

Mental Health Movie Activity: The Road Within

This activity is designed for students in 9th 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.

The Road Within:

<https://www.amazon.com/Road-Within-Robert-Sheehan/dp/B077T62TZZ>

Length: 100 min. (R)

After his mother's death, Vincent (Robert Sheehan), a teenager with Tourette's Syndrome, is enrolled in a behavioral facility by his father. While there he rooms with Alex (Dev Patel) a Brit with obsessive compulsive disorder, and meets Marie (Zoë Kravitz) who is in recovery for an eating disorder.

Directing Change PSA: More Than a Mental Illness - A film that reminds youth that you are not defined by your mental illness and encourages standing up for those experiencing a mental health challenge. <https://youtu.be/pTGfxF63kaw>



DISCUSSION QUESTIONS

1. What are some ways that Vincent, Alex, and Marie cope with their mental health challenges?
2. What are some social stigmas the three are confronted with?
3. In what ways do they support one another? In what ways could they have better supported each other?

4. How do Vincent, Alex, and Maria grow and learn from each other throughout the film?
5. What are some lessons you took away from this film about mental health?
6. Vincent's dad comes into a realization about how he feels about his son. How did the trip to the beach change his dad's perspective? How did the trip change Vincent's perspective?

**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?
