

Celebrity Lives: Facilitator Note and Signs

In this activity the participants are not asked to make any diagnoses about the people in the stories or pictures. They are asked to come up with how they would score a person based on what information they have about that celebrity.

We all make assumptions about mental health and about how people cope with challenges. This activity is intended to open up discussion about coping strategies and portrayal of mental health problems.

Try and get a variety of celebrities, film stars, music stars, sports people, politician's, world leaders etc. Some can be from history as well as current stars. It is not important to know what kind of mental health problem they have (if indeed they do), but it is important to look at why people would think they have problems based on what they hear and read about the individual.

The activity can be carried out in small groups just using the questions for discussion rather than the prepared signs. The prepared sign options are there to allow participants to move around rather than just sitting. You could turn this into a debate style of activity for older participants using an X Factor style of activity outlined below.

Split group into smaller groups and give them something to debate (something related to celebrity lives and mental health for instance). They have to debate for and against a particular point or issue. Give 3 or 4 folk the roles of the judges, Kelly, Gary, Louis, Tulisa, and they tell the debating teams what they did well or could improve on – let them get into character. Other debates could be “there's nothing wrong in calling someone schizo or mental”, “all people with mental illness should be locked away” etc. Be very careful of the topic if you are working with young carers who look after someone with a mental health problem.

Reinforce positives about being part of a team and the confidence it takes to be critical or positive, and to speak out in front of people.

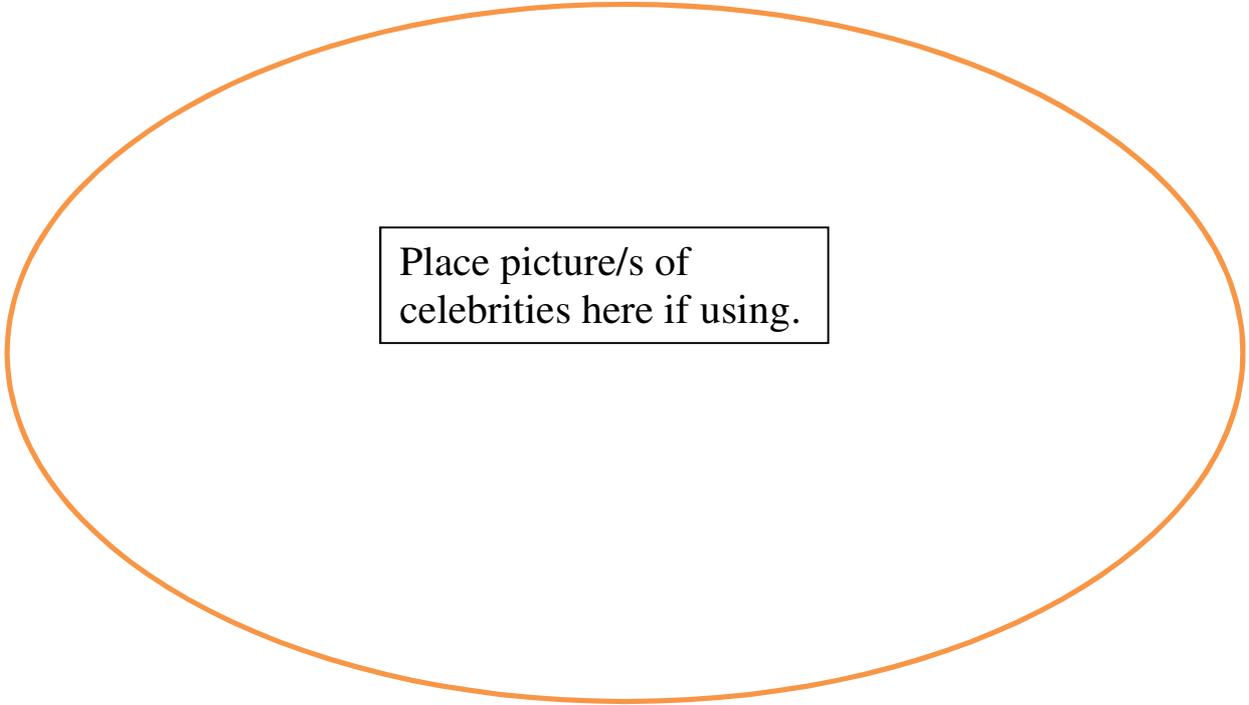
Questions to ask:



- 1. Why do you think this person has mental health problems?**
- 2. Why have you given them that score?**
- 3. How do you think these people feel about their lives being portrayed in the media?**
- 4. What challenges do you think these people have?**
- 5. How do you think they cope with these challenges?**
- 6. What things would you need to do to cope with these challenges?**



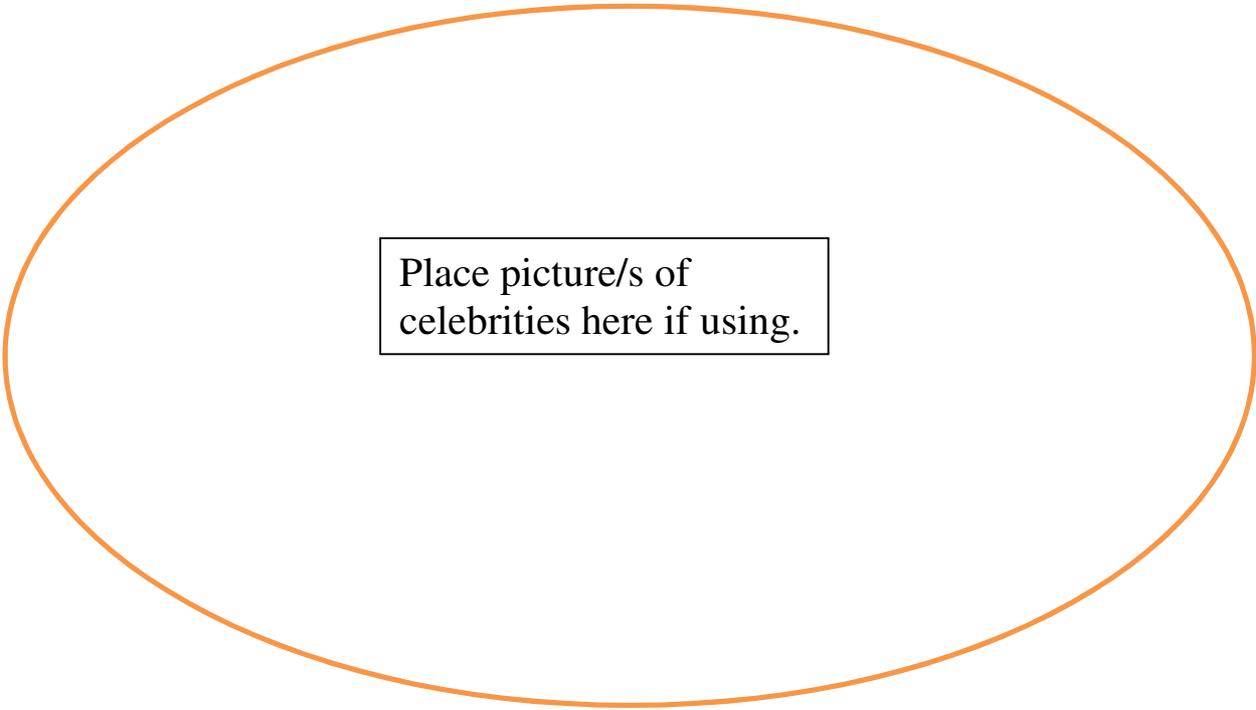
Celebrity Lives Prepared Signs



RATE

1 – 5

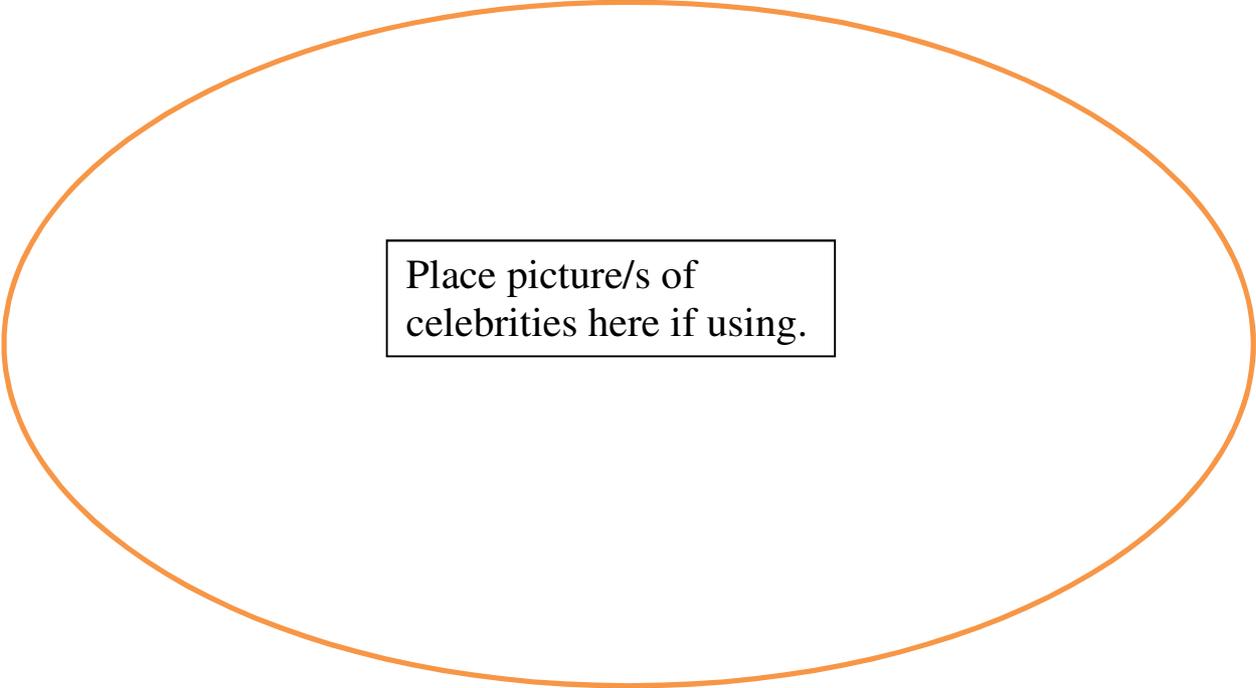
**This person has no mental health
difficulties**



Place picture/s of celebrities here if using.

6 - 8

This person has mild mental health difficulties but seems to cope



Place picture/s of
celebrities here if using.

8 - 10

**This person has major mental health
difficulties**