

Gender and Mental Health

A journey of personal narratives

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Method

My project wants to explore female mental health issues through personal storytelling and documentary film. Thus, I want to do a small documentary of 30 minutes, which features female perspectives on mental health. It will resemble a small ethnographic study of females that are willing to talk about their struggles with mental health. The aspect of gender will play a pivotal role. Currently, I am envisioning to interview 6 people and film them in their daily life. The film wants to touch upon the following questions: How are you dealing with mental health issues? What role do emotions play? How does your gender relate to mental health? Have you ever encountered gender discrimination with regards to mental health? What would you need from society/ what would need to change, in order to feel better with your mental health?

The personal narratives are at the center of the movie. Depending on how the project develops, perspectives of psycho social counsellors and psychologists could also be incorporated.