



#17 MAD WORLDS

**SCREENING
KIT**

::DISCUSSION QUESTIONS::

- 1. Throughout this film, we intentionally used terms like mental health, madness, insanity, psychosis, mental unwellness, etc. some of which have violent histories and are loaded with stigma. Are there ways to effectively talk about whatever we mean by "mental health" without reproducing the power imbalances inherent in these terms?**
- 2. What sorts of relationships and other supports contribute most to mental wellness? What are some strategies for extending these practices throughout our broader movement and embedding them within specific organizing projects?**
- 3. As we work to build resilient networks of trust and support that are capable of providing care long before a crisis occurs, how do we engage with the potential for harm that unfortunately exists in certain (rare) cases? How do we pursue justice (or just heal ourselves) when harm has occurred, but it was no one's fault?**
- 4. Self harm can take many forms, from long-term coping mechanisms to periods of wanting to kill yourself that later go away, leaving you relieved to be alive. How do we respect our own and other people's personal autonomy if an intervention is needed?**



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:: ADDITIONAL RESOURCES::

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ARTICLES/ZINES

We Are All Very Anxious

<https://www.weareplanc.org/blog/we-are-all-very-anxious/>

For All We Care: Reconsidering Self-Care

<https://crimethinc.com/2013/05/31/for-all-we-care-reconsidering-self-care/>

Madness & Oppression

[http://theicarusproject.net/wp-content/uploads/](http://theicarusproject.net/wp-content/uploads/2017/10/MadnessAndOppressionGuide-compressed.pdf)

[2017/10/MadnessAndOppressionGuide-compressed.pdf](http://theicarusproject.net/wp-content/uploads/2017/10/MadnessAndOppressionGuide-compressed.pdf)

Harm Reduction Guide to Coming Off Psychiatric Drugs

<http://willhall.net/comingoffmeds/>

WEBSITES

The Icarus Project Archives

<http://theicarusprojectarchives.net/>

T-Maps

<https://tmapscommunity.net/>