

Empowering Mental Health in Education



YoungMinds


Module 2: *Lights, Camera, Mental Health*

International webinar
January 2026




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Welcome to the 2nd module of the *Empowering Mental Health in Education* training course!

During which we will explore the videos and films to approach mental health!



Today's journey



Objectives

- ❏ To familiarise teachers with the structure and content of the booklet.
- ❏ To provide an overview of the videos and films integrated within the booklet.
- ❏ To develop the ability to select and analyse videos and films for classroom implementation.
- ❏ To introduce participants to the *YoungMinds* methodology.



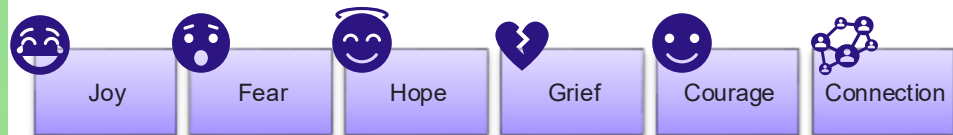
Agenda

10 min	Welcome to today's journey
20 min	The Universal emotion reel
40 min	Film booklet navigation
15 min	Coffee break
20 min	How do I choose a film?
20 min	Film analysis - "In Between"
30 min	Movie time!
5 min	Your path ahead
10 min	Reflection
10 min	Closing remarks

The Universal emotion reel

👉 Follow the [link](#)

👉 Several emotions will appear



👉 Take 180 to think of ONE film that powerfully evokes ONE of these emotions for you.

👉 Add a sticky note with the film's title or poster (download and add the poster of the film directly) under that emotion.

👉 Don't worry if it's already there, duplicates are great!

👉 Go for speed! The first film that pops into your head is the perfect one.





Observations

In just a few minutes, you've created a **strong visual example**. This board shows that no matter which film we choose, stories help us connect with human emotions.

That's why film is such a powerful tool for talking about mental health — it gives us a common language and a safe way to explore difficult feelings.

In this training, we'll move from simply feeling emotions in film to understanding how films can help start conversations about mental health in the classroom.

Let's get started!



Module 2: Lights, Camera, Mental Health

YoungMinds booklet Lights, Camera, Mental Health





Booklet #1

LIGHTS, CAMERA, MENTAL HEALTH

European films and documentaries about mental health for the Classroom



Film booklet



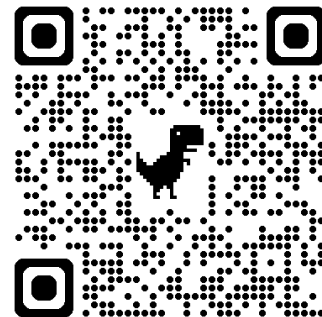
20 European Short films



9
Artistic Short Films



11
Educational Clips



Artistic short films

BREATHE



DIRECTOR	Zac Norrington
COUNTRY	United States of America
TYPE	Stop motion animation
DURATION	15:53
MENTAL HEALTH TOPICS COVERED	Bipolar disorder & Recovery

BUT MILK IS IMPORTANT



DIRECTOR	Eirik Grønmo Bjørnsen & Anna Mantzaris
COUNTRY	Norway
TYPE	Documentary
DURATION	10:38
MENTAL HEALTH TOPICS COVERED	Social anxiety

Artistic short films

DRAGON WOMAN



DIRECTOR	Ivana Sansević
COUNTRY	Croatia
TYPE	Documentary
DURATION	33:00
MENTAL HEALTH TOPICS COVERED	Eating disorders

FALLIN' FLOYD



DIRECTOR	Albert 't Hooft & Paco Vink
COUNTRY	Netherlands
TYPE	Silent animation
DURATION	08:53
MENTAL HEALTH TOPICS COVERED	Depression & Recovery

Artistic short films

IN BETWEEN



DIRECTOR	Alice Bissonet, Aloyse DesoubriesBinet, Sandrine Han Jin Kuang, Juliette Laurent & Sophie Markatatos
COUNTRY	France
TYPE	Animation
DURATION	03:02
MENTAL HEALTH TOPICS COVERED	Anxiety

MIRRORS



DIRECTOR	Paul Jerndal
COUNTRY	Sweden
TYPE	Documentary
DURATION	03:00
MENTAL HEALTH TOPICS COVERED	Self-esteem & Resilience

Artistic short films

PHOENIX



DIRECTOR	Florian Felix Koch
COUNTRY	Germany
TYPE	Documentary
DURATION	13:32
MENTAL HEALTH TOPICS COVERED	Psychological trauma, Recovery & Coping mechanisms

SOMETHING ABOUT LIFE



DIRECTOR	Nebojša Slijepčević
COUNTRY	Croatia
TYPE	Documentary
DURATION	30:00
MENTAL HEALTH TOPICS COVERED	Psychological trauma & Search for identity

Artistic short films

THE SOUND OF MINE

DIRECTOR	Jaime Olás de Lima
COUNTRY	Spain
TYPE	Documentary
DURATION	05:15
MENTAL HEALTH TOPICS COVERED	Neurodiversity

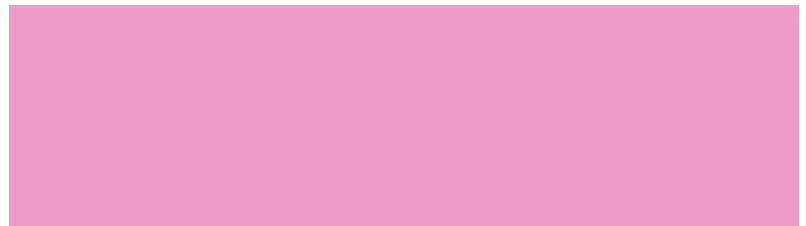




Screening



THE SOUND OF MINE



Educational clips

HOW TO PROCESS YOUR EMOTIONS



DIRECTOR	School of Life
COUNTRY	United Kingdom
TYPE	Educational animation
DURATION	03:24
MENTAL HEALTH TOPICS COVERED	Emotional literacy

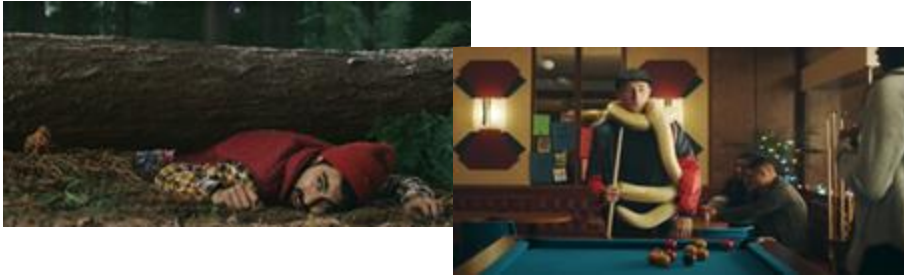
MY TROUBLED MIND | ADDICTION – CHLOE'S STORY



DIRECTOR	BBC Teach
COUNTRY	United Kingdom
TYPE	Animation
DURATION	03:00
MENTAL HEALTH TOPICS COVERED	Substance abuse

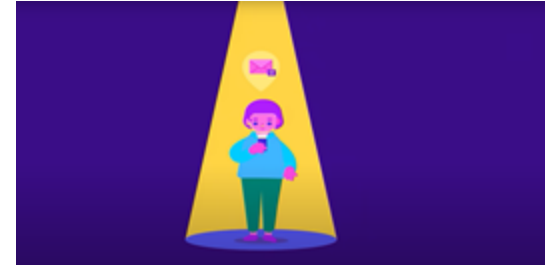
Educational clips

IF YOUR MATE IS ACTING DIFFERENTLY - #ASKTWICE



DIRECTOR	Time to Change
COUNTRY	United Kingdom
TYPE	Social awareness film
DURATION	00:37 (both)
MENTAL HEALTH TOPICS COVERED	Mental health stigma Mental health literacy Supportive environment

LONELINESS



DIRECTOR	Kurzgesagt
COUNTRY	Germany
TYPE	Animation
DURATION	10:52
MENTAL HEALTH TOPICS COVERED	Loneliness

Educational clips

MY TROUBLED MIND | DEPRESSION – ELEANOR’S STORY



DIRECTOR	BBC Teach
COUNTRY	United Kingdom
TYPE	Animation
DURATION	05:11
MENTAL HEALTH TOPICS COVERED	Depression Self-esteem Suicidal thoughts

MY TROUBLED MIND | SELF-HARM – INDIA’S STORY



DIRECTOR	BBC Teach
COUNTRY	United Kingdom
TYPE	Animation
DURATION	05:10
MENTAL HEALTH TOPICS COVERED	Emotional literacy Mental health literacy

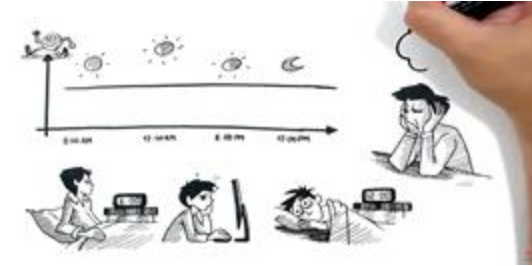
Educational clips

SCHIZOPHRENIA | TALKING ABOUT MENTAL HEALTH



DIRECTOR	Mind, the mental health charity
COUNTRY	United Kingdom
TYPE	Documentary
DURATION	06:39
MENTAL HEALTH TOPICS COVERED	Psychosis & Schizophrenia Mental health stigma Recovery

STRESS BUCKET



DIRECTOR	Braive
COUNTRY	United Kingdom
TYPE	Whiteboard animation video
DURATION	02:27
MENTAL HEALTH TOPICS COVERED	Stress management Coping mechanisms

Educational clips

MY TROUBLED MIND | BULLYING – RYAN'S STORY



DIRECTOR	BBC Teach
COUNTRY	United Kingdom
TYPE	Animation
DURATION	04:28
MENTAL HEALTH TOPICS COVERED	Search for identity Recovery

THE STAND-UP KID: TIME TO CHANGE



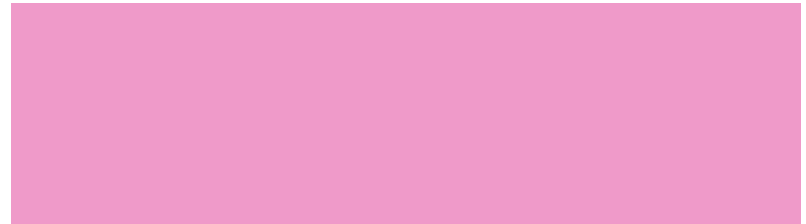
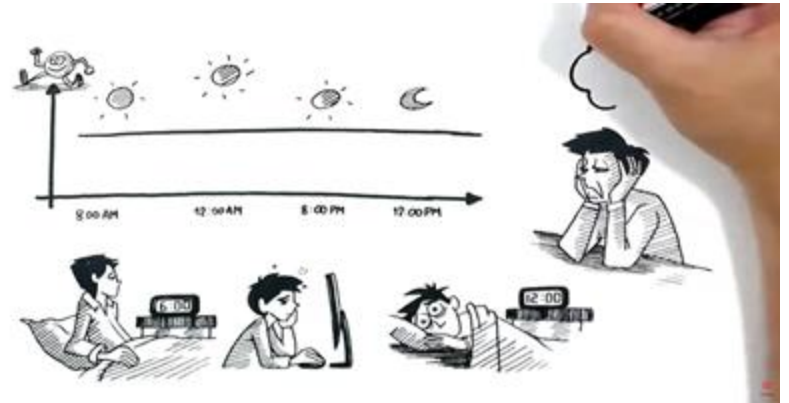
DIRECTOR	Tony Barry
COUNTRY	United Kingdom
TYPE	Social awareness film
DURATION	03:06
MENTAL HEALTH TOPICS COVERED	Mental health stigma Mental health literacy



Screening



Stress Bucket





Module 2: Lights, Camera, Mental Health

How to choose and use the videos

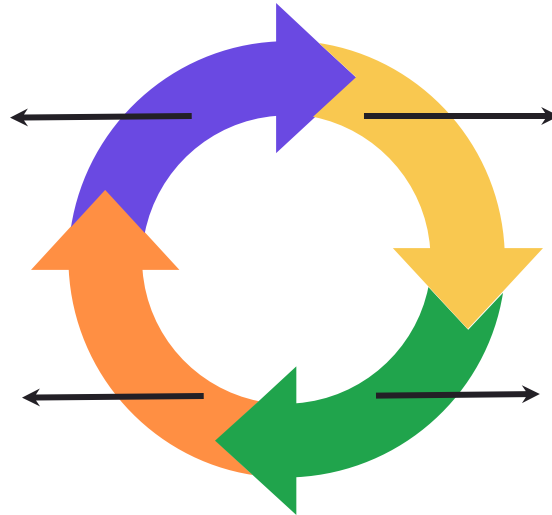


How do I choose a film?

Parameters to consider

STORYLINE
The Story is the heart of the film: it creates feelings, questions, offers information, or a chance to reflect.

GENRE
Fiction, documentary, animation, mixed genres: different artistic forms deal with the same topic and offer plurality in the lesson.



TOPIC
This is the wider context of the film — what aspect(s) of mental health it addresses.

DURATION
Duration is important especially for structuring your lesson during school time.

How do I choose a film?

TOPIC

Breadth vs. depth: Some films give an overview of general mental health and stigma, while others focus on one condition (e.g., anxiety, depression). Decide whether you want depth in one topic or a broader awareness-raising piece.

Relevance to students: We have picked themes students can connect to — stress, self-esteem, friendships, identity struggles, social media, or resilience. You can easily find films related to each topic on the booklet!

Perspective: Is the story told from the point of view of someone experiencing the challenge, a family member, a friend, or society at large? Different angles highlight empathy in different ways.

DURATION

The selected short films vary widely in length, and timing affects attention span and discussion possibilities.

Very short (2–5 minutes): Works as a “trigger” or prompt to spark reflection. Ideal if you want most of the session devoted to discussion.

Medium (6–12 minutes): Offers enough time for a storyline to develop and emotional depth while still fitting comfortably into a single lesson.

Longer short (13–20 minutes): Allows for layered storytelling and character development, but you’ll need to balance with discussion time.

Tip: Consider your total class time (45’ or 90’).

How do I choose a film?

GENRE

Narrative fiction

Prioritizes a constructed plot and character arc to tell a story, rather than focusing solely on factual representation or abstract form.

Advertisement

Advertisements convey a quick message that can be used as triggers for discussions. They often exploit humour and surprise.

Animation

Can simplify complex issues, make abstract feelings visible, or soften sensitive topics. Effective for visual learners as well.

Educational

Explanatory films that serve an educational purpose. Effective to clarify misconceptions on mental health.

Documentary

Real people and interviews can bring authenticity and raise awareness. Students may trust the content more as “real life.”

Mixed Genre

Combines different elements of genres (f.e. animation and documentary).

How do I choose a film?

STORYLINE

Is the story easy to follow, or is it abstract?

For educational environments, clarity often works best, especially with younger groups.

CLARITY



Do students get to connect with a central character they can empathize with?

A relatable protagonist makes the issue more personal.

CHARACTER FOCUS



Is the film hopeful, tragic, neutral, or mixed?

Think about whether you want to leave the class on a note of hope, urgency, or critical reflection.

TONE



Does the film show coping strategies, recovery, or support systems, or does it leave things open-ended?

Films that balance struggle with resilience are often most effective in classrooms.

RESOLUTION



A storyline that raises questions without giving easy answers is best for sparking meaningful dialogue afterward.

DISCUSSION PROMPTS





Screening



[In Between](#)



Movie time!

Let's watch together the short film
"In Between" & discuss!

Topic & themes

“In Between” appears to explore mental health through the lens of transition, liminality, and internal conflict. Some possible thematic threads include:

Identity & self-understanding: The protagonist is grappling with what they want and their inability to approach the person of interest.

Isolation / alienation: The “in-between” suggests being neither fully in one world nor another.

Uncertainty: The film highlights the tension of the emotional burden of trying to fight the crocodile and the uncertainty of succeeding.

Hope and resilience: Even in liminality, there’s room for growth and turning points that finally make our protagonist overcome the obstacle.

Genre & Stylistic Choices

Visual storytelling: Rather than long dialogue explanations, many of the internal states may be shown through visuals, framing, color, or movement.

Symbolism & metaphor: Objects, spaces, lighting, and mise-en-scène might all carry symbolic weight. What does the crocodile symbolise here?

Minimal dialogue (or internal monologue): If present, dialogue might be sparse so as not to “tell” everything — leaving space for reflection. *In Between* exploits this choice, focusing on the protagonist’s mannerisms and behaviour.

Sound & silence: Sound design may accentuate internal tension or absence (silence) to emphasize isolation.

Storyline & Structure (Freytag's Pyramid)

Element	What to Watch For	In simple words...
Opening / Exposition	How the film introduces the protagonist and setting. Do we see them “in the middle” right away?	Establishes the emotional baseline — their in-between state
Inciting Moment	What triggers tension or conflict — a memory, a confrontation, an inner decision	The moment that propels the character toward change
Rising Tension	Scenes or moments where internal struggle becomes more acute — visual or emotional escalation	Highlights the burden of being in between states
Climax / Turning Point	Some moment of confrontation, decision, or revelation	This is where things shift (even if subtly)
Resolution / Denouement	Does the film resolve definitively, leave it open, or show partial change?	Offers emotional closure or invites audience reflection



Genre & stylistic choices

Who is the **protagonist**, and what **internal dilemma** or “in-between” state do they occupy?

What are the **external triggers** (other characters, environment) that reflect or challenge their state?

Are there **visual or auditory motifs** that repeat (doors, light, reflections, thresholds)?

Where is **hope**, and where is **ambiguity**? Does the film lean optimistic, ambiguous, or unresolved?



Let's work in groups!

What opportunities do the films offer...

1. ... for working in class?
2. ...regarding mental health issues?



Reflection Round

https://padlet.com/karposmedia/module-2_let-s-reflect-pz65i4qukvrtnk1b



Module 2: Lights, Camera, Mental Health

Before the next sessions



Autonomous work

BROWSE THE FILMS

Booklet in 2 sections:
Artistic Short Films and
Educational Clips

Choose the section that
best fits your teaching goal:
empathy & reflection
(artistic) or *factual
understanding*
(educational).

CHECK THE FILM PROFILE

Each entry follows the
same structure.

Pay attention to: Credits &
Technical Info; Synopsis;
Mental Health Topics and
Educational Opportunities
& Discussion Questions

THINK ABOUT YOUR SESSION

Preview the film before
showing it. Note sensitive
scenes or language.

TASK: Choose 2 films (1
educational & 1 artistic)
and prepare 3 questions for
each film, that you would
discuss in your national
session.




DOWNLOAD





Module 2: Lights, Camera, Mental Health

Your path ahead





What's next?

TODAY
Jan/30

National
session(s)

Mid February

Autonomous work

Choose 2 films (1 educational & 1 artistic) and prepare 3 questions

THANKS!

