Proposal

Title:

Logline: Your Mental Health Comes First!

My documentary is going to be about Student’s mental health. I Chose mental health because being a student myself I understand the struggles and problems students face while studying with a mental health. Mental health can occur because of financial worries, parental pressure, substance use and culture shock. Also, the main reason is ever since covid 19 32% respondents have agreed that their mental health has gone worse. This is because Students were at home due to most public places closed including schools, colleges and universities. This has had a bad impact because learning was interrupted, loss of routine and no social connection. This made students more lazy, isolated and irritated now. My main goal is to help students be more open and comfortable about their mental health especially the ones suffering in silence.

<https://www.orfonline.org/expert-speak/assessing-the-impact-of-covid-19-on-mental-health/?amp>

My target audience is mainly aimed at students, but I also want to engage anyone who is struggling with their mental health or any illnesses. My main reason for this project is to bring communities together and to help each other out. This is because if mental health is not talked about properly stress can become overwhelming and cause problems such as anxiety and depression, students feel like they’re not heard, and no one cares about their emotions and then this could potentially lead to self-harming and suicide. Therefore, I want to encourage everyone to be more aware and careful around each other as you never know how the individual’s mental health is.

I will be contacting a mental health team and will be interviewing them. I am going to be writing questions regarding mental health to ask the team workers. My main idea is contacting the mental health team in Bradford College. The main thing I want to talk about is psychotic disorder, eating disorder, anxiety disorder and personality disorder as these are the 4 main types of mental health illness. I will be booking a camera out so I can record the interview. I will also ask someone to hold the camera or stand it. I will try to get a microphone out; it depends on the place if it’s not too loud. Also, I will try to get a microphone out, it depends on the place. I will do the editing myself; I will be using Premier pro and adobe aftereffects. I will be trying to film up to 10 minutes.

I got encouraged and ideas from this documentary because it states that 50% of mental illnesses begin by the age of 14. This makes it hard for students to study and to live their daily life. Mental health can put you back and distract you from anything and everything, Also I agree that we need to have more resources to help the youth. The main concerns are that 10-year-old children are doing suicide and that teachers are concerned about the increase of anxiety in students.

<https://youtu.be/WjkzpX7ZLDA>