

RACING THOUGHTS: UNDERSTANDING MENTAL HEALTH

Clemens Mills Library
50 Saginaw Parkway, Cambridge
October 6, 2010
7:00 P.M.

Lesia Irish, a Support Coordinator from the Canadian Mental Health Association, will be in attendance to answer questions that pertain to the films and the topic of mental health.

Racing Thoughts (Canada, 2010, 73 min)

Despite an alarming statistical portrait, the mental health of Canadian children and teens remains a taboo topic. Yet depression, bipolar disorders, Attention-Deficit Hyperactivity Disorder (ADHD) and other mental illnesses affect large numbers of young people. For fear of being labelled, judged or discriminated against – and in spite of their suffering – people living with these illnesses, and their immediate family members, often choose silence. But David, Blanche Véronique, Brandon, Erynn and their loved ones have chosen to open up about their stories. Their voices are complemented by that of director Louiselle Noël, who was diagnosed with a bipolar disorder at age 40; she powerfully evokes the initial symptoms, which emerged in her childhood. This courageous documentary sensitively demythologizes mental illness in children and teenagers.

The Interventionists (Canada, 2006, 31 min)

Ellen is a mental health nurse and Brandon is a police officer. Together, they ride the streets of the city in an unmarked police car, responding to 911 calls involving what are officially called “emotionally disturbed persons” (EDP). These situations can be highly charged and unpredictable but, in most cases, the team is able to peel away the labels and de-escalate the situation by providing referrals, services and resources within the community, avoiding hospitalization and jail.

Street Health Stories (Canada, 2007, 9 min)

Street Health Stories presents the stories of several survey participants through portrait photographs and audio recordings of their own voices, combined with key statistics through the study. Produced by the National Film Board of Canada’s Filmmaker-in-Residence program, *Street Health Stories* gives a human face and voice to the statistics of the Street Health Report 2007.

Key Links

www.nfb.ca

<http://films.nfb.ca/men-for-sale/>

<http://www.onf-nfb.gc.ca/eng/collection/film/?id=55372>