



Inside a Suicidal Mind

Project Breakdown

Project Brief

Objective:

"Inside a Suicidal Mind" is an educational video series aimed at breaking down the barriers around understanding suicide by exploring the inner thoughts, emotions, and challenges of those struggling with suicidal ideation. The project aligns with the Create4Change initiative's broader goal of using impactful visual storytelling to create awareness and social change, right now we are focused on suicide prevention and mental health.

Target Audience:

- Individuals struggling with suicidal thoughts.
- Families, friends, and communities affected by suicide.
- Mental health professionals.
- General audiences seeking to understand and prevent suicide.



Key Outcomes:

- Increase awareness and understanding of suicide.
- Destigmatize conversations about mental health and suicidal ideation.
- Provide coping strategies for individuals and their support networks.
- Educate the public on early warning signs and how to offer support.
- Guide viewers toward professional help and resources.



Aspects of the Project:

1. Video Format & Length:

- Each episode should be between 5 to 15 minutes long.
- Interviews with mental health professionals, suicide survivors.
- We will use animation, or graphics for psychological concepts and thought processes.
- Creating visually appealing, high-quality content that can be distributed globally.

2. Distribution:

- Release on platforms like YouTube, Vimeo and partners site to be used on their Training
- Share through social media for quick accessibility.
- Partner with mental health organisations for broader outreach.

3. Marketing Strategy:

- Collaborate with mental health institutions and professionals to boost credibility.
- Run awareness campaigns
- Leverage social media and influencers within the mental health community.

Episode Breakdown with Topics:

1. Episode 1: The Silence of Suicidal Thoughts

Understanding what suicidal ideation looks like from the inside.

- Overview of mental health and suicide statistics.
- Identifying early signs of internal struggle.
- Featuring a mental health professional explaining the psychology of suicidal thoughts.

2. Episode 2: The Anatomy of Hopelessness

Why hopelessness is a core component of suicidal ideation.

- What hopelessness feels like and how it develops.
- Case studies or personal stories showing how hopelessness takes hold.
- Professional insight on tackling these emotions.

3. Episode 3: The Mask We Wear: Suicidal Individuals Hiding in Plain Sight

How people with suicidal ideation often mask their feelings.

- Project Breakdown for "Inside a Suicidal Mind" 3
- Behavioural signs to look for in seemingly "normal" individuals.
- Personal stories of survivors who appeared "fine" to others.
- Tips for friends and family to notice subtle signs.



4. Episode 4: Triggers: The Little Things that Break Us

Exploring the triggers that can push someone over the edge.

- Discussing specific triggers like relationship breakdowns, financial crises, and trauma.
- Professional advice on how to navigate such situations.
- Supporting someone during these times.

5. Episode 5: The Spiral: Navigating the Suicidal Thought Process

The process from the first suicidal thought to action.

- Illustrate how a person spirals into dangerous thinking.
- Narrating what happens mentally and emotionally in these moments.
- Highlighting real-life interventions that stopped the spiral.

6. Episode 6: Survivor's Guilt: Living after a Suicide Attempt

What happens after a suicide attempt and the mental recovery process.

- Personal stories of survivors.
- Professional advice on coping with survival and guilt.
- Encouraging people to seek help after an attempt.



7. Episode 7: Supporting a Suicidal Loved One

How to support someone going through suicidal thoughts without triggering them.

- Techniques for friends and family to support.
- Expert insights on what helps and what doesn't.
- Role-playing conversations and empathy exercises.

8. Episode 8: Breaking the Stigma: Talking about Suicide Openly

Why talking about suicide is key to prevention.

- Addressing why society finds it difficult to talk about suicide.
- Featuring conversations on how to approach the topic safely.
- Providing resources and opening dialogues on social media

9. Episode 9: Healing and Coping Mechanisms

Strategies to heal and rebuild after suicidal ideation.

- Introducing effective coping strategies like therapy, mindfulness, and
- community support.
- Survivor stories of successful coping.
- Encouraging viewers to reach out for help.



10. Episode 10: The Path to Recovery: Long-term Mental Health Management

Maintaining long-term mental health after battling suicidal thoughts.

- How to create a personalised mental health management plan.
- Featuring professionals discussing therapy, medication, and ongoing support.
- Conclusion with positive, hopeful messaging about ongoing recovery.

Sources to be used

Source Type	Description	Quantity
Primary Sources	Mental Health Professionals Psychologists psychiatrists counselors Individuals with Lived Experience: People who have experienced or recovered from suicidal ideation Support Groups or Organizations: Representatives from mental health organizations	7-11
Secondary Sources	Academic Research: Research papers, articles, books on suicide and mental health•Case Studies: Highlighting different aspects of suicide•Documentaries or Previous Works: For inspiration and understanding different approaches	8-15
Additional Sources	Legal and Ethical Guidelines: To ensure adherence to standards	1-2

Thank You



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