley through her family's move to San Francisco. The emotions learn to work together to help Riley process the turmoil of adjusting to her new life. Inside Out is a clever, modern and well-made film that puts mental health into a new context.



IT'S KIND OF A FUNNY STORY

Comedy - Drama

2010

PG - 13

Depression and Suicidal Ideation

Stressed by adolescence, 16-year-old Craig Gilner (Keir Gilchrist) checks himself into a mental-health clinic. Unfortunately, the youth wing is closed, so he must spend his mandated five-day stay with adults. One of them, Bobby (Zach Galifianakis), quickly becomes his mentor -- and protege, while Craig finds himself drawn to a fellow teen, Noelle (Emma Roberts), who just may be the cure he needs to forget an unrequited crush.



MELANCHOLIA

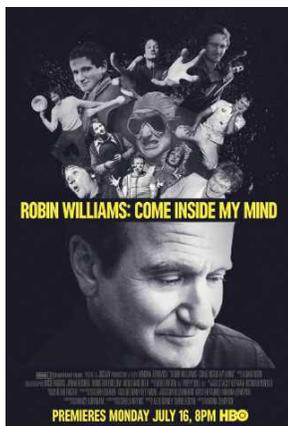
Drama - Science Fiction

2011

R

Severe Depression

The story circles around two sisters as Justine prepares to be married (clearly unhappily). There are many moments that capture the listlessness of depression, such as when Justine is served her favorite meal, but she can't taste it. Other characters try to support Justine in completing basic tasks such as bathing and eating, things that can be excruciatingly difficult for someone with depression. It touches on the compulsive urges that drive self-destructive behavior and the dull ache of depression.



ROBIN WILLIAMS: COME INSIDE MY MIND

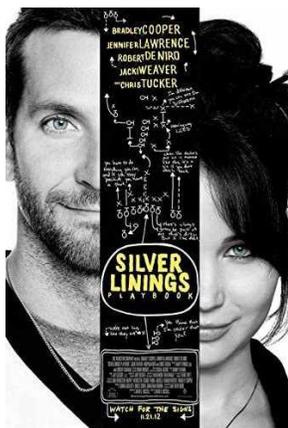
Documentary

2018

PG - 13

Dementia, Substance Abuse, and Suicidal Ideation

Robin Williams is a household name when it comes to comedy and acting, remembered for his timeless roles in films such as Mrs. Doubtfire, Jumanji and Dead Poets Society. Beyond comedy, Williams' on-camera persona carried an air of vulnerability and emotion unlike his contemporaries. Robin Williams: Come Inside My Mind uses rare archival footage from the actor's life to closely examine the inner workings of his brilliance, which were affected by substance abuse, dementia diagnosis and, what many perceived, as an addiction to comedy itself.



SILVER LININGS PLAYBOOK

Drama

2012

R

Bipolar Disorder

After a stay in a mental health hospital, Pat Solatano (Bradley Cooper) is forced to move back in with his parents. His previously untreated symptoms of bipolar disorder caused him to lose both his wife and job, and he is determined to get his wife back. In his efforts, Pat meets Tiffany (Jennifer Lawrence), who offers to help him in exchange for Pat being her ballroom dance partner. Silver Linings Playbook represents the range of emotion that often occurs with bipolar disorder in a real and riveting way.



SORRY TO BOTHER YOU

Comedy - Fantasy

2018

R

BIPOC Mental Health Issues and Racial Trauma

Sorry to Bother You paints a psychological journey that countless privileged individuals are completely unaware of — a journey that has severe mental consequences when you're not of the benefiting race or class. By putting this on glaring display, the film is representative of the choices people of color face every day, when far too often being your authentic self is deemed not good enough or, even worse, dangerous.



SUICIDE: THE RIPPLE EFFECT

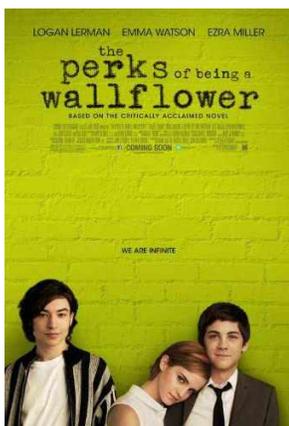
Documentary

2018

PG - 13

Suicide and Suicidal Ideation

In 2000, Kevin Hines jumped off the Golden Gate Bridge. Of the over 1600 suicidally intended jumpers, he has been the only one to survive. A gripping story where grit, hope and support, we meet and follow Mr. Hines as he rebuilds a life and becomes a world-wide suicide prevention advocate. Mr. Hines, his co-director and the film's multiple Oscar-winning cinematographer were there, lending passion and example to our experience of the film.



THE PERKS OF BEING A WALLFLOWER

Comedy - Drama

2012

PG - 13

Anxiety, Childhood Trauma, and Isolation

Socially awkward Charlie (Logan Lerman) starts high school isolated and anxious. He becomes friends with a group of charismatic seniors, including Sam (Emma Watson) and Patrick (Ezra Miller). His friends bring joy to his life, but his inner turmoil reaches a high when they prepare to leave for college. Later on, we learn more about Charlie's mental health journey—from his stay in a psychiatric hospital to the details of a childhood trauma. This coming-of-age movie does an exemplary job of showing the highs and lows of growing up with mental illness.



THE SKELETON TWINS

Comedy - Drama

2014

R

Depression and Suicidal Ideation

The opening scene of *Skeleton Twins* shows the film's main characters, Milo (Bill Hader) and Maggie (Kristen Wiig), both attempting suicide. Milo's attempt lands him in the hospital, which reunites the brother and sister after 10 years of estrangement. Both characters express their depression in candid and humorous ways as they learn to accept each other and themselves.



TULLY

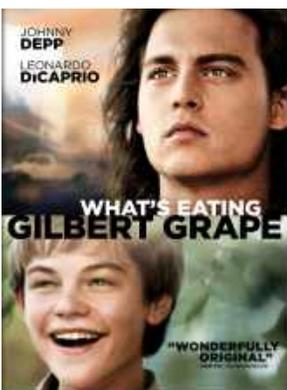
Comedy - Drama

2018

R

Postpartum Depression

Marlo is a New York suburbanite who's about to give birth to her third child. Her husband, Ron, is loving and works hard, but remains clueless about the demands that motherhood puts on his wife. When the baby is born, Marlo's wealthy brother hires a nighttime nanny named Tully to help his sister handle the workload. Hesitant at first, Marlo soon learns to appreciate all that Tully does -- forming a special bond with her new, lifesaving friend.



WHAT'S EATING GILBERT GRAPE

Drama

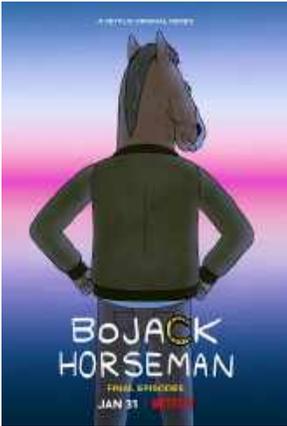
1993

PG - 13

Autism, Eating Disorder, and Depression

A heartfelt adaptation of Peter Hedges' novel, *What's Eating Gilbert Grape* features DiCaprio excelling in one of his earliest roles as Arnie, who suffers from a developmental condition, including autism. The movie also features depression in the form of Bonnie (Darlene Cates), who has given up on life after the suicide of her husband.

TV SHOWS AND WEBSERIES



BOJACK HORSEMAN

Comedy - Animation

2014 - 2020

R

Depression

This movie, based on a true story, highlights the life of John Forbes Nash, Jr. (Russel Crow), a mathematical savant who lived with schizophrenia. The movie beautifully captures the challenges John faced throughout his life, including paranoia and delusions that altered his promising career and deeply affected his life. Through the magic of film, viewers can live John's hallucinations with him, which feel as real to the audience as they did to him.



JESSICA JONES

Drama - Action

2015 - 2019

PG - 13

Post Traumatic Stress Disorder

The show has been praised for the way it handles post-traumatic stress disorder. The first season of Netflix's inaugural Marvel show was truly remarkable in its portrayal of PTSD. Jessica was forced to commit awful acts and was raped by the villainous Kilgrave, and throughout the show she struggles to come to terms with what she did and what was done to her. While all of her coping mechanisms aren't the healthiest, it's refreshing that her mental illness isn't treated as a plot device or discarded when the show finds it inconvenient.



ORANGE IS THE NEW BLACK

Comedy - Drama

2013 - 2019

R

Borderline Personality Disorder, Postpartum Depression, and Suicide

A facility full of criminals. Each person has their own story. This Netflix show explores the backstory on how certain characters ended up in prison. This blog however is going to focus on two specific characters; Suzanne Warren (Crazy Eyes) played by Uzo Aduba and Lorna Morello-Muccio (Lorna La Loca) played by Yael Stone. Both of their stories show us how people treat Mental Illnesses within society.



SHAMELESS

Comedy - Drama

2011 - 2020

R

Alcoholism, Bipolar Disorder, and Depression

Shameless is the story of a family of six kids and their drunk and selfish father, Frank Gallagher. The eldest daughter Fiona has to raise the rest of the family on her own. They need to steal food and steal money to live while their father takes everything and offers nothing. The show is also a fan-favorite in the mental health community for its depiction of bipolar disorder, specifically through Ian's character.



THE LEGEND OF KORRA

Action - Anime

2012 - 2014

PG - 13

Post Traumatic Stress Disorder

Taking place 70 years after the events of "Avatar: The Last Airbender," this story follows the adventures of the Avatar after Aang - a passionate, rebellious, and fearless teenage girl from the Southern Water Tribe named Korra. Her over-reliance on her physical strength remains an obstacle as she grapples with fear, vulnerability, and, later on, severe PTSD that leaves her largely having to rebuild her sense of self — and sidelined for most of the final season.



THIS IS US

Drama

2016 - 2020

PG - 13

Anxiety, Depression, and General Mental Health

"This Is Us" is an emotional drama that shows how the lives of the Pearson family intersect in unexpected ways. This Is Us is notable not just for its portrayal of mental health, but of men's mental health. Few shows are willing to honestly explore the impact of mental illnesses like depression and anxiety on men. In This Is Us, Randall has anxiety and Toby has depression, explores the complex impact mental illness has on their lives.

THIS IS US

YOUTUBE AND TED TALKS

FRIENDSHIP AND MENTAL HEALTH BY SEIZE THE AWKAWRD AND AD COUNCIL

General Mental Health

2020

General Mental Health

The Ad Council and YouTube creators offer suggestions for how to talk with friends about mental health issues in a series of short videos.

HOW TO MANAGE YOUR MENTAL HEALTH | LEON TAYLOR | TEDXCLAPHAM

TED - Talk

2018

General Mental Health

Prolonged psychological stress is the enemy of our mental health, and physical movement is our best weapon to respond. Leon Taylor is a former competitive diver who competed for TeamGB at three Olympic Games. Following retirement, he transitioned to the commentary booth where he works for the BBC. Leon has a passion for performance, wellness and movement spending much of his time now as a speaker, executive coach, and mentor to the next generation of sports stars. His enthusiasm and skill for mentoring have allowed him to work with a range of athletes across Olympic and Paralympic sports.

THE FIGHT AGAINST TEEN SUICIDE BEGINS IN THE CLASSROOM | BRITTONI DARRAS | TEDXMILEHIGH

TED - Talk

2017

Suicide

We've heard it in the news – the U.S. is gripped by an epidemic of teen suicide. Following the suicide of one student and the attempted suicide of another, high school teacher Brittoni Darras realized that just watching for the signs isn't enough. But how do we begin to tackle such a complicated and insurmountable problem? The answer is surprisingly simple.

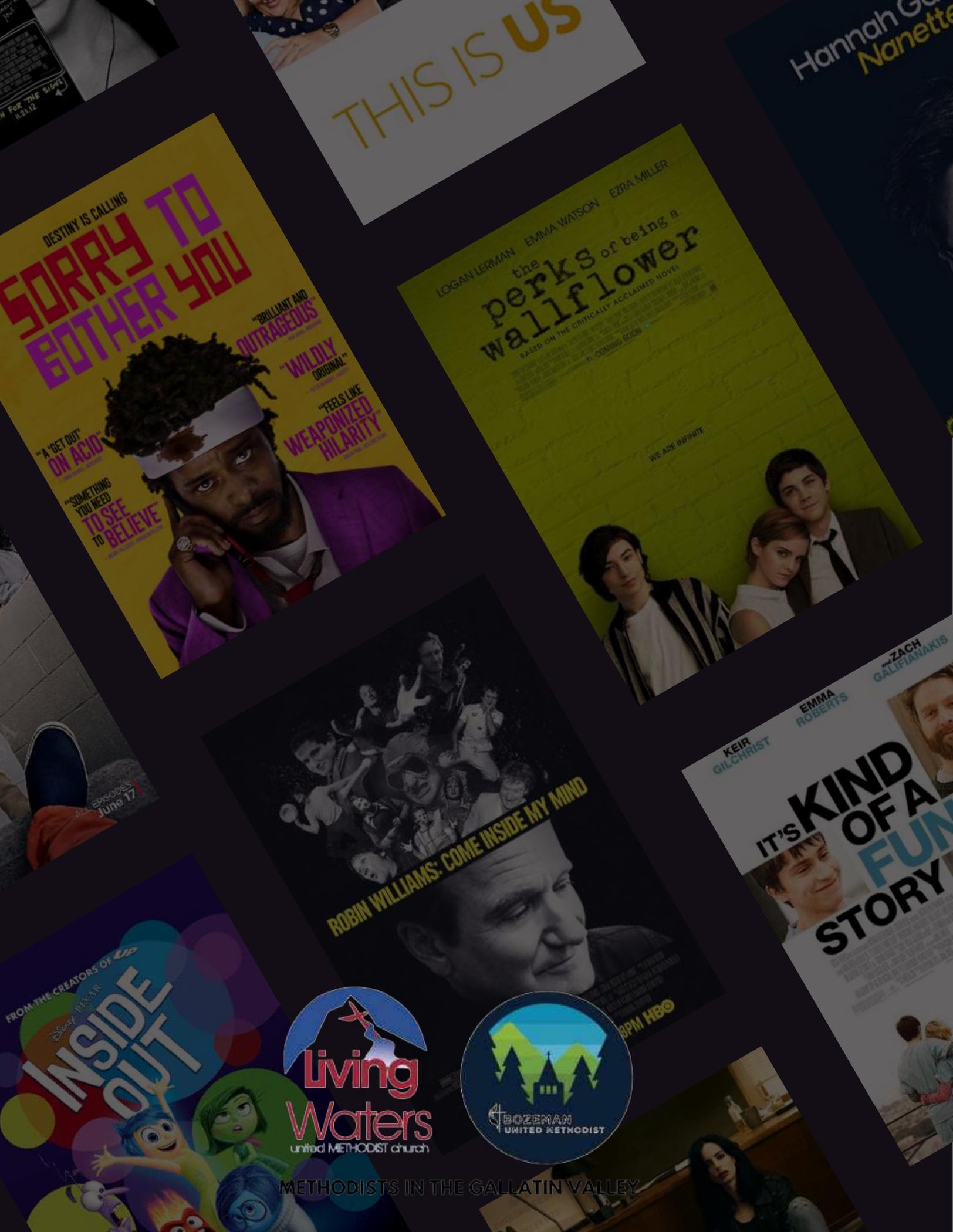
WHY WE NEED TO TALK ABOUT SUICIDE | MARK HENICK | TEDXTORONTO

TED - Talk

2013

Suicide

Mark Henick is a mental health advocate. Informed by his direct experience with this aspect of the health care system, Mark has authored commentaries on issues relating to mental health for major newspapers across Canada and the U.S. His undergraduate degree is in Psychology and Philosophy, with a graduate degree in Child Development. At 22, he served as the youngest President of a provincial Canadian Mental Health Association division in history. He is the youngest member of the board of directors for the Mental Health Commission of Canada.



THIS IS US

Hannah G...
Nanette

DESTINY IS CALLING
SORRY TO BOTHER YOU

"BRILLIANT AND
OUTRAGEOUS"
-THE NEW YORK TIMES

"WILDLY
ORIGINAL"
-THE NEW YORK TIMES

"FEELS LIKE
**WEAPONIZED
HILARITY**"
-THE NEW YORK TIMES

"A 'GET OUT'
ON ACID"
-THE NEW YORK TIMES

"SOMETHING
YOU NEED
**TO SEE
TO BELIEVE**"
-THE NEW YORK TIMES

LOGAN LERMAN EMMA WATSON EZRA MILLER
the
**perks of being a
wallflower**

BASED ON THE CRITICALLY ACCLAIMED NOVEL
BY R.S. THOMAS
"PERKS OF BEING A WALLFLOWER" IS THE STORY OF
A TEENAGER WHO IS TOO SHY TO SPEAK UP
FOR HIMSELF AND WHO FINDS LOVE AND
ACCEPTANCE IN AN UNUSUAL PLACE
COMING SOON

WE ARE INFINITE

ROBIN WILLIAMS: COME INSIDE MY MIND

KEIR
GILCHRIST

EMMA
ROBERTS

with ZACH
GALIFIANAKIS

IT'S
**KIND OF A
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STORY**

FROM THE CREATORS OF UP
Disney
PIXAR
**INSIDE
OUT**

**Living
Waters**
united METHODIST church

BOZEMAN
UNITED METHODIST

METHODISTS IN THE GALLATIN VALLEY