

DISCUSSION GUIDE

HERE ONE DAY

A Film By

Kathy Leichter

www.hereoneday.com

Thank you for your interest in HERE ONE DAY. Whether you are a mental health professional, an educator, a suicide survivor, someone who has a mentally ill loved one, someone who has attempted or considered suicide, someone with a mental illness, or someone who is interested in learning more about these important issues, you are among the tremendous community of viewers who are being transformed by this film.

HERE ONE DAY is reaching across the globe to reduce the stigma and isolation that surround mental illness and suicide, teach mental health professionals and others interfacing with families how to better provide support, and educate the general public.

What follows are discussion questions that can be used in an educational and large or small group setting after screening HERE ONE DAY. They are intended for students and for individuals who have a mentally ill loved one or who have lost someone to suicide.

As our outreach and community screening initiative grows and we learn more about how audiences are using the film, this guide will grow. If you would like to give us feedback and/or suggestions, please email us at [info@hereoneday.com](mailto:info@hereoneday.com). We would love to hear what you think. Thank you for being part of this effort.

Kathy Leichter and The Here One Day Team

**POST-SCREENING DISCUSSION QUESTIONS:**

* What was your experience of watching the film?
* What feelings did you have watching the film?
* Are you able/would you like to speak about your own experiences if you know someone who is mentally ill or if you have lost someone to suicide?
* What are some reasons why it can be difficult to talk about some of the issues addressed in the film?
* How did Nina's bipolar illness impact her life?
* How did Nina's illness and suicide impact her family?
* How would you describe the filmmaker's relationship with her mother?
* Why is the filmmaker telling this story?
* How might this film help mental health professionals and others who interface with families with a mentally ill loved one or someone who has died by suicide?
* How might this film help to reduce stigma around mental illness and suicide?
* What audiences might benefit from watching this film and why?