

# MOVIE NIGHT



## PURPOSE:

### Why?

Hosting a Mental Health movie night invites your school community to gather for an evening to watch a powerful film that explores and discusses important aspects of mental well-being. This event aims to promote understanding, empathy, and open dialogue surrounding mental health issues.

## HOW TO:

### Materials & Budget

- Movie (\$10-15 to rent or free)
- Refreshments and popcorn (\$20-40 depending on attendance)

### Instructions

- Find a place on campus that you can screen a movie that relates to a topic surrounding mental health.
- Choose a movie from the following list (not limited to these movies):
  - Of Two Minds, Thin, Depression: Out of the Shadows, Back From the Edge, OC87: The Obsessive Compulsive, Major Depression, Bipolar, Asperger's Movie, Stephen Fry: The Secret Life of the Manic Depressive, Beyond Silence, A Beautiful Mind, What About Bob? As Good As it Gets, Perks of Being a Wallflower, Inside Out, Inside Out 2, Silver Linings Playbook, The Skeleton Twin, and Girl Interrupted.
- Provide snacks and refreshments for the event.
- Potentially have a discussion after the movie to talk about the things you saw and heard and how it made you feel.

## Timeline

This event should take 1-2 weeks to plan. The actual event should take around 2 hours, depending on how long the movie is.

## Impact

Hosting a Mental Health Movie Night can help engage the school-wide community!

## Example(s)

Example of a Mental Health Movie Night!



Post photos from this activity to your club  
Instagram and tag @bc2mhighschool

