

Outline

Introduction (30sec – 1min) :

- Start with a **powerful and relatable statement about the importance of mental health.**

Editing: Use visuals to set the scene, such as people going about their daily lives but with a sense of inner struggle.

Body (1min – 4mins) :

- Highlight the **prevalence of mental health issues** by sharing statistics or facts.
- Introduce a character or a **real person** who has **experienced mental health challenges** and share their story in a **respectful and sensitive manner.**
- Emphasize the **impact of seeking help** and the **positive outcomes of addressing mental health issues.**
- Introduce a **mental health support organization, hotlines, or resources that people can turn to for help.**
- Show examples of **support and understanding from friends, family, or professionals.**

Call to Action (1min – 2mins) :

- **Encourage viewers to take action** by seeking help if they are struggling with mental health issues.
- **Provide information** on how to access mental health resources, such as hotlines, websites, or local support groups.
- End with a **message of hope and solidarity, emphasizing that it's okay to seek help and that they are not alone.**

Conclusion (30sec – 1min) :

- End with a **powerful and uplifting message** about the importance of mental health awareness and support.
- Consider using a **tagline or a memorable phrase** to leave a lasting impression.

Script:

Sequence 1 (Introduction):

Narrator: "Empathy, compassion, and progress all stem from a foundation of sound mental health. It's not just about individual well-being; it's about nurturing a community and society that values and prioritizes the mental health of every person."

Visual scene 1: Struggling to solve code problems/debugging.

Visual scene 2: Struggling in group activity.

Visual scene 3: Staring at low score exam.

Visual scene 4: drinking alcohol/vaping.

Sequence 2 (Body):

Arianne: In the Philippines, mental health issues affect a significant portion of the population. It is estimated that 16.8% of Filipinos suffer from mental health problems, with specific attention to the impact on children, where 10% to 15% of those aged 5 to 15 are affected. These statistics underscore the widespread nature of mental health issues in the Philippines, emphasizing the importance of awareness, support, and access to mental health services for those affected.

[Ang eksena ay magsisimula sa tatlong magkaibigan, na nakaupo sa isang parke]

Adrian: Alam mo tol, parang sobrang nababalisa ako nitong mga nakaraang araw. Hindi ko maalis sa isip ko ang patuloy na pangamba.

Charles: Pasensya ka na tol. Mabuti pang maghanap ka ng taong makakatulong sa iyo.

Adrian: Hindi ko alam. Palagi akong nag-aalinlangan na humingi ng suporta. Natatakot akong husgahan o tawaging may problema.

Zyrex: Naiintindihan naman kita, pero ang paghahanap ng tulong ay may magandang epekto. Tandaan mo, ang pag-aalaga sa iyong pag-iisip ay katulad ng pag-aalaga mo sa iyong pisikal na pangangatawan.

Adrian: Nagbabasa ako at nakakita ako ng mga kwento ng mga taong humingi ng tulong at nakakita ng magandang resulta. Kwento nila kung paano sila tinulungan ng counseling at therapy.

Charles: Tama! Sa pagbabasa at tamang inpormasyon, matututunan mo ang mga paraan ng pagharap sa mga problema at makakakuha ka ng mas malalim na pag-unawa sa iyong sarili. Ito ay hakbang patungo sa paghilom at pag-unlad ng ating personalidad.

Adrian: Nabasa ko rin kung paano makakatulong sa pagbawas ng stigma sa ating mental health ang pagkakaroon ng taong makatutulong sa atin. Nakakainspire na makarinig ng mga taong nagsasalita at nagsusulong ng mas malawakang kaalaman at pang-unawa.

Zyrex: Tama na tama. Sa pamamagitan ng pagbabahagi ng ating mga karanasan at pagsuporta sa isa't isa, maaari tayong lumikha ng isang mas maawain at maunawaing komunidad. Panahon na upang bunyagin ang katahimikan at yakapin ang paglalakbay patungo sa kalusugan ng ating pag-iisip.

[Magfade out ang eksena na kasama si Adrian, Chales, at Zyrex na magkasamang naglalakad, patuloy ang kanilang pag-uusap tungkol sa paghahanap ng tulong at ang positibong epekto nito sa kanilang buhay]

Sequence 3 (Call to Action and Conclusion):

Counselor : (engagingly) Your well-being matters. It's time for us to take action together.

Counselor : (inspiringly) We can create a supportive environment where everyone feels valued and heard.

Visual Scene : A group of students, led by Friend1 and Friend2, organizes a mental health awareness campaign in the school courtyard. They distribute informative pamphlets, engage in conversations, and encourage their peers to prioritize self-care.

Aniel: (enthusiastically) Let's break the stigma and support each other. Together, we can make a positive change.

Visual Scene : The school assembly hall is filled with students and faculty members as Friend1, Friend2, and Friend3 take the stage. They share personal stories, raise awareness about mental health resources, and emphasize the significance of seeking help.

Aira: (persuasively) It's okay to reach out. Let's foster a culture of empathy and understanding.

Babylyn: (supportively) You have the strength to take proactive steps for your mental well-being. You're not alone in this journey.

Visual Scene : As the school day comes to a close, the camera captures a powerful scene of students engaging in various activities on the school grounds. Some students are sitting in small groups, engaged in meaningful conversations, while others are seen participating in mindfulness exercises led by the school counselor.

Arianne: (optimistically) Together, we can create a nurturing environment where mental health is prioritized, and support is readily available.

Arianne: (optimistically) In a world where understanding and empathy prevail, our collective actions pave the way for a brighter future.

Arianne: (positively) Let's continue to stand together, fostering understanding and compassion. Our actions today shape a brighter, more empathetic tomorrow.

[FADE OUT]

4-7 videos (20-30 sec long) of group of people(Nag kwentuhan, naglalaro, kumakain, gumagawa ng activity); inside school na hindi nyo kilala.

Note: Maasyo na camera angle sana and ask permission to take a video of them. :>