Title of the Movie: Every Brilliant Thing
Movie Rating: Not rated (liveshow)
Length: 1h

Reviewer Name: Tiffany C.
Age and/or Educational Level: College Junior
Date reviewed: 7/9/2021
Overall Rating (1-10, 10 = best): 9.5/10

Warning: Spoilers ahead! CineWell reviews are intended to assess themes of mental health, violence and suicide for youth friendliness, authenticity and accuracy and may contain spoilers.

What is your initial impression and/or feeling after watching the movie?
After watching the movie, I went to hug my parents, as I felt emotional and grateful to have their ongoing support and love. I really resonated with the narrator’s love for his family and respected his own uphill journey in the realm of mental health.

Brief Synopsis (1-2 sentences)
The film features a live show with a semi-fictional story told by the narrator, detailing his mother’s struggle with depression when he was a child, and his own struggles later in his life.

Trigger Warnings needed (e.g. self-harm, harassment, violence). If so, how would you rate the severity of the content: mild, moderate, or severe and a brief description. This reflects your personal watching experience and the emotional impact.
Moderate to severe, the film’s focus surrounds the topic of depression and mention of self-harm, with the narrator’s mother attempting suicide and eventually dying by suicide.
1. **How would you categorize the movie as?** (e.g. comedy, romance, autobiography, coming-age, etc.)
   - Live performance of a written play

2. **Describe the mood of the movie using 3-5 words or phrases (e.g. light, dark, suspenseful)**
   - Warm, touching, laughter, realistic, heartfelt

3. **How easy is the plot to follow and why?** (1-10, 1 = very difficult, 10 = very easy)
   - 10; orator led the story smoothly and linearly, was easy to follow along all the way, friendly vocab

4. **To your understanding and experience, how accurate and realistic was the movie’s depiction of mental health topics and why?** (1-10, 1 = not accurate or realistic, 10 = very)
   - 8.5; movie provided statistics on suicide rates (though no citation) and later on links to resources, depiction of the mother’s struggle with depression and eventual death by suicide as well as the orator’s own experience with grief and depression was very much genuine.

5. **How entertaining was the movie throughout its entire duration and why?** (1-10, 1 = not entertaining, 10 = very entertaining)
   - 10; the jokes and open personality of the orator kept me hooked during the whole hour, the setting of the movie (live performance) and the engagement with audience members also kept me interested.

6. **List any themes surrounding mental health and wellness from the movie (e.g. depression, anxiety, grief, loss, relationship/friendship stressors, self-care)**
   - Self-care, fulfillment, resilience, open-mind, hopefulness, seeking help, coping with depression/a family member’s depression, self-harm/suicide and aftermath of surviving suicide loss.

7. **What is the character(s)’s impact on you?** (1-10, 1 = not at all impactful, 10 = very impactful) **Is the impact positive or negative? Both?**
   - 8; the orator was very welcoming and warm to audience members; his story was easy to follow and thus I felt like I could really relate to his situation (especially the part about caring for his parents and growing up)
8. **What resonated with you and/or what takeaways do you have about this film?**

Watching this film made me feel quite emotional. The film was a live show with a narrator, and the narration and music played at the show set the stage for my own interpretation of the story. I was invested till the end of the film, and then proceeded to search the internet for more information and explanations. Would recommend watching, especially with a loved one!

9. **How well do you think the movie reached its fullest potential? (1-10, 1 = room for improvement, 10 = film went above and beyond) If you answer below an 8, what do you wish to have seen instead/more?**

- 9; Just a fantastic performance all around (visual, audio, impromptu, audience engagement, humor, sadness, reality of life).
- Powerful story in spreading awareness and promoting suicide prevention safe messaging.
- I wish to hear about what happened at the end, though the ending provided was very sufficient.
  - Perhaps more resources instead of saying visit the website.

10. **Were there any inaccuracies/red flags in portraying mental health?**

None, very realistic in terms of the narrator’s attempt to help his loved ones with their mental health, as well as his own battles later on.

11. **Note any memorable quotes, moments, or scenes from the movie**

- Advice for someone considering taking their own life: “Don't do it. Things get better. They don’t always get brilliant, but they get better.”
- “Happiness scared me, because happiness is always followed by…”

12. **Optional: How did the film relate to your own experiences or of someone you know about mental health?**

- Advice for someone considering taking their own life: “Don't do it. Things get better. They don’t always get brilliant, but they get better.”
- “Happiness scared me, because happiness is always followed by…”
Does the film mention suicide? If yes, please complete the checklist below.

The guidelines below are adapted from Action Alliance’s National Recommendations for Depicting Suicide list. Research has shown that fictional portrayals of suicide can sometimes lead to increases in suicidal behavior or can help save lives if these established recommendations are followed.

### SAFE MESSAGING ON SUICIDE GUIDELINES CHECKLIST

<table>
<thead>
<tr>
<th>YES</th>
<th>QUESTION</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓</td>
<td>Does the film describe suicide in a way that is complex and influenced by a range of factors (rather than one event or contributing factor)?</td>
<td>Yes, the narrator describes his mother’s struggle with depression, then later how he recognized his own struggles and gradually sought acceptance and treatment.</td>
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<tr>
<td>✓</td>
<td>Does the film genuinely demonstrate that help is available?</td>
<td>Yes — the whole film is about the narrator trying to help his mom and his own journey of navigating life. Film also includes a website at the end which links to the film’s web page with help resources.</td>
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<tr>
<td>✓</td>
<td>Does the film portray characters with suicidal thoughts who do not go on to die by suicide?</td>
<td>The narrator’s mother passes away in the story, and the narrator himself does experience thoughts of suicide, though he eventually opens himself up to professional help and care from loved ones and continues with life.</td>
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<tr>
<td>✓</td>
<td>Does the film include everyday character(s) who can be a lifeline, such as a teacher, parent, or fellow students providing a safe space to share on mental health topics?</td>
<td>Yes, the story is filled with loved ones as lifelines acted out by live audience members and range from college professor to an elderly neighbor. Relatable characters, with some bestowing helpful knowledge.</td>
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<tr>
<td>✓</td>
<td>Does the film avoid showing or describing the details about suicide methods and suicide notes?</td>
<td>Yes, no details about methods and notes.</td>
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<tr>
<td>✓</td>
<td>Does the film avoid sensationalizing or glamorizing suicide (overdramatizing and/or glorifying language, scene, music)?</td>
<td>Yes, though the film had a comedic/dramatic side, nothing was light surrounding the topic of suicide.</td>
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<tr>
<td>✓</td>
<td>Does the film depict the grieving and healing process of people who lose someone to suicide?</td>
<td>Yes, mainly the narrator’s struggle (as he grew from a child to adult) with his mother’s depression, and later his own depression.</td>
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<tr>
<td>✓</td>
<td>Does the film use nonjudgmental language and behavior about suicide?</td>
<td>Nothing about suicide was inappropriately displayed.</td>
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