

## **Mental Health Movie Activity: It's Kind of a Funny Story**

This activity is designed for students in 9<sup>th</sup> grade through college, to increase students' mental health awareness and empower them to seek help if needed. A link to the film, the film's synopsis and a short, 60-second public service announcement (PSA) created by youth through the Directing Change film contest, are provided to drive discussion. Accompanying discussion questions have been provided to help facilitate the activity and dialogue about mental health. After the discussion concludes, students can self-evaluate to see how this activity has helped them better understand mental health.

### ***It's Kind of a Funny Story:***

<https://www.amazon.com/Kind-Funny-Story-Keir-Gilchrist/dp/B004GBFF5Y>

Length: 101 min. (PG-13)

A clinically depressed teenager, Craig (Keir Gilchrist) gets a new start after he checks himself into an adult psychiatric ward, forming close bonds with other patients, Bobby (Zach Galifianakis) and Noelle (Emma Roberts).

***Directing Change PSA: A New Tomorrow*** - When one friend begins showing warning signs for suicide, a friend notices and seeks the help of a school counselor.

<https://www.youtube.com/watch?v=IFFICLJNbQ8>

## **DISCUSSION QUESTIONS**

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1. Before Craig checked himself into a hospital, what were the signs and symptoms he was experiencing?
2. How did Craig internalize peer pressure and stigma he felt about having a mental health challenge?
3. Who were the individuals in Craig's life that made up his support system?
4. Do you have a support system you can count on? In what ways have you been supported by/provided support to a loved one?

5. How does Craig's honesty about his mental health challenges help others talk about their struggles?
6. How did art serve as a positive outlet in Craig's life? What positive outlets do you have in your life?
7. What did Craig take away from his experience in the hospital?

**Mental Health Movie Activity  
EVALUATION**

Please indicate to what extent you agree with the following statements using a scale of 1 to 5 with “1” being strongly disagree and “5” being strongly agree.

	Strongly disagree 	Disagree	Neutral/ Unsure	Agree	Strongly agree 
1. This activity made me more aware of my own attitudes about mental health and people who experience mental health challenges.	1	2	3	4	5
2. I am more informed about where to seek help and support for a mental health problem if I need it.	1	2	3	4	5
3. I am more likely to reach out and help someone else who is struggling with a mental health problem after doing this activity.	1	2	3	4	5
4. I plan on changing the way I talk about mental health and mental illness after participating in this activity.	1	2	3	4	5
5. I learned something that I'll share with a friend in the future.	1	2	3	4	5

6. Do you have other comments you'd like to share?

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