

THE FRANK RIDGE MEMORIAL FOUNDATION, INC.

Recommended movies and television shows.

I personally endorse the following movies and television shows. I feel that they are accurate and compassionate depictions of various mental health conditions. They are organized by mental health condition and issues that impact mental health (including criminal justice and women's rights) and updated regularly. I have recommended only movies and television shows that I have personally watched. While I literally watch hundreds of movies every year, I cannot see everything produced. My apologies for any unintentional exclusions. Julie Ridge, LCSW-R, President and Founder of the Frank Ridge Memorial Foundation, Inc. a 501(c)3 non-profit organization. (last updated December 2023)

Movies & television shows depicting multiple mental health conditions

The following films and television shows depict a variety of mental health issues, often concurrent and/or mental health conditions triggered by life events.

film:

- All That Jazz, 1979. Early childhood trauma turned to creativity, substance use, depression & brilliance, based loosely on the life of Bob Fosse. Biopic.
- Bedlam, 2019. Directed by Dr. Kenneth Paul Rosenberg. Documentary.
- Call Me Crazy, a Five film, 2014. Scenes depicting bipolar, schizophrenia, depression and post-traumatic stress disorder. Fiction based firmly in accurate clinical diagnosis.
- Charlie Bartlett, 2007. Abuse of psychotropic medication and non-traditional therapeutic intervention. Fiction.
- Dad's in Heaven with Nixon, 2010. Tom Murray lovingly presents his autistic brother Chris Murray (1960-), through Chris's relationship to his family members, their father, who died when Chris was about 20, through his success as an artist. Chris has lived on his own for more than 30 years, navigated public transportation, is affectionate with his mom and brother and is certain that his father is in Heaven. Chris's creations are cheerful landscapes of New York buildings, meticulously done in multi-media. He likes his life, just as it is. Tom depicts a history of mental health conditions in family members with addictive disorders and bipolar disorder. Documentary.
- David & Lisa, 1962. Starring Keir Dullea, Janet Margolin and Howard DaSilva. This touching '60's classic about two emotionally disturbed teenagers drawn to each other in a mental institution created a sensation among audiences and critics when it was first released. One, the painfully shy Lisa, seemingly suffering from dissociative identity disorder, speaks only in rhymes, the other genius David, cannot bear being touched (apparently Asperger's - categorized in DSM-5 as autism spectrum disorder). Strongly attracted to each other, they develop a deep bond that changes both of their lives. Based on true case studies by Theodore Isaac Rubin, M.D.
- David & Lisa, the remake, 1998. Starring Sidney Poitier, Lukas Haas and Brittany Murphy.
- Faceless, 2012. Canada. Documentary.
- Girl Interrupted, 1999. Set on a mental health ward, based on the book by the same name, a true story.

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- Heaven is a Traffic Jam on the 405, 2017. Directed by Frank Stiefel about the life and work of inspired artist, Mindy Alper, who lives well with anxiety and depression. WINNER of the 2018 Academy Award for best documentary film short.
- Hidden Pictures, 2013. Directed by Delaney Ruston. A global overview of mental health. Documentary.
- It's Kind of a Funny Story, 2011. An uplifting comedy, based on the semi-autobiographical novel of the same name by Ned Vizzini, about finding sanity in the most unlikely of places, a Brooklyn psychiatric ward. Focus is on teen anxiety, depression and suicide. Tragically, author Vizzini killed himself in January 2015. He was 32 years old.
- King of Hearts, 1966. When WWII is raging, who's crazy? The people inside the asylum or those waging war outside? Fiction.
- K-Pax, 2002. Starring Kevin Spacey and Jeff Bridges. Featured player suffers from psychosis induced by severe trauma. However, this touching film is set on mental ward where many other conditions are explored. Fiction.
- Manic, 2003. Starring Don Cheadle and Joseph Gordon-Levitt. This fictional film, shot in documentary style, is set in an adolescent residence for violent teens and demonstrates aggressive behaviors sometimes associated with bipolar disorders. Eating disorders, trauma, extreme anxiety and more are also explored. Fiction.
- Mary and Max, 2010. From Academy Award winning writer/director Adam Elliot comes the hilarious and moving stop action 'clayography' feature film about the pen-pal relationship between two very different people: Mary Daisy Dinkle (voiced by Toni Collette) a lonely 8-year-old with social phobia, living in the suburbs of Melbourne, Australia; and Max Jerry Horowitz (voiced by Oscar winner Philip Seymour Hoffman) an obese 44 year old with Asperger's (as per DSM-5 included under autism spectrum disorders), living in NYC. Over the course of 20 years, their unusual journey of friendship explores autism, alcoholism, stuttering, agoraphobia and social anxiety. Fiction.
- My Life as a Zucchini, 2017. Directed by Claude Barras, a stop-motion animated feature film. Barras says "This film is an homage to neglected and mistreated children who do the best they can to survive and live with their wounds. Zucchini, our hero, has been through many difficult times and, after having lost his mother, he believes he is alone in the world." Healing begins when Zucchini meets a kindly policeman, starts a new life in a foster care center, finds a group of friends he can rely on, falls in love, and learns what it means to be happy. Adapted from the book Autobiography of a Courgette, by Gilles Paris.
- Nise, the Heart of Madness, 2016. Starring Gloria Pires and directed by Roberto Berliner. Based on the true story of Dr. Nise Da Silveira, who on her return to Rio de Janeiro, goes to work in a psychiatric hospital on the outskirts of the city where she refuses to employ the new and violent electroshock therapy in the treatment of schizophrenics. Ridiculed by her fellow male doctors, she is forced to take on the abandoned Sector for Occupational Therapy, where she would start a revolution through paintings, animals and love.
- Oc87. The Obsessive Compulsive Major Depression Bipolar Asperger's Movie, 2012. Autobiographical documentary film by Bud Clayman.

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- Orchestrating Change, 2020. A film by Margie Friedman & Barbara Multer-Wellin, featuring conductor Ronald Braunstein. The Me2/Orchestra is the only orchestra in the world created by and for people living with mental illness and those who support them. Documentary.
- Out of Mind, Out of Sight, 2014. A depiction of forensic psychiatric hospital. Canada. Documentary.
- Patch Adams, 1998. Starring Robin Williams. Fact-based story, not a documentary.
- The Road Within, 2015. Starring Kyra Sedgwick, Robert Sheehan, Dev Patel, and Zoe Kravitz. Director Gren Wells is an anorexia survivor. Set in a non-traditional residential program, the fictional film profiles 3 lovable young actors who give extremely accurate portrayals of OCD (Patel), severe Tourette's (Sheehan) and anorexia (an illness actress Kravitz has struggled with). Tons of research was done. They've proven that you can be accurate about the medical mental health conditions and not sacrifice entertainment value. The movie is funny, sad, moving and triumphant. Fiction.
- Shadow Voices, finding hope in mental illness, 2009. Documentary.
- Short Term 12, 2014. Starring Academy Award winner Brie Larson. Told through the eyes of a young supervisor of a group home for troubled teens, this feature touches on issues of childhood trauma, attachment and disruptive behaviors. Fiction.
- The Snake Pit, 1948. Childhood trauma manifests as psychosis. This post WWII film, based on the novel by the same name, also depicts an historical overview of mental asylums. Fiction.
- Stonehurst Asylum, 2014. Based on an Edgar Allen Poe story and set in 1899. A chilling depiction of European asylums for the wealthy. Fiction.
- 2e twice exceptional, 2015. "2e" follows the personal journeys of a unique group of high school students in Los Angeles who have been identified as 'twice exceptional' - gifted or highly gifted kids with learning disabilities or differences. among them may be the next Einstein, Mozart or Steve Jobs ... if they can survive the American school system and their own challenges. Documentary.
- Wild, 2014. Starring Reese Witherspoon. Maladaptive response to loss and trauma, expressed through depression, substance use and eventually a 1,100 mile healing journey up the Pacific Crest Trail. Based on the true story of Cheryl Strayed.

television:

- "Bull," 2016 - 2021. CBS. Starring Michael Weatherly. "Bull" profiles numerous episodes featuring correct diagnoses and depictions of mental illnesses. Fiction.
- "Crazy Ex-girlfriend." 2015 - 2019. Rachel Bloom, Golden Globe winning star and co-creator, is public about her personal struggles with depression and anxiety. Her TV alter ego demonstrates behaviors not uncommon in bipolar, borderline personality disorder, depression, obsessive compulsive disorder and anxiety. Comedy series.
- "Fosse/Verdon", tv mini-series, 2019. Starring Sam Rockwell and Michelle Williams. The mini-series profiles the turbulent and brilliant lives of these theater legends and touches on Fosse's drug addiction and bipolarity.
- "Law & Order," 1990 - present, and "Law & Order SVU," 1999 - present. Numerous episodes demonstrate compassionate treatment and understanding of mental health issues. Fiction. (Caveat: while I endorse "Law & Order" as well researched portrayals

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of numerous mental health conditions, the police officers depicted in the television shows are generally better trained and kinder than those we experience in real life.)

- “Modern Love,” Netflix mini-series, 2019. Several episodes are devoted to individuals living with a variety of mental illnesses. Episode 3 is based on the life of Terry Cheney, a successful author and speaker with bipolar disorder. Another episode features a man with debilitating anxiety. The entire series is moving, incredibly well acted, and loving.
- “New Amsterdam.” NBC, 2018 - present. Inspired by Dr. Eric Manheimer’s memoir Twelve Patients: Life and Death at Bellevue.
- “Rise.” 2018. A working class high school theater department and the students come alive under a passionate teacher and family man whose dedication to the program galvanizes a town. Characters meet the challenges of teen alcoholism, living in foster care, autism spectrum and Downs Syndrome. Fiction.

Anxiety disorders (includes social anxiety, selective mutism, specific phobias, panic disorder, agoraphobia, ‘teen angst,’ and coming-of-age stories):

film:

- Are you there God? It’s Me, Margaret, 2023. Starring Abby Ryder Fortson, Rachel McAdams, Benny Safdie and Kathy Bates, directed by Kelly Fremon Craig, screenplay by Kelly Fremon Craig and Judy Blume. Based on the novel by Judy Blume. Teen angst, a coming of age story.
- The Aviator, 2004. Starring Leonardo DiCaprio and Cate Blanchett. Anxiety disorder. A biopic of the life of Howard Hughes.
- Dear Evan Hansen, 2021. Available on Amazon. Based on the Tony and Grammy Award winning musical of the same name by Steven Levenson, Benj Pasek, and Justin Paul. Starring Ben Platt, Julianne Moore, and Kaitlyn Dever. Directed by Stephen Chbosky. Screenplay by Steven Levenson. Running time: 2 hours 17 minutes. Social anxiety and suicide.
- Elling, 2001. Norwegian Academy award nominated film is based on a best selling novel. It is a loving, funny and warm portrayal of agoraphobia and mild cognitive disability. Fiction.
- Finding Forrester, 2000. Starring Sean Connery. Agoraphobia lovingly referred to as ‘reclusiveness’ in the context of the film. Fiction.
- Heaven is a Traffic Jam on the 405, 2017. Directed by Frank Stiefel about the life and work of inspired artist, Mindy Alper, who lives with anxiety and depression. WINNER of the 2018 Academy Award for best documentary film short.
- It’s Kind of a Funny Story, 2011. An uplifting comedy, based on the novel of the same name by Ned Vizzini, about finding sanity in the most unlikely of places, a Brooklyn psychiatric ward. Focus is on teen anxiety, depression and suicide. Tragically, author Vizzini killed himself in January 2015. He was 32 years old.
- The King’s Speech, 2010. Winner of four Academy Awards including Best Picture and Best Actor, based on the true story of King George VI of the United Kingdom of Great Britain and Northern Ireland, his impromptu ascension to the throne and the speech therapist who helped the unsure monarch overcome his social anxiety and stuttering impediment to become worthy of position.

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- Little Miss Sunshine, 2006. This humorous tale of a family determined to get their young daughter into the finals of a beauty pageant and their cross-country trip in their VW bus, features a family member with selective mutism (lovingly portrayed by Paul Dano as Dwayne). Fiction.
- Mary and Max, 2010. From Academy Award winning writer/director Adam Elliot comes the hilarious and moving stop action 'clayography' feature film about the pen-pal relationship between two very different people: Mary Daisy Dinkle (voiced by Toni Collette) a lonely 8-year-old with social phobia, living in the suburbs of Melbourne, Australia; and Max Jerry Horowitz (voiced by Oscar winner Philip Seymour Hoffman) an obese 44 year old with Asperger's (as per DSM-5 included under autism spectrum disorders), living in NYC. Over the course of 20 years, their unusual journey of friendship explores autism, alcoholism, stuttering, agoraphobia and social anxiety. Fiction.
- The Perks of Being a Wallflower, 2012. This funny, sad, coming-of-age story is about an introvert freshman with extreme social anxiety, who is taken under the wings of two seniors who introduce him to the real world. Fiction.
- The Road Back, 2012. A short film (:32) produced by AWARE, chronicling a group of High School students in Maine with anxiety and depression. View documentary at: acadiatheroadback.org.
- The Road Within, 2015. Starring Kyra Sedgwick, Robert Sheehan, Dev Patel, and Zoe Kravitz. Director Gren Wells is an anorexia survivor. Set in a non-traditional residential program, the movie profiles 3 lovable young actors who give extremely accurate portrayals of OCD (Patel), severe Tourette's (Sheehan) and anorexia (an illness actress Kravitz has struggled with). Tons of research was done. They've proven that you can be accurate about the medical mental health conditions and not sacrifice entertainment value. The movie is funny, moving and triumphant. Fiction.
- 2e twice exceptional, 2015. 2e follows the personal journeys of a unique group of high school students in Los Angeles who have been identified as 'twice exceptional' - gifted or highly gifted kids with learning disabilities or differences. among them may be the next Einstein, Mozart or Steve Jobs ... if they can survive the American school system and their own challenges. Documentary.
- Unstuck: an OCD kid's movie, 2017. Documentary.
- Unstrung Heroes, 1995. Written by journalist Steven Lidz, this account based loosely on Lidz' childhood tells the tale of his unhappy home life following his mother's illness and his subsequent move to live with his two 'crazy' Uncles. There he changes and gets closer to his Uncles, but his parents want him home even though he is finally happy and popular. His uncles demonstrate accurate portrayals of obsessive-compulsive disorder and hoarding.
- You Are So Not Invited to My Bat Mitzvah, 2023. Starring Idina Menzel, Jackie Sandler and Adam Sandler, directed by Sammi Cohen, screenplay by Alison Peck and Fiona Rosenbloom. Available on Netflix. Running time: 1 hour

television:

- "Crazy Ex-girlfriend." 2015 - 2019. Rachel Bloom, Golden Globe winning star and co-creator, is public about her personal struggles with depression and anxiety. Her TV alter ego demonstrates behaviors not uncommon in bipolar, borderline personality disorder, depression, obsessive compulsive disorder and anxiety. Comedy series.

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- “Ginny & Georgia,” 2021 - present. A Netflix series about Ginny, an angsty, awkward 15-year-old who often feels more mature than her 30-year-old mother. Coming-of-age, depression, and a fierce mother-daughter bond.
- “Mr. Robot,” 2015 - 2019. Starring Remi Malek and Christian Slater. A cybersecurity engineer and hacker with social anxiety disorder and depression, joins a group of hackers aiming to destroy all debt records by encrypting the financial data of E Corp. Fiction.
- “Monk,” 2002 - 2009, starring Tony Shalhoub as the brilliant obsessive-compulsive, phobic detective. Monk presents with symptoms of Asperger’s (categorized in DSM-5 as autism spectrum disorder) as well. The “Monk” series was nominated and won multiple Emmy, Golden Globe, and numerous other Awards. Fiction.
- “Wednesday,” 2022 - present. A Netflix series about Nevermore Academy and Wednesday Addams. An unusual coming-of-age story from the mind of Tim Burton.

Attention-deficit/hyperactivity disorder (AD/HD) - categorized in DSM-5 as a neurodevelopmental disorder:

film:

- Mommy, 2014. The adolescent in this French Canadian film is reportedly diagnosed with attention-deficit/hyperactivity (AD/HD). However, as the film progresses it is clear that his diagnosis came after the DSM-5 criteria for age of onset for AD/HD and is more probably the impulse control disorder known as conduct disorder, as a result of post-traumatic stress disorder. Fiction.
- 2e twice exceptional, 2015. Follows the personal journeys of a unique group of high school students in LA who have been identified as gifted, with neurodevelopmental disabilities. Documentary.

television:

- “The Fosters,” 2013 - 2018. - portrayed in the character Jesus Foster. Fiction.
- “Parenthood” - Season 4. Fiction.

Autism spectrum disorders - categorized in DSM-5-TR as a neurodevelopmental disorder:

film:

- Adam, 2009. Accurate portrayal of Asperger’s (as per DSM-5 included under autism spectrum disorders). Fiction.
- Asperger’s Are Us, 2016. A coming of age documentary, four friends on the spectrum have bonded through humor and a comedy troupe.
- Autism in Love, 2015. This documentary follows the story of four adults with autism spectrum disorders as they search for and manage romantic relationships. Directed by Matt Fuller, written by Ira Heilveil.
- Autism is a World, 2004. CNN Documentary.
- Autism: the musical, 2007. Documentary.
- Dad’s in Heaven with Nixon, 2010. Tom Murray lovingly presents his autistic brother Chris Murray (1960-present), through Chris's relationship to his family members, their father, who died when Chris was about 20, through his success as an artist. Chris has lived on his own for more than 30 years, navigated public transportation, is affectionate with his mom and brother and is certain that his father is in Heaven. Chris's creations

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are cheerful landscapes of New York buildings, meticulously done in multi-media. He likes his life, just as it is. Tom depicts a history of mental health conditions in family members with addictive disorders and bipolar disorder. Documentary.

- David & Lisa, 1962. Starring Keir Dullea, Janet Margolin and Howard DaSilva. This touching '60's classic about two emotionally disturbed teenagers drawn to each other in a mental institution created a sensation among audiences and critics when it was first released. One, the painfully shy Lisa, seemingly suffering from dissociative identity disorder, speaks only in rhymes, the other genius David, cannot bear being touched (apparently Asperger's - categorized in DSM-5 as autism spectrum disorder). Strongly attracted to each other, they develop a deep bond that changes both of their lives. Based on true case studies by Theadore Isaac Rubin, M.D.
- David & Lisa, the remake, 1998. Starring Sidney Poitier, Lukas Haas and Brittany Murphy.
- Deej, 2018. Non-verbal autism spectrum disorder. Documentary.
- Dr. Temple Grandin: Careers, opportunity for growth, 1995. Live interview with Temple Grandin. Asperger's (as per DSM-5 included under autism spectrum disorders).
- The Drummer and the Keeper, 2017. The story of an unlikely friendship between Gabriel (Dermot Murphy) a bipolar drummer, and Christopher (Jacob McCarthy), an institutionalized teen with Asperger's (as per DSM-5 included under autism spectrum disorders). Featured in the 2019 ReelAbilities International Film Festival. Fiction.
- Extremely Loud and Incredibly Close, 2011. Accurate depiction of Asperger's (as per DSM-5 included under autism spectrum disorders). Fiction.
- Generation A, 2017. An Amazon Prime Documentary.
- Handbook for Gardening, 2018. A stunningly animated short film from the perspective of a little boy's mother, drowning in her inability to care for a son she cannot relate to.
- How to Dance in Ohio, 2015. Directed by Alexandra Shiva. The film follows a group of autistic young adults in Columbus, Ohio preparing for their first spring formal. An HBPO Documentary. A 2022 Broadway musical with the same name. Film running time: 89 minutes.
- The Human Camera, 2013. Documentary of the extraordinary life of Stephen Wiltshire, autistic savant who draws perfect renderings of complex cityscapes from memory. Available online.
- I am Sam, 2001. Starring Sean Penn and Michelle Pfeiffer. Autism and neurodevelopmental disorders. Fiction.
- The Imitation Game, 2014. Set in WWII, based on the life story of English mathematician and logician, Alan Turing, Asperger's (as per DSM-5 included under autism spectrum disorders).
- In A Different Key, 2020. The story of Donald Triplett, the first person to be diagnosed with autism. Documentary.
- The Judge, 2014. Starring Robert Downey, Jr. and Robert Duvall. The youngest brother in this film has autism. Without ever specifying autism, the actor gives a compassionate, loving and pitch perfect rendering of an individual living with autism, coping with the unkindness of others and the loving support of his family. Fiction.
- Keep the Change, 2017. Feature film, multiple neurodevelopmental disorders including autism and learning disabilities. [A 2018 ReelAbilities Film Festival season opener.] Fiction.

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- Life, Animated, 2016. Documentary based on the best selling book by Ron Suskind. Nominated for a Best Documentary Academy Award in 2016.
- Mary and Max, 2010. From Academy Award winning writer/director Adam Elliot comes the hilarious and moving stop action 'clayography' feature film about the pen-pal relationship between two very different people: Mary Daisy Dinkle (voiced by Toni Collette) a lonely 8-year-old with social phobia, living in the suburbs of Melbourne, Australia; and Max Jerry Horowitz (voiced by Oscar winner Philip Seymour Hoffman) an obese 44 year old with Asperger's (as per DSM-5 included under autism spectrum disorders), living in NYC. Over the course of 20 years, their unusual journey of friendship explores autism, alcoholism, stuttering, agoraphobia and social anxiety. Fiction.
- Mozart and the Whale, 2005.
- My Name is Khan, 2010. Asperger's. Fiction.
- Neurotypical, 2013, directed by Adam Larsen. Documentary.
- Oc87. The Obsessive Compulsive Major Depression Bipolar Asperger's Movie, 2012. Autobiographical documentary film by Bud Clayman.
- Off The Rails. the Darius McCollum Story, 2016. Documentary.
- The Other Sister, 1999. Starring Juliette Lewis and Diane Keaton. Severe end of the autism spectrum. Fiction.
- Rainman, 1988. Autistic Savant, neurodevelopmental disorders. Fiction.
- Rainman Twins, directed by Dave Wagner. The story of the only known identical twin autistic savant sisters. Over 50 years in time, Flo and Kay have literally memorized the world around them. They never forget a date or a song, what they ate or the weather on any given day. Documentary, 2008.
- Salmon Fishing in Yemen, 2011. Fiction
- Spectrum, a story of the mind, 2016. Documentary.
- The Story of Luke, 2012. Autism spectrum. Fiction.
- Temple Grandin HBO Special, 2010. Starring Emmy Award winner Claire Danes. Biopic based on the life story of Temple Grandin.
- Through the eyes of Autism, 2005. Documentary.
- Too Sane for This World, 2014. An Amazon Prime documentary.
- 2e twice exceptional, 2015. Follows the personal journeys of a unique group of high school students in LA who have been identified as gifted, with neurodevelopmental disabilities. Documentary.
- What's Eating Gilbert Grape, 1993. Starring Johnny Depp, Leonardo DiCaprio and Juliette Lewis. Fiction.

television:

- "As We See It" - Amazon Prime series, 2022.
- "Atypical" 2017-2021.
- "Monk," 2002 - 2009, starring Tony Shalhoub as the brilliant obsessive-compulsive, phobic detective. Monk presents with symptoms of Asperger's (categorized in DSM-5 as autism spectrum disorder) as well. The "Monk" series was nominated and won multiple Emmy, Golden Globe, and numerous other Awards. Fiction.
- "Parenthood," 2010 - 2015. Autism and Asperger's (as per DSM-5 included under autism spectrum disorders) were portrayed in characters Max and Hank. Fiction.

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- “Young Sheldon,” 2017 - present. CBS. Asperger’s (as per DSM-5 included under autism spectrum disorders) is portrayed in the character Sheldon.

Bipolar and Depressive disorders (two discrete chapters in DSM-5 - bipolar related disorders and depressive disorders):

film:

- 20/20 bipolar disorder in children, ABC, 1/19/2000. Documentary.
- All That Jazz, 1979. Early childhood trauma turned to creativity, substance use, depression & brilliance, based loosely on the life of Bob Fosse.
- Amadeus, 1984. Bipolar, based on the life of Mozart.
- Bipolar and Living Up/down, 2011. Bipolar. Documentary.
- Boy Interrupted, 2009. Bipolar & suicide. Documentary created by the parents of a son who died by suicide.
- BREATHE, 2022. A short documentary featuring Julie Ridge, the first person to swim 2 consecutive laps around Manhattan in 1983 talks about her life with bipolar disorder.
- The Bridge, c. 2006. Documentary about suicides from the Golden Gate Bridge.
- Call Me Crazy, a Five film, 2014. Scenes depicting bipolar, schizophrenia, depression and post-traumatic stress disorder. Fiction based firmly in accurate clinical diagnosis.
- Dad’s in Heaven with Nixon, 2010. Tom Murray lovingly presents his autistic brother Chris Murray (1960-), through Chris's relationship to his family members, their father, who died when Chris was about 20, through his success as an artist. Chris has lived on his own for more than 30 years, navigated public transportation, is affectionate with his mom and brother and is certain that his father is in Heaven. Chris's creations are cheerful landscapes of New York buildings, meticulously done in multi-media. He likes his life, just as it is. Tom depicts a history of mental health conditions in family members with addictive disorders and bipolar disorder. Documentary.
- Darkest Hour, 2017. Starring Gary Oldman. Oldman won an Academy Award for his portrayal of Winston Churchill during this dark dark hour in the history of WWII. Churchill suffered severe depression throughout his lifetime.
- Depression: out of the shadows, PBS series, 2008. Documentary.
- Don’t Change the Subject, 2011. About suicide. This is a *funny* movie, but may not be everyone’s sense of humor. The overriding theme is to celebrate the life of the individual who has died and to keep the conversation about suicide alive. Documentary.
- The Electrical World of Louis Wain, 2021. Starring Benedict Cumberbatch and Claire Foy. A biographical comedy-drama from a story by Simon Stephenson. (bipolar and depression)
- Fear Strikes Out, 1957. Starring Anthony Hopkins and Karl Malden, directed by Robert Mulligan. Based on the true story of Jimmy Piersall, who battled bipolar (or psychosis) to achieve stardom in major league baseball.
- Frances, 1982. Starring Jessica Lange, directed by Graeme Clifford. Bipolar. Based on the life of Francis Farmer.
- Heaven is a Traffic Jam on the 405, 2017. Directed by Frank Stiefel about the life and work of inspired artist, Mindy Alper, who lives well with anxiety and depression. WINNER of the 2018 Academy Award for best documentary film short.

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- The Hours, 2003. Starring Nicole Kidman, Julianne Moore and Meryl Streep. Depression and suicide. Fiction.
- Frances, 1982. Starring Jessica Lange, directed by Graeme Clifford. Bipolar. Based on the life of Francis Farmer.
- The Humbling, 2014. Starring Al Pacino. Depression and suicide. Fiction.
- I Smile Back, 2015. Starring Sarah Silverman in a stellar portrayal of a woman in the throes of major depression. Fiction.
- Infinitely Polar Bear, 2015. Starring Mark Ruffalo. Director Maya Forbes pays loving tribute to her brilliant bipolar father in this film. The film is based on her childhood. She has cast her own daughter to play her younger self. Ruffalo's performance is spot on, courageous, triumphant, funny, touching and true.
- Intimate portraits, Debbie Reynolds and Carrie Fisher, 2011. Bipolar & substance use. Documentary.
- It's Kind of a Funny Story, 2011. An uplifting comedy, based on the novel of the same name by Ned Vizzini, about finding sanity in the most unlikely of places, a Brooklyn psychiatric ward. Focus is on teen anxiety, depression and suicide. Tragically, author Vizzini killed himself in January 2015. He was 32 years old.
- Lincoln, 2012. Directed by Steven Spielberg, starring Daniel Day-Lewis and Sally Field. Depression. Based on the life of Abraham Lincoln.
- Love & Mercy, 2015. Starring John Cusack and Paul Dano. Based on the life story of the Beach Boys' Brian Wilson. Wilson was diagnosed with paranoid schizophrenia, however he is clear in his memoir and it is reflected in the film that he was mis-diagnosed and mis-medicated. Although he never specifies his ultimate diagnosis, he meets criteria for bipolar disorder with psychotic features.
- Loving Vincent, 2017. Nominated for an Academy Award for best animated feature. Based on the life of Vincent Van Gogh.
- Manic, 2003. Starring Don Cheadle and Joseph Gordon-Levitt. This film, shot in documentary style, is set in an adolescent residence for violent teens and demonstrates aggressive behaviors sometimes associated with bipolar disorders. Eating disorders, trauma, extreme anxiety and more are explored. Fiction.
- Men Get Depression, 2008. Documentary.
- Michael Clayton, 2007. Starring George Clooney, Tilda Swinton and Tom Wilkinson. This film is about law firm who brings in its "fixer" to remedy the situation after a lawyer has a breakdown while representing a chemical company that he knows is guilty in a multi-billion dollar class action suit. Tom Wilkinson's portrayal of bipolar disorder is compassionate and accurate. Fiction.
- Mind/Game: the unquiet journey of Charmique Holdsclaw, 2015. Mind/Game chronicles both Holdsclaw's athletic accomplishments and personal setbacks, including her decision, despite public stigma, to become an outspoken mental health advocate. Narrated by Glenn Close and directed by 2-time Academy Award nominee Rick Goldsmith. (documentary)
- Mr. Jones, 1993. Starring Richard Gere and Lena Olin. Extremely accurate and compassionate portrayal of bipolar, both the dangerous manic end and the life-draining depressive end. Though boundaries trespassed in patient/doctor relationship are unprofessional and grounds for loss of licensure, issues raised and Gere's performance make this film worth viewing. Fiction.

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- The Misunderstood epidemic: depression, 2010. (documentary)
 - More Than Sad [teen depression], 2009. Recommended for anyone who works with, cares for and loves adolescents. This excellent short documentary shows signs and symptoms of depression and multiple ways to help. (note: the acting is not very good — non-professionals were used in the making of the film.)
 - My Depression my ups and downs and ups again, 2014. HBO 30 minute special by Elizabeth Swados, starring Sigourney Weaver as the voice of Swados. Excellent, easily relatable illustration of the depths of depressive disorder.
 - No kidding me too!, 2009. Bipolar. (documentary)
 - No Letting Go, 2015. When a young boy begins to struggle with anxiety, depression and bipolar disorder, his mother goes on a desperate quest to help him. Based on a true story.
 - Oc87. The Obsessive Compulsive Major Depression Bipolar Asperger's Movie, 2012. Autobiographical documentary film by Bud Clayman.
 - Of Two Minds, docudramafilms, 2013. Bipolar. Documentary.
 - Ordinary People, 1980. Depression and suicide. Fiction.
 - Pollock, 2000. Bipolar. Based on the life of Jackson Pollock.
 - Prozac Nation, 2003. Bipolar and depression. Based on the book and life of Elizabeth Wurtzel.
 - The Road Back, 2012. A short film (:32) produced by AWARE, chronicling a group of High School students in Maine with anxiety and depression. View documentary at: acadiatheroadback.org
 - Robin Williams: come inside my mind, c. 2019, HBO documentary films. Robin Williams was public about his depression and substance use disorders. He ultimately died by suicide, precipitated by Lewy Body Dementia.
 - Silver Lining's Playbook, 2012. Starring Bradley Cooper and Jennifer Lawrence. This entertaining picture demonstrates accurate and entirely loving portrayals of bipolar. Fiction.
 - The Son, 2022. Starring Hugh Jackman, Laura Dern, Vanessa Kirby and Zen McGrath. (teen depression)
 - Suicide the Ripple Effect, 2017. Powerful documentary featuring Kevin Hines, a young man who survived a suicide jump from the Golden Gate Bridge and has become a fierce advocate for suicide prevention.
 - Truman & Tennessee: An Intimate Conversation, 2021. A recounting of the analogous lives of two of the 20th century's most notable writers: author Truman Capote and playwright Tennessee Williams. (Addiction & Depression)
 - Two Days One Night, 2014. Depression. Starring Marion Cotillard. Fiction.
 - What Dreams May Come, 1998. Starring Robin Williams. Depression and suicide. Fiction.
 - Wild, 2014. Starring Reese Witherspoon. Maladaptive response to loss and trauma, expressed through depression, substance use and eventually a 1,100 mile healing journey up the Pacific Crest Trail. Based on the true story of Cheryl Strayed.
 - Wishful drinking, 2010. Bipolar and substance use. Documentary by Carrie Fisher.
- movies that capture altered time perception that is not uncommon during bipolar psychosis:**
- Alice in Wonderland, 2010. Fiction.

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- Altered States, 1980. Fiction.
- The Butterfly Effect, 2004. Fiction.
- Cloud Atlas, 2012. Fiction.

television:

- “Crazy Ex-girlfriend.” 2015 - 2019. Rachel Bloom, Golden Globe winning star and co-creator, is public about her personal struggles with depression and anxiety. Her TV alter ego demonstrates behaviors not uncommon in bipolar, borderline personality disorder, depression, obsessive compulsive disorder and anxiety. Comedy series.
- “Fosse/Verdon”, tv mini-series, 2019. Starring Sam Rockwell and Michelle Williams. The show profiles the turbulent and brilliant lives of these theater legends and touches on Fosse’s drug addiction and bipolarity.
- “General Hospital.” Bipolar depiction in the character Sonny by actor Maurice Bernard. This portrayal is all the more accurate and compassionate because actor Bernard lives well with bipolar disorder himself. He is a strong advocate with the National Mental Health Association in his efforts to assist others in learning what bipolar looks like and how to live well with it. Fiction.
- “Homeland.” Bipolar. Fiction.
- “Mr. Robot,” 2015 - 2019. Starring Remi Malek and Christian Slater. A cybersecurity engineer and hacker with social anxiety disorder and depression, joins a group of hackers aiming to destroy all debt records by encrypting the financial data of E Corp. Fiction.
- “Modern Love,” Netflix mini-series, 2019. Several episodes are devoted to individuals living with a variety of mental illnesses. Episode 3 is based on the life of Terry Cheney, a successful author and speaker with bipolar disorder. Another episode features a man with debilitating anxiety. The entire series is moving, incredibly well acted, and loving.
- “Spinning Out,” 2020. A Netflix mini-series about a competitive figure skater with bipolar disorder and her bipolar mother.

the Criminal (in)Justice System and its impact on mental health:

film:

- 12 Years a Slave, 2013. Starring Chiwetel Ejiofor, Michael Kenneth Williams and Michael Fassbender, directed by Steve McQueen. Based on the biography of Solomon Northup, a free black man from upstate New York, who is abducted and sold into slavery.
- 13th, 2016. Directed by Ava DuVernay. Academy Award nominated Documentary.
- College Behind Bars, 2019. A 4-part documentary, directed by Lynn Novick, PBS.
- The Color Purple, 1985. Starring Danny Glover, Whoopi Goldberg, and Oprah Winfrey, directed by Steven Spielberg. A black Southern woman struggles to find her identity after four decades of abuse from her father and others. Fiction.
- Conviction, 2010. Starring Hilary Swank and Sam Rockwell. A working mother puts herself through law school in an effort to represent her brother, who is wrongfully convicted of murder and has exhausted his chances to appeal through public defenders. Based on a true story.

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- Crown Heights, 2017. Starring Lakeith Lee Stanfield, based on the story of Colin Warner, an 18-year-old kid from nearby Crown heights, who was wrongfully convicted of murder and sentenced to life in prison.
- Do the Right Thing, 1989. Starring Danny Aiello, Ruby Dee, and Ossie Davis, directed by Spike Lee. On the hottest day of the year on a street in the Bedford-Stuyvesant section of Brooklyn, everyone's hate and bigotry smolders and builds until it explodes into violence. Fiction.
- Fruitvale Station, 2013. Starring Michael B Jordan, directed by Ryan Coogler. A true story of the last day in the life of Oscar Grant, a 22-year-old-black man who was shot and killed by Bay Area police in 2008, in a shocking display of brutality that went viral on YouTube.
- The Green Book, 2018. Starring Mahershala Ali and Viggo Mortensen, directed by Peter Farrelly. A working-class Italian-American bouncer becomes the driver of an African American classical pianist on a tour of venues through the 1960s American South. Biopic. 2019 Oscar winner for Best Film, best original screenplay, and best supporting actor - Mahershala Ali.
- The Green Mile, 1999. A man with intellectual disability is sentenced to death on death row. Fiction.
- Hustle and Flow, 2005. Starring Terrence Howard. Fiction.
- I Am Not Your Negro, 2016. Directed by Raoul Peck, narrated by Samuel Jackson. Documentary based on James Baldwin's unfinished manuscript Remember this House.
- If Beale Street Could Talk, 2018. Directed by Barry Jenkins, starring Stephan James, KiKi Layne and Regina King, Academy Award winner for best supporting actress. An American romantic drama based on James Baldwin's novel by the same name. Fiction.
- The Innocence Files, 2020. Netflix documentary mini-series. The personal stories behind 8 cases of wrongful conviction.
- John Lewis: Good Trouble, 2020. Documentary directed by Dawn Porter, starring John Lewis and Stacey Abrams.
- Just Mercy, 2019. Produced by Bryan Stevenson, starring Michael B Jordan, Jamie Foxx and Brie Larson. Based on the life of Bryan Stevenson and his book Just Mercy.
- Like Any Other Kid, 2017. A story of relationships between incarcerated youth and staff in three secure facilities across the country. Documentary.
- Loving, 2016. As recently as 1967 it was still illegal in some states for interracial couples to marry. Jeff Nichols' film tells the true story of Richard and Mildred Loving (played by Joel Edgerton and Ruth Negga), a white man and a woman of color, who fought the anti-miscegenation laws in their home state, Virginia - and won.
- Mandela, the long walk to Freedom, 2013. Starring Idris Elba and Naomie Harris, directed by Justin Chadwick. A powerful depiction, endorsed by Mandela's family as an accurate portrayal of the life of Nelson Mandela.
- The Mustang, 2019. Starring Matthias Schoenaerts, Jason Mitchell and Bruce Dern, directed by Laure DeClermont-Tonnerre. Set in a rural Nevada maximum security, a convict regains his humanity in a program training wild mustangs. Inspired by true rural prison programs. Several of the actors in the film are ex-convicts from the prison.

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- Off The Rails. the Darius McCollum Story, 2016. The infamous “Transit Bandit” spends the greater part of his life behind bars. He drives busses and trains, compelled by his Asperger’s (classified in DSM-5 as autism). Documentary.
- On the Outs, 2018. Documentary profiling three incarcerated individuals with mental illness and their mental health care - or lack thereof - upon their release from prison. Only one of them was able to manage life on the outside.
- Rosewood, 1997. Starring Jon Voight, Don Cheadle, and Bruce McGill, directed by John Singleton. A dramatization of a 1923 horrific racist lynch mob attack on an African-American community.
- Selma, 2014. Starring David Oyelowo, Carmen Ejogo, Oprah Winfrey, directed by Ava DuVernay. 2014. Based on the true story.
- Shawshank Redemption, 1994. Starring Tom Hanks and Morgan Freeman. Fiction.
- A Soldier’s Story, 1984. Starring Howard E. Rollins Jr, Adolph Caesar and David Alan Grier, directed by Norman Jewison. An African American officer investigates a murder in a racially charged situation in WWII.
- They Call Us Monsters. 2017. Documentary about three juvenile offenders who have committed serious crimes. Do they deserve a second chance or decades behind bars? To some they are teenagers, to others they are monsters.
- To Kill a Mockingbird, 1962. Starring Gregory Peck, based on Harper Lee’s 1960 Pulitzer Prize-winning novel of the same name. Fiction.
- True Justice. Bryan Stevenson’s Fight for Equality, 2019. HBO documentary films, directed and produced by Peter Kunhardt, George Kunhardt and Teddy Kunhardt.
- Unit of Difficult Patients: What Future for the Criminally Insane, 2017. Directed by Aymone de Chantera. Documentary.

television:

- “Law & Order SVU,” 1999 - present.
- “Orange is the New Black,” 2013 - 2019.
- “The Night Of,” 2016 mini-series.
- “When they See Us,” 2019, mini-series. Based on the stories of each of the exonerated Central Park Five, created by Ava DuVernay.

theatre:

- Exonerated, a play with a rotating star-studded cast, each reading the true life story of someone who has been wrongly convicted, then exonerated. Some of the stories are told posthumously. Exonerated has been performed Off Broadway and around the country.

Disruptive, impulse-control and conduct disorders (including oppositional defiant, intermittent explosive, conduct, anti-social personality disorder (cross referenced in the chapter on Personality Disorders), pyromania, and kleptomania):

film:

- America’s Serial Killers. Portraits in Evil, 2009. A 10-part journey into darkness from Mill Creek Entertainment. This film includes the stories of Jack the Ripper, Albert Fish (the Vampire of Brooklyn), the Boston Strangler, the Zodiac, Son of Sam, Charles Manson and Jeffry Dahmer. Documentary. Anti-social personality disorder (also known as sociopathy).

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- The Apprenticeship of Duddy Kravitz, starring Richard Dreyfuss, c. 1974. (several Cluster 'B' PDs)
- The Big Short, starring starring Christian Bale, Steve Carell, & Ryan Gosling, c. 2015. (several Cluster 'B' PDs)
- Bullied, 2010. This documentary centers on the powerful story of Jamie Nabozny, a gay teenage boy, tormented for years by classmates. Jamie fought back, not with his fists but in a courtroom. Narrated by Jane Lynch.
- Bully, 2011. Documentary.
- Catch Me if you Can, 2002. Starring Leonardo DiCaprio. Based on the life story of Frank Abagnale. Anti-social personality disorder (also known as sociopathy).
- Chasing Madoff, unfortunately, based on a true story, documentary about how Harry Markopolos discovered Madoff's Ponzi scheme, but no one would listen, c. 2011. (several Cluster 'B' PDs)
- Conviction, 2010. Starring Hilary Swank and Sam Rockwell. A working mother puts herself through law school in an effort to represent her brother, who is wrongfully convicted of murder and has exhausted his chances to appeal through public defenders. Based on a true story.
- The Devil Wears Prada, starring Meryl Streep and Anne Hathaway, c. 2006. (BPD).
- Foxcatcher, 2014. Starring Steve Carell, Channing Tatum and Mark Ruffalo. Sociopathic-like behavior. Based on the life story of John Dupont in his later years. Caveat: Apparently a lot of Hollywood license was taken with this film. Reportedly, the relationship with Dupont's mother was warm and loving, unlike the portrayal in the film. Dupont's father, while generous, was distant. In his early years, Dupont was a tremendous supporter of swimmers, pentathletes and was a pioneer in the sport of triathlon.
- The Hoax, 2006. Starring Richard Gere. Based on the life story of Clifford Irving. Anti-social personality disorder, evidenced in pathological lying and sociopathy.
- Kalifornia, 1993. Starring Brad Pitt, Juliette Lewis and David Duchovny. A tale of a journalist duo who go on a tour of serial murders with two companions - unaware that one of them is a serial killer himself. Chilling fiction. Anti-social personality disorder (sociopathy).
- Manic, 2003. Starring Don Cheadle and Joseph Gordon-Levitt. This film, shot in documentary style, is set in an adolescent residence for violent teens and demonstrates aggressive behaviors sometimes associated with disruptive behavior disorders. Teens in the residence exhibit disruptive behaviors, bipolar, depression, eating disorders, trauma, extreme anxiety and more. Fiction.
- Mommy, 2014. The adolescent in this French Canadian film is reportedly diagnosed with attention-deficit/hyperactivity (AD/HD). However, as the film progresses it is clear that his diagnosis came after the DSM-5 criteria for age of onset for AD/HD and is more probably the impulse control disorder known as conduct disorder, as a result of post-traumatic stress disorder. Fiction.
- Monster, 2003. Starring Charlize Theron. Based on the story of serial killer Aileen Wuornos. Anti-social personality disorder (sociopathy).
- Moonlight, 2016. Starring Mahershala Ali, Shariff Earp and Duan Sanderson, directed by Barry Jenkins. This movie is a timeless story of human connection and self-discovery. Three actors play a single character, Chiron, at various stages in his life –

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from his vulnerable youth on the rough streets of Miami, to crucial life decisions made as an adolescent, to his adulthood as a street-toughened drug dealer. The film demonstrates the intricate interplay of environment, opportunity and role models in the development of attachment and conduct disorders. Fiction. Moonlight won the 2016 Academy Award for Best Picture and Best Supporting Actor (Ali).

- The Mustang, 2019. Starring Matthias Schoenaerts, Jason Mitchell and Bruce Dern, directed by Laure DeClermont-Tonnerre. Set in a rural Nevada maximum security prison, a convict regains his humanity in a program training wild mustangs. Inspired by true rural prison programs. Several of the actors in the film are ex-convicts from the prison.
- My Life as a Zucchini, 2017. Directed by Claude Barras, a stop-motion animated feature film. Barras says “This film is an homage to neglected and mistreated children who do the best they can to survive and live with their wounds. Zucchini, our hero, has been through many difficult times and, after having lost his mother, he believes he is alone in the world.” Healing begins when Zucchini meets a kindly policeman, starts a new life in a foster care center, finds a group of friends he can rely on, falls in love, and learns what it means to be happy. Adapted from the book Autobiography of a Courgette, by Gilles Paris.
- Nightcrawler, 2014. Starring Jake Gyllenhaal. Psychopathy. Fiction.
- RIPPED OFF: Madoff and the Scamming of America, 2016. Documentary, courtesy of the History Channel.
- Short Term 12, 2014. Starring Academy Award winner Brie Larson. Told through the eyes of a young supervisor of a group home for troubled teens, this feature touches on issues of childhood trauma, attachment and disruptive behaviors. Fiction.
- Ted Bundy, 2002. Documentary from Biography of A&E television, chronicles Bundy’s four year reign of terror as he brutally raped and murdered dozens of women across the country, becoming one of the most notorious serial killers in U.S. history.
- SOS Summer of Sam, 1999. Directed by Spike Lee, starring John Leguizamo and Mira Sorvino. Based on the story of Son of Sam, serial killer.
- Valentine Road, 2013. On February 12, 2008, in Oxnard, California, 8th grade student Brandon McInerney shot his classmate Larry King twice in the back of the head during first period. Larry died two days later. This is the true story of the deceased (an effeminate gay youth) and the murderer (a budding neo-Nazi). The film connects the human wreckage of Larry’s and Brandon’s troubled lives-both physically abused, both from broken homes, and both searching for a sense of belonging. Documentary.
- Wall Street, starring Michael Douglas and Charlie Sheen, directed by Oliver Stone, 1987. (several Cluster ‘B’ PDs)
- We Need to Talk About Kevin, 2010. Based on the award winning novel by Lionel Shriver, this fictional film is a stunning piece of work and a crushing discussion on the impact of nature vs. nurture. Movingly directed by Lynne Ramsay, it features stellar performances from Tilda Swinton, John C. Reilly and Ezra Miller.
- The Wizard of Lies, 2017. HBO special starring Robert Di Niro and Michelle Pfeiffer, directed by Barry Levinson. An introspective look into Bernie Madoff.
- The Wolf of Wall Street, starring Leonardo DiCaprio, Jonah Hill and Margot Robbie, 2013. (several Cluster ‘B’ PDs)

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- Zodiac, 2007. Starring Jake Gyllenhaal, Robert Downey Jr. and Mark Ruffalo. Based on the true story of the unsolved mystery of the Zodiac killer. (anti-social personality disorder).

television:

- “The Blacklist,” 2013 - present. Fiction.
- “Law & Order True Crime: The Menendez Murders,” 2017. NBC mini-series based on the true story, starring Edie Falco as attorney Leslie Abramson.
- “Law & Order SVU,” 1999 - present. Fiction.
- “Mindhunters,” 2017 - 2019. Based on the true story of the FBI detectives who coined the term ‘serial killer’ and solved crimes by interviewing serial killers in maximum security prisons.
- “Madoff,” the 4-part mini-series, 2016. Based on the life of Bernard Madoff. Anti-social personality disorder, (sociopathy).

Dissociative disorders (includes dissociative identity disorder - formerly known as split or multiple personality disorders):

film:

- Busy Inside, 2021. Documentary. Through personal stories, Busy Inside delves deeply into Dissociative Identity Disorder(DID). A respected therapist specializing in the condition’s treatment and her patients, confront past trauma and embrace their different personalities. An America Reframed episode, Season 9.
- Crazy. Not Insane, 2020. HBO documentary. Directed and produced by Alex Gibney. Starring Dorothy Lewis, M.D. and Catherine Yeager. Narrated by Laura Dern.
- David & Lisa, 1998. Starring Sidney Poitier, Lukas Haas and Brittany Murphy. David, a withdrawn but apparent near genius, who fears being touched, meets Lisa, a young woman suffering from split personalities who speaks only in rhymes and withdraws from anyone who doesn’t speak to her likewise, at a psychiatric residential home. The unlikely pair work through their issues through connection and the compassionate care of psychologist Sidney Poitier. Based on Theodore Isaac Rubin, M.D.’s book of case studies Lisa & David.
- Fight Club, 1999. Starring Brad Pitt and Edward Norton. Fictional story of an insomniac office worker, looking for a way to change his life, crosses paths with a devil-may-care soap maker, forming an underground fight club that evolves into something much, much more... Fiction.
- Heart and Souls, 1993. Starring Robert Downey, Jr., Charles Grodin, Alfre Woodard and Kyra Sedgwick. Fictional story of a boy who is inhabited by a busload of passengers after their untimely death. Arguably a story of DID.
- Oprah Interviews a Woman with 92 Personalities, The Oprah Winfrey Show, OWN, 1990. Interview with Truddi Chase, author of When Rabbit Howls. Available on YouTube.
- The Three Faces of Eve, 1957. Starring Joanne Woodward, David Wayne and Lee J. Cobb. Joanne Woodward won an Academy Award for her portrayal of Eve. According to the the ‘real’ Eve, Chris Costner Sizemore, the movie ends prematurely and is an extremely tame version of her true life story.
- Split, 2016. Starring James McAvoy, directed by M. Night Ahyamalan. Fiction.

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- Sybil, 1976. Starring Sally Field, Joanne Woodward and Brad Davis. A young woman whose childhood was so harrowing that she developed at least 16 different personalities. Based on the life of 'Sybil' (Shirley Ardell Mason).
- The Voices Within: The Lives of Truddi Chase, 1990. Starring Shelly Long, Tom Conti and Tiffany Ballenger. Directed by Lamont Johnson, based on Truddi Chase's autobiography When Rabbit Howls. [Truddi Chase died in early 2021. She was 75.]
- The Woman With 15 Personalities, 2010. Documentary. YouTube.

Feeding and eating disorders (including anorexia, bulimia and bingeing):

film:

- Athlete A, 2020. A Netflix production about the Larry Nassar sexual abuse scandal inside USA Gymnastics and the gymnast's struggle to be thin. Directed by Bonni Cohen. Documentary.
- Brittany Runs a Marathon, 2019. Starring Jillian Bell, Michaela Watkins and Utkarsh Ambudkar. Directed by Paul Downs Colaizzo.
- Emma Wants to Live, 2016. Documentary directed by Jessica Villerius. This film offers a unique look at the deadly disease of anorexia. Emma, 18, filmed her own struggle and death. When she started filming, she knew it would end one of two ways: either as a film about recovery, or about the devastation of anorexia. It became the latter. Her message echoes: choose life while you can.
- Fat, 2013. Stars Mel Rodriguez and Ashley Lauren. Directed by Mark Phinney. Ken is addicted to food and bad health. Despite help from his friends, he does what he wants until... Fat is a funny and dramatic look at food addiction, based on Mark Phinney's own experiences.
- Fat Front, 2019. Documentary directed by Louise Detlefsen and Louise Kjeldsen. Four young women, two from Norway, one each from Denmark and Sweden, on being overweight and beautiful. How to be comfortable and proud of your body, even though it doesn't fit into the norms dictated by the media.
- Fatso, 1980. Starring Anne Bancroft, Dom DeLuise and Robert Costanzo. Directed by Anne Bancroft.
- For the Love of Nancy, 1994 TV movie. Starring Tracey Gold, Jill Clayburgh and Cameron Bancroft. Directed by Paul Schneider. The parents of an anorexic woman fight to save her life.
- Girl, Interrupted, 1999. Starring Angelina Jolie, Winona Ryder and Whoopi Goldberg. Directed by James Mangold.
- I Feel Pretty, 2018. Starring Amy Schumer, Michelle Williams and Tom Hopper. Directed by Abby Kohn and Marc Silverstein. A woman struggling with insecurity wakes up from a fall believing she is the most beautiful and capable woman alive. Her new confidence empowers her to live fearlessly.
- Love, Gilda, 2018. Starring Gilda Radner, Chevy Chase, Bill Hader and Amy Poehler. Directed by Lisa D'Apolito.
- Mean Girls, 2013. Starring Lindsay Lohan, Rachel McAdams, and Tim Meadows. Directed by Mark Waters.
- Men, Women and Children, 2014. Anorexia. Fiction.
- Precious, 2009. Starring Mariah Carey, Lenny Kravitz and Paula Patton. Directed by Lee Daniels. Based on the novel Push by Sapphire.

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- The Road Within, 2015. Starring Kyra Sedgwick, Robert Sheehan, Dev Patel, and Zoe Kravitz. Director Gren Wells is an anorexia survivor. Set in a non-traditional residential program, the movie stars 3 lovable young actors who give extremely accurate portrayals of OCD (Patel), severe Tourette's (Sheehan) and anorexia (an illness actress Kravitz has struggled with). Tons of research was done. They've proven that you can be accurate about the medical mental health conditions and not sacrifice entertainment value. The movie is funny, sad, moving and triumphant. Fiction.
- Sharing the Secret, 2000 TV movie, starring Mare Winningham, Alison Lohman, and Lawrence Monoson. Directed by Datt Shea. A teenage girl who feels she must always seem happy for her parents and friends secretly binges and purges.
- Superstar: The Karen Carpenter Story, 1987. Documentary directed by Todd Haynes.
- Thin, if it takes dying to get there, so be it, 2006. HBO documentary. This documentary is set in the Renfrew Center, a residential facility for treatment of women with eating disorders. It follows the lives of four young women (ages 15-30) who have spent most of their lives starving themselves, often to the verge of death.
- Thirteen, 2003. Starring Vanessa Hudgens, Evan Rachel Wood and Holly Hunter. Directed by Catherine Hardwicke.
- To the Bone, 2017. Starring Lily Collins, Keanu Reeves and Carrie Preston. Netflix. A young woman, dealing with anorexia, meets an unconventional doctor who challenges her to face her condition and embrace life.
- The WEIGHT of the NATION, 2012. HBO documentary. Obesity.
- What's Eating Gilbert Grape, 1994. Starring Johnny Depp, Leonardo DiCaprio and Juliette Lewis. Directed by Lasse Hallstrom. Gilbert Grape's mother becomes a recluse after she gains a lot of weight, due to the depression she suffers following her husband's suicide. She refuses to leave the house because she fears her neighbors making fun of her. Her son berates her. Following her death, her children burn her body to save the embarrassment of being mocked at her own funeral.

television:

- "New Amsterdam," 2018 - present. The psychiatrist at New Amsterdam Hospital, Iggy is a binge-eater.
- "Flesh and Bone," 2015, television mini-series about ballet dancers. Painfully realistic.
- "Saturday Night Live."
- "Shrill," a Hulu television series starring SNL's Aidy Bryant. Produced by Lorne Michaels and Elizabeth Banks. Aidy Bryant plays Annie, a fat young woman who wants to change her life - but not her body.

theater:

- Hairspray, 2002. Original Broadway production starred Marissa Jaret Winokur and Harvey Fierstein. Directed by Jack O'Brien. Choreographed by Jerry Mitchell. Based on the 1988 John Waters film, Hairspray follows lovable optimist Tracy Turnbald as she follows her dream of being a dancer. Opened on Broadway July 2002 and closed January 2009.

Internet & it's Impact on Mental Health:

film:

- Avatar, 2009. Starring Sam Worthington, Zoe Saldana, Sigourney Weaver. Fiction.

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- Disconnect, 2012. Starring Jason Bateman, directed by Henry Alex Rubin. A drama centered on three groups of people searching for connection in the world of cyberspace. Fiction.
- Cyberbully, 2011. An after-school special. Based on actual events.
- Ex Machina, 2014. Starring Domhnall Gleeson, Oscar Isaac and Academy Award winner Alicia Vikander. Artificial intelligence. Fiction.
- Hackers, 1995. Ahead of its time when released, now a chilling reality. SciFi.
- Steve Jobs, 2015. Starring Michael Fassbender, Kate Winslet, Seth Rogen. Several movies have been released about Steve Jobs. This one is based primarily on Walter Isaacson's best selling 2015 biography Steve Jobs. It is arguably the most authentic version of Jobs' life. Biopic.
- The Matrix, 1999. SciFi.
- War Games, 1983. Starring Matthew Broderick, Ally Sheedy, John Wood. Light years ahead of its time - what happens when a kid playing video games accidentally hacks into a government national security war room? SciFi.

television:

- "Blacklist," 2013 - present. Crime detection is almost entirely reliant on the internet for searches. Fiction.
- "Grey's Anatomy" 2005 - present, features an episode where hackers hijack the hospital's internet base, paralyzing all operation, unless a high ransom is paid.
- "Law & Order SVU," 1999 - present. An April, 2017 episode featured a murderer bent on making all information public, under the guise "the truth will set you free." Crime is solved when victim's flat screen tv, through voice activation, records the deed. Fiction (sort of).
- "Mr. Robot," 2015 - 2019. Starring Remi Malek and Christian Slater. A cybersecurity engineer and hacker with social anxiety disorder and depression, joins a group of hacktivists aiming to destroy all debt records by encrypting the financial data of E Corp. Fiction.
- "NCIS," 2003 - present. CBS. Crime detection is almost entirely reliant on the internet. In one episode, a master hacker infects NCIS with Ransomware. All internet activity ceased and the team resorted to burner phones. Agents' responses to the need to rely on 'archaic' phones, use maps to find locations and speak to each other face to face are comical, but highlight our growing reliance on the Internet. Fiction (sort of).

LGBTQ:

Recommended films & television shows:

- The Adventures of Priscilla Queen of the Desert, starring Hugo Weaving, Terence Stamp and Guy Pearce, directed by Stephan Elliott, 1994.
- All about my Mother, starring Cecilia Roth, Marisa Paredes and Candela Pena, directed by Pedro Almodovar, 1999.
- Any Day Now, starring Alan Cumming, Garret Dillahunt and introducing Isaac Levya. Inspired by a true story, 2012.
- The Birdcage, starring Nathan Lane and Robin Williams, directed by Mike Nichols and Elaine May. The Birdcage is the 1996 American film remake of the 1978 French La Cage Aux Folles.

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- Bohemian Rhapsody, starring Rami Malek, directed by Bryan Singer. The story of the legendary British rock band Queen and lead singer Freddie Mercury. Malek won an Academy Award for his performance. 2018.
- Boys Don't Cry, Academy Award winning film based on the 1993 murder of Brandon Teena - an American transgender man who was raped and murdered in Humboldt, Nebraska, 1999.
- Boys in the Band, starring Kenneth Nelson, Peter White and Leonard Frey, directed by William Friedkin, 1970.
- Brokeback Mountain, starring Jake Gyllenhaal, Heath Ledger and Michelle Williams, directed by Ang Lee, 2005. Brokeback Mountain won three Academy Awards and was nominated for five, including Best Picture and Best Performance in a leading role.
- Call Me by Your Name, starring Armie Hammer, Timothee Chalamet, directed by Luca Guadagnino, 2017.
- Carol, starring Rooney Mara and Cate Blanchett, directed by Todd Haynes, 2015.
- Changing the Game, starring Mack Beggs, Sarah Rose Huckman, Andraya Yearwood and Terry Miller. Documentary. 2021.
- The Children's Hour, starring Audrey Hepburn and Shirley MacLaine, directed by William Wyler, 1961.
- The Crying Game, Starring Stephen Rea and Forest Whitaker, directed by Neil Jordan, 1992.
- Dallas Buyers Club, starring Matthew McConaughey, Jared Leto and Jennifer Garner, directed by Jean-Marc Vallée, 2013. Based on the true story about a cowboy who takes matters into his own hands after he's diagnosed HIV+. McConaughey won an Academy Award for his performance.
- The Danish Girl, starring Edie Redmayne & Alicia Vikander, directed by Tom Hooper, 2015.
- Dog Day Afternoon, starring Al Pacino, John Cazale, Chris Sarandon and Charles Durning, directed by Sidney Lumet, 1975. Based on the story of John Wojtowicz who attempted to rob a bank to pay for his lover's sex change operation. [In 2014, The Dog, a documentary which related the real story of that August day was released.]
- Edie & Thea: A Very Long Engagement, a love story, directed by Susan Muska and Greata Olafsdottir, 2009. Documentary.
- Every Act of Life, directed by Jeff Kaufman, 2018. The life of Tony-winning playwright Terrence McNally: 60 years of groundbreaking theater, the struggle for LGBT rights, addiction and recovery. Documentary.
- A Fantastic Woman, starring Daniela Vega (a transgender actor), directed by Sebastian Lelio, 2018. Academy Award winner of Best Foreign Language Film in 2018.
- Gender Revolution, a journey with Katie Couric, a National Geographic film, 2017. Documentary.
- Hedwig and the Angry Inch, starring John Cameron Mitchell, Miriam Shor and Stephen Trask, directed by John Cameron Mitchell, 2001.
- The Hours, starring Meryl Streep, Nicole Kidman and Julianne Moore, directed by Stephen Daldry, 2002.
- How We Got Gay, directed by Marc de Guerre, 2013. Documentary. The story of the struggle for gay rights from the 40s and 50s to the present.

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- The Kids are Alright, starring Mia Wasikowska, Julianne Moore, Anette Benning and Mark Ruffalo, directed by Lisa Cholodenko, 2010.
- La Cage aux Folles, (first released as Birds of a Feather), starring Ugo Tognazzi, Michel Serrault, Claire Maurier, directed by Edouard Molinaro, 1978. Based on Jean Poiret's 1973 play of the same name. The film was followed by two sequels: La Cage aux Folles II (1980) and La Cage aux Folles 3 (1985). The 1983 Broadway musical La Cage aux Folles, was based on the original play rather than the film, with music and lyrics by Jerry Herman and a book by Harvey Fierstein. A 1996 American film remake, The Birdcage, directed by Mike Nichols and written by Elaine May, moved the story to South Beach and starred Robin Williams and Nathan Lane.
- The Laramie Project, written and directed by Moises Kaufman and starring Newsom Carbonell, Christina Ricci, Dylan Baker, Terry Kinney, and Lous Ann Wright. Based on the play of the same name. It premiered at the 2002 Sundance Film Festival and was first broadcast on HBO in March 2002.
- Love is Strange, starring John Lithgow and Alfred Molina, 2014.
- Ma Vie en Rose, starring Georges Du Fresne, Michele Laroque and Jean-Philippe Ecoffey, directed by Alain Berliner, 1997.
- Midnight Cowboy, starring Dustin Hoffman and Jon Voight, directed by John Schlesinger, 1969. The first X-rated film ever to win an Academy Award for Best Picture.
- Milk, starring Sean Penn, directed by Gus Van Sant. Based on the life of Harvey Milk. 2008.
- The Miseducation of Cameron Post, starring Chloe Grace Moretz, Sasha Lane and Forrest Goodluck, 2018. Fiction.
- Moonlight, starring Trevante Rhodes, Ashton Sanders, Janelle Monae, Naomie Harris and Mahershala Ali, directed by Barry Jenkins, 2016. Academy Award winner for Best Picture.
- My Beautiful Laundrette, starring Daniel Day-Lewis and Gordon Warnecke, directed by Stephen Frears, 1985.
- My Own Private Idaho, starring Keanu Reeves and River Phoenix, directed by Gus Van Sant, 1991.
- Normal, starring Jessica Lange and Tom Wilkinson, directed by Jane Anderson, 2003.
- The Normal Heart, starring Mark Ruffalo, Jonathan Groff, and Matt Bomer, directed by Ryan Murphy, 2014.
- Orlando, starring Tilda Swinton, Billy Zane and Quentin Crisp, directed by Sally Potter, 1992.
- Philadelphia, starring Tom Hanks and Denzel Washington, directed by Jonathan Demme, 1993. Based on the firing of Geoffrey Bowers from the firm of Baker & McKenzie after AIDS-related Kaposi's sarcoma lesions appeared on his face. The firm maintained he was fired purely for his performance.
- The Ritz, starring Jerry Stiller, Jack Weston, F. Murray Abraham and Rita Moreno, directed by Richard Lester. Screenplay by Terrence McNally. 1976.
- Rocky Horror Picture Show, starring Susan Sarandon, Tim Curry and Barry Bostwick. Playing at movie theaters as a midnight cult favorite since 1975.
- The Ryan White Story, starring Judith Light, Lukas Haas and Nikki Cox, 1989.

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- Stonewall, starring Jeremy Irvine, and Johnathan Rhys, directed by Roland Emmerich, 2015. Based on the Stonewall uprising.
- Sunday Bloody Sunday, starring Peter Finch, directed by John Schlesinger, 1971.
- The Times of Harvey Milk, documentary, directed by Rob Epstein, 1984.
- Tangerine, directed by Sean S. Baker, 2015. Fiction.
- To a More Perfect Union: U.S. v Windsor, directed by Donna Zaccaro, 2019. Documentary.
- Tomboy, starring Zoe Heran, directed by Celine Sciamma, 2012. A family moves into a new neighborhood, and 10-year-old Laure deliberately presents as a boy named Mikhael to the neighborhood children. Fiction.
- TransAmerica, starring Felicity Huffman and Kevin Zegers, directed by Duncan Tucker, 2005.
- Transmilitary, documentary, 2018.
- Tucked, directed by Jamie Patterson, starring Derren Nesbitt and Jordan Stephens. A raw and tender drama about an aging drag queen and his unlikely friendship with an up-and-coming queen. 2018.
- We Were Here, directed by David Weissman, 2011. Documentary.

Television (a handful of my favorites - there are lots, lots more):

- "All My Children," daytime soap, featured the first lesbian kiss on daytime tv.
- "Angels in America," HBO mini-series, starring Meryl Streep, Emma Thompson, Al Pacino and Mary-Louise Parker. Based on the play by Tony Kushner about the dawn of AIDS. 2003.
- "Fellow Travelers," a chronicle of homosexuality and segregation in America from the McCarthy era in the 1950s, spanning the Vietnam War protests of the 60s, the drug-fueled disco hedonism of the 1970s and AIDS crisis of the 1980s. A Showtime mini-series. Start Matt Bomer and Jonathan Bailey. 2023.
- "The Fosters," a lesbian couple become foster and adoptive parents to kids with a wide variety of backgrounds and needs, 2013 - 2018.
- "Grace and Frankie," finding out that their husbands are not just work partners, but have also been romantically involved for the last twenty years, two women try to cope together, starring Jane Fonda, Lily Tomlin, Sam Waterston and Martin Sheen, 2015 - present.
- "Modern Family," ABC comedy series, 2009 - 2020.
- "Orange is the New Black," 2012 thru 2019.
- "Pose," FX series starring Billy Porter about NYC's drag ball scene, 2018 - present.
- "Soap," prime time television series. Billy Crystal plays one of the first openly gay characters in a recurring role. 1977-81.
- "This is Me," an Amazon docu-series, 2015, with Van Barnes, Mel Shimkovitz, Valerie Spencer, Maya Jafer. This mini-series acts as an easily digestible primer for the difficulties many transgender people face.
- "Uncoupled," starring Neil Patrick-Harris, 2022-3.
- "Will and Grace," 1998 - 2006, and returned 2017 to 2020. Despite initial criticism for its stereotypical portrayal of gay characters, it went on to become a staple of NBC's 'Must See TV'

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Recommended Theater (a few of my favorites):

- Angels in America, Part I Millennium Approaches first premiered on Broadway in 1991. Part II Perestroika premiered in 1993. Tony Kushner won numerous awards, including the Pulitzer Prize and Tony for Best Play. Both parts of Angels of America were reprised on Broadway in 2018 and won the Tony Award for Best Revival of a Play.
- Bent, starring Richard Gere as a gay man in a Nazi Concentration Camp, Broadway 1979.
- Boys in the Band, by Mart Crowley premiered Off-Broadway in 1968. It was revived on Broadway for its 50th Anniversary in 2018. The cast of the revival were all out gay men. It won the 2019 Tony Award for Best Revival of a Play.
- The Children's Hour, by Lillian Hellman, first staged on Broadway in 1934.
- Falsettos by James Lapine. Originally produced off Broadway and revived on Broadway in 2016.
- Hedwig and the Angry Inch opened Off-Broadway in 1998 where it won the Obie and Outer Critics Circle Award. In 2014, it saw it's first Broadway incarnation winning that year's Tony Award for Best Revival of a Musical.
- Hir, by Taylor Mac about gender nonconformity, was performed Off-Broadway at Playwrights Horizon, 2015.
- The Inheritance, a two-part play about several generations of gay men in NYC set two decades after AIDS ravaged the community. The 2-part, seven hour, Olivier Award winner began previewed on September 27, 2019 on Broadway and closed one week before Broadway went dark due to COVID-19 on March 12, 2020.
- The Laramie Project, Off Broadway New York, Union Square Theater, 2000.
- Love! Valour! Compassion!, a three act play by Terrence McNally, opened Off Broadway in 1994 and transferred to Broadway in 1995. Starring Nathan Lane, John Glover, Stephen Bogardus, John Benjamin Hickey and Anthony Heald. Won the Tony for Best Play and the Drama Desk Award for Outstanding Play.
- A Man of No Importance, a musical by Terrence McNally, 2002. Based on the film A Man of No Importance, starring Albert Finney, by Barry Devlin, 1994.
- The Normal Heart, Broadway 2011.
- The Prom, 2019 Tony nominated original musical, recently on Broadway, nominated for a Tony for Best Musical in 2019.
- The Ritz, by Terrence McNally, 1975.
- Torch Song Trilogy, a collection of three plays by Harvey Fierstein rendered in three acts. The show opened Off-Broadway in 1978 and moved to Broadway in 1982.

Neurocognitive disorders (includes dementias and Alzheimer's):

film:

- Alive Inside, 2014, by Michael Rossato-Bennett. This documentary "is a joyous cinematic exploration of music's capacity to reawaken our souls and uncover the deepest parts of our humanity. Rossato-Bennett chronicles the astonishing experiences of individuals around the country who have been revitalized and awakened by the simple act of listening to the music of their youth."
- Amour, 2012. Fiction.
- Away from Her, 2006, Starring Julie Christie, Michael Murphy and Gordon Pinsent. Nominated for two Academy Awards. Fiction.

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- The blind boys of Alabama: How Sweet the Sound, 2015. The Blind Boys of Alabama first met in the 1930s at a segregated state-run vocational school. Friends since childhood, these men comprise the last of the great Gospel quartets. Shot over ten years, with current and archival performances, this extraordinary film examines the past, present and future of the group. The majority of the gentlemen featured are in their 70's and 80's. Thanks to music, faith and a life filled with purpose, none experience dementia. Documentary.
- The Curious Case of Benjamin Button, 2008. Starring Cate Blanchett and Brad Pitt. Fiction.
- The Father, 2020. Starring Anthony Hopkins and Olivia Colman, directed by Florian Zeller. The Father is told from the unique perspective of the individual experiencing dementia and its progression.
- Iris, 2001. Starring Judi Dench and Jim Broadbent. Based on the true story of the romance between novelist Iris Murdoch and her spouse John Bayley. Broadbent won the Academy Award for Best Actor for his depiction of John Bayley. Judi Dench and Kate Winslet were nominated for Best Actress and Best Supporting Actress, respectively, for their portrayals of Iris Murdoch.
- The Life Ahead, 2020. A tour de force performance by Sophia Loren, portraying a Holocaust Survivor and ex-prostitute, who takes in the children of local sex workers. As the film progresses, she slips more deeply into dementia. Based on Romain Gary's 1975 book The Life Before Us, the film is directed by her son Edoardo Ponti, and introduces child actor Ibrahima Gueye as Momo.
- Monster in the Mind, 2017. Documentary.
- The Notebook, 2004. Fiction.
- On Golden Pond, 1981. Fiction.
- Robin Williams: come inside my mind, 2019. HBO documentary films. Robin Williams was public about his depression and substance use disorders. He ultimately died by suicide. It was learned post-mortem that he suffered from Lewy Body dementia.
- Robin's Wish, 2020. Robin Williams' widow, Susan Schneider Williams delves into the science behind Lewy body dementia, the disease that ravaged Williams' mind in his final days. Documentary.
- Robot and Frank, 2012. Fiction.
- The Savages, 2007. Starring Laura Linney and Philip Seymour Hoffman. Fiction.
- Still Alice, 2014. Starring Julianne Moore and Alec Baldwin. Based on the novel by the same name. Moore won an Academy Award for this star turn. Fiction.
- Una Vida: A Fable of Music and the Mind, 2014. Starring Aunjanue Ellis, Joaquin deAlmeida and Bill Cobbs, directed by Richie Adams. Fiction.
- What they Had, 2018. Starring Blythe Danner, Hillary Swank, Robert Forster and Michael Shannon. Fiction.
- Wrinkles, 2014. Martin Sheen, Matthew Modine and George Coe lead a cast of eccentric characters who rebel against authority in this wonderfully animated and poignant comedy for adults. Using hand-drawn animation, Wrinkles moves freely between the residents of an old age home's daily routines and their more colorful, dementia-induced fantasies. Based on the graphic novel. Dementia and Alzheimer's. Fiction.

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Neurodevelopmental disorders, (includes learning disabilities and intellectual disabilities):

film:

- A Child is Waiting, 1962. Starring Judy Garland and Burt Lancaster, set in one of the first boarding schools for children with developmental disorders.
- Being There, 1979. Starring Peter Sellers and Shirley MacLaine, based on the novel by Jerzy Kosinski. Fiction
- Best Boy, 1979. Documentary.
- The Big picture: rethinking dyslexia, 2013. Documentary.
- Charly, 1968. Starring Cliff Robertson and Claire Bloom. This film demonstrates what it might feel like to be a learning disabled adult, given a glimmer of genius. It poses challenging hypothetical questions like: What are the rewards and challenges of certain limitations or genius? How are the perceptions of others shaped by relative intelligence? Fiction.
- Dad's in Heaven with Nixon, 2010. Tom Murray lovingly presents his autistic brother Chris Murray (1960-), through Chris's relationship to his family members, their father, who died when Chris was about 20, and his success as a gifted artist. Chris has lived on his own for more than 30 years, navigated public transportation, is affectionate with his mom and brother and is certain that his father is in Heaven. Chris's creations are cheerful landscapes of New York buildings, meticulously done in multi-media. He likes his life, just as it is. Tom depicts a history of mental health conditions in family members with addictive disorders and bipolar disorder. Documentary.
- Elling, 2001. Norwegian Academy award nominated film is based on a best selling novel. It is a loving, funny and warm portrayal of agoraphobia and mild cognitive disability. Fiction.
- Far From the Tree, 2017. Based on the book of the same name by Andrew Solomon. Documentary.
- Flowers for Algernon, the original, 1968. Cognitive impairment. Fiction.
- Forest Gump, 1994. Intellectual disability. Fiction.
- The Green Mile, 1999. Intellectual disability. Fiction.
- I am Sam, 2001. Starring Sean Penn and Michelle Pfeiffer. Autism and neurodevelopmental disorders. Fiction.
- I have Tourette's but Tourette's doesn't have me, dispelling the myth one child at a time, 2006. Winner of the Emmy for outstanding children's program. Documentary.
- Keep the Change, 2017. Multiple neurodevelopmental disorders including autism and learning disabilities. Fiction.
- The Kings Speech, 2010. Speech & social anxiety disorder. Based on the true life story of King George VI.
- Like Stars on Earth, 2007. Dyslexia. Fiction.
- My Left Foot, 1989. Starring Daniel Day-Lewis. Based on the life story of Christy Brown, born with cerebral palsy.
- Of Mice and Men, the original starred Burgess Meredith and Lon Chaney in 1939. A remake with Gary Sinise and John Malkovich was produced in 1992. Cognitive impairment. Based on the play of the same name. Fiction.
- Peanut Butter Falcon, 2019. Starring Shia LaBeouf, Dakota Johnson and Zack Gottsagen, Directed by Tyler Nilson and Michael Schwartz. Fiction.

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- Profoundly Normal, 2003. Starring Kirstie Alley and Delroy Lindo, director Graeme Clifford. Based on the true story of Donna and Ricardo Thornton, two cognitively challenged individuals, their life at Forest Haven, a state institution for cognitively impaired or abandoned children, and their life after the institution is shut down.
- Radio, 2003. Developmental disability. Fiction.
- The Road Within, 2015. Starring Kyra Sedgwick, Robert Sheehan, Dev Patel, and Zoe Kravitz. Director Gren Wells is an anorexia survivor. Set in a non-traditional residential program, the movie profiles 3 lovable young actors who give extremely accurate portrayals of OCD (Patel), severe Tourette's (Sheehan) and anorexia (an illness actress Kravitz has struggled with). Tons of research was done. They've proven that you can be accurate about the medical mental health conditions and not sacrifice entertainment value. The movie is funny, sad, moving and triumphant. Fiction.
- 2e twice exceptional, 2015. "2e" follows the personal journeys of a unique group of high school students in Los Angeles who have been identified as 'twice exceptional' - gifted or highly gifted kids with learning disabilities or differences. among them may be the next Einstein, Mozart or Steve Jobs ... if they can survive the American school system and their own challenges. Documentary.
- What's Eating Gilbert Grape?, 1993. Neurodevelopmental disability. Fiction.
- When I Stutter, 2017. Stuttering. Documentary.
- Yellow Brick Road, 2006. A theater group of adults with learning disabilities and neurodevelopmental disorders present The Wizard of Oz. Documentary.

television:

- "Born this Way," 2016 Emmy Award winner. A reality television series about a community with Down Syndrome. hashtag: #dontlimitme
- "The Big Bang Theory." Non-specified neurodevelopmental issues. Fiction.
- "Glee," cheerleader Becky has Down Syndrome. 2009-2015.
- "Rise." 2018. A working class high school theater department and the students come alive under a passionate teacher and family man whose dedication to the program galvanizes a town. Characters meet the challenges of teen alcoholism, living in foster care, autism spectrum and Downs Syndrome. Fiction.
- "Speechless," 2016 - 2019. ABC fictional television comedy series starring Minnie Driver. The character of her son with a disability is played by Micah Fowler, an actor with cerebral palsy.

Obsessive-compulsive and related disorders - OCD (includes OCD, body dysmorphic disorder, hoarding, trichotillomania (hair-pulling disorder), and excoriation (skin-picking) disorder):

- The Aviator, 2004. Starring Leonardo DiCaprio and Cate Blanchett. OCD. Based on the life of Howard Hughes.
- Eight, 2015. Starring Sarah Prentice. Directed by Peter Blackburn. A portrayal of a woman trapped inside her crippling compulsions, including showering until her skin is literally scarred and raw. At times painful to watch, but accurate. Fiction.
- Hello, My Name is Doris, 2016. Starring Sally Field. Hoarding. Fiction.
- Obsessive Comedic Disorder, 2016. Starring Sapan Verma. Directed by Udit Jawarani. Partly personal and partly observational, Obsessive Comedic Disorder (OCD) is a

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comedy show that will take you on a hilarious journey about the everyday struggles that Sapan faces daily. A taped live comedy show.

- Oc87. The Obsessive Compulsive Major Depression Bipolar Asperger's Movie, 2012. Autobiographical documentary film by Bud Clayman.
- The Road Within, 2015. Starring Kyra Sedgwick, Robert Sheehan, Dev Patel, and Zoe Kravitz. Director Gren Wells is an anorexia survivor. Set in a non-traditional residential program, the movie profiles 3 lovable young actors who give extremely accurate portrayals of OCD (Patel), severe Tourette's (Sheehan) and anorexia (an illness actress Kravitz has struggled with). Tons of research was done. They've proven that you can be accurate about the medical mental health conditions and not sacrifice entertainment value. The movie is funny, moving and triumphant. Fiction.
- 2e twice exceptional, 2015. 2e follows the personal journeys of a unique group of high school students in Los Angeles who have been identified as 'twice exceptional' - gifted or highly gifted kids with learning disabilities or differences - among them may be the next Einstein, Mozart or Steve Jobs ... if they can survive the American school system and their own challenges. Features kids with a wide variety of disorders including OCD. Documentary.
- Unstuck: an OCD kid's movie, 2017. Documentary.
- Unstrung Heroes, 1995. Written by journalist Steven Lidz, this account based loosely on Lidz' childhood tells the tale of his unhappy home life following his mother's illness and his subsequent move to live with his two 'crazy' Uncles. There he changes and gets closer to his Uncles, but his parents want him home even though he is finally happy and popular. His uncles demonstrate accurate portrayals of obsessive-compulsive disorder and hoarding.

television:

- "Crazy Ex-girlfriend." 2015 - 2019. Rachel Bloom, Golden Globe winning star and co-creator, is public about her personal struggles with depression and anxiety. Her TV alter ego demonstrates behaviors not uncommon in bipolar, borderline personality disorder, depression, obsessive compulsive disorder and anxiety. Comedy series.
- "Monk." Asperger's (categorized in DSM-5 as autism spectrum disorder), OCD and germaphobic. Detective/comedy series.

**Personality disorders (includes anti-social personality disorder as cross-referenced in chapter on disruptive, impulse-control, and conduct disorders):
borderline personality disorder, histrionic personality disorder, narcissistic personality disorder:**

film:

- America's Serial Killers, Portraits in Evil, a 10-part journey into darkness from Mill Creek Entertainment, 2009. This film includes the stories of Jack the Ripper, Albert Fish (the Vampire of Brooklyn), the Boston Strangler, the Zodiac, Son of Sam, Charles Manson and Jeffry Dahmer. Antisocial personality disorder (known as sociopathy and psychopathy). Documentary.
- The Apprenticeship of Duddy Kravitz, 1974. Starring Richard Dreyfuss. Anti-social personality disorder. Fiction.
- The Big Short, 2015. Starring starring Christian Bale, Steve Carell, & Ryan Gosling. Includes anti-social personality disorder and narcissistic personality disorder.

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- Bullied, 2010. This documentary centers on the powerful story of Jamie Nabozny, a gay teenage boy, tormented for years by classmates. Jamie fought back, not with his fists but in a courtroom. Narrated by Jane Lynch. Antisocial personality disorder.
- Bully, 2011. Anti-social personality disorder. Documentary.
- Catch Me if you Can, 2002. Starring Leonardo DiCaprio. Based on the life story of Frank Abagnale. Anti-social personality disorder.
- Chasing Madoff, unfortunately, based on a true story, 2011. A documentary about how Harry Markopolos discovered Madoff's Ponzi scheme, but no one would listen. Madoff had anti-social personality disorder, borderline personality disorder, narcissistic personality disorder, histrionic personality disorder.
- The Devil Wears Prada, 2008. Starring Meryl Streep and Anne Hathaway. Borderline personality disorder.
- Foxcatcher, 2014. Starring Steve Carell, Channing Tatum and Mark Ruffalo. Sociopathic-like behavior. Based on the life story of John Dupont in his later years. Caveat: Apparently a lot of Hollywood license was taken with this film. Reportedly, the relationship with Dupont's mother was warm and loving, unlike the portrayal in the film. And Dupont's father, while generous, was distant. In his early years, Dupont was a tremendous supporter of swimmers, pentathletes and was a pioneer in the sport of triathlon.
- Girl, Interrupted, 1999. Based on the memoir by Susanna Kaysen. Starring Winona Ryder, Angelina Jolie, Clea DuVall, and Brittany Murphy. Directed by James Mangold. (Borderline Personality Disorder.)
- The Hoax, 2006. Starring Richard Gere and Alfred Molina. Based on the life story of Clifford Irving. Anti-social personality disorder.
- Kalifornia, 1993. Starring Brad Pitt, Juliette Lewis and David Duchovny. A tale of a journalist duo who go on a tour of serial murders with two companions - unaware that one of them is a serial killer himself. Chilling fiction. Anti-social personality disorder (known as sociopathy and psychopathy).
- Manic, 2003. Starring Don Cheadle and Joseph Gordon-Levitt. This film, shot in documentary style, is set in an adolescent residence for violent teens. Fiction. (CD and APD)
- Monster, 2003. Starring Charlize Theron. Theron won an Academy Award for her performance. Based on the story of serial killer Aileen Wuornos. Anti-social personality disorder (known as sociopathy and psychopathy).
- The Mustang, 2019. Starring Matthias Schoenaerts, Jason Mitchell and Bruce Dern, directed by Laure DeClermont-Tonnerre. Set in a rural Nevada maximum security prison, a convict regains his humanity in a program training wild mustangs. Inspired by true rural prison programs. Several of the actors in the film are ex-convicts from the prison.
- My Life as a Zucchini, 2017. Directed by Claude Barras, a stop-motion animated feature film. Barras says "This film is an homage to neglected and mistreated children who do the best they can to survive and live with their wounds. Zucchini, our hero, has been through many difficult times and, after having lost his mother, he believes he is alone in the world." Healing begins when Zucchini meets a kindly policeman, starts a new life in a foster care center, finds a group of friends he can rely on, falls in love, and

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learns what it means to be happy. Adapted from the book “Autobiography of a Courgette,” by Gilles Paris. (Disrupted Attachment)

- Nightcrawler, 2014. Starring Jake Gyllenhaal. Psychopathy. Anti-social personality disorders. Fiction.
- RIPPED OFF: Madoff and the Scamming of America, 2016. The History Channel. Madoff displayed anti-social personality disorder, borderline personality disorder, narcissistic personality disorder and histrionic personality disorder. Documentary.
- Short Term 12, 2014. Starring Brie Larson. Told through the eyes of a young supervisor of a group home for troubled teens, this feature touches on issues of childhood trauma, attachment and disruptive behaviors. Fiction.
- SOS Summer of Sam, 1999. Directed by Spike Lee, starring John Leguizamo and Mira Sorvino. Based on the story of Son of Sam, serial killer. (APD, sociopathy and psychopathy)
- Ted Bundy, 2002. Documentary from Biography of A&E television, chronicles Bundy’s four year reign of terror as he brutally raped and murdered dozens of women across the country, becoming one of the most notorious serial killers in U.S. history. (APD, sociopathy and psychopathy)
- The Tinder Swindler, 2022. The story of Shimon Hayut, a convicted fraudster born in Israel. Using dating apps to meet multiple women, he stole an estimated \$10 million from unsuspecting women. Documentary.
- Valentine Road, 2013. On February 12, 2008, in Oxnard, California, 8th grade student Brandon McInerney shot his classmate Larry King twice in the back of the head during first period. Larry died two days later. This is the true story of the deceased (an effeminate gay youth) and the murderer (a budding neo-Nazi). The film connects the human wreckage of Larry's and Brandon's troubled lives-both physically abused, both from broken homes, and both searching for a sense of belonging. Anti-social personality disorder (known as sociopathy). Documentary.
- Wall Street, 1987. Starring Michael Douglas and Charlie Sheen, directed by Oliver Stone. Anti-social and narcissistic personality disorders.
- We Need to Talk About Kevin, 2010. Based on the award winning novel by Lionel Shriver, this fictional film is a stunning piece of work and a crushing discussion on the impact of nature vs. nurture. Movingly directed by Lynne Ramsay, it features stellar performances from Tilda Swinton, John C. Reilly and Ezra Miller. Anti-social personality disorder (sociopathy and psychopathy).
- The Wizard of Lies, 2017. HBO special starring Robert De Niro and Michelle Pfeiffer, directed by Barry Levinson. An introspective look into Bernie Madoff. Anti-social personality disorder (sociopathy).
- The Wolf of Wall Street, starring Leonardo DiCaprio, Jonah Hill and Margot Robbie, 2013. Anti-social and narcissistic personality disorders.
- Zodiac, 2007. Starring Jake Gyllenhaal, Robert Downey Jr. and Mark Ruffalo. Based on the true story of the unsolved mystery of the Zodiac killer. (anti-social personality disorder).

television:

- “Crazy Ex-Girlfriend,” fiction. (BPD)
- “Inventing Anna,” Netflix mini-series, 2022. Starring Julia Garner. A chronicle of the story of Anna Delvey, the girl who passed herself off as a German heiress.

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- “Law & Order True Crime: The Menendez Murders” based on the true story, starring Edie Falco as attorney Leslie Abramson. (APD, sociopathy and psychopathy)
- “Madoff,” ABC 4-part mini-series. Based on the life of Bernard L. Madoff. c. 2016. (several Cluster ‘B’ PDs, sociopathy)
- “Mindhunters,” the story of the FBI detectives who coined the term ‘serial killer’ and solved crimes by interviewing serial killers in maximum security prisons. (APD, sociopathy and psychopathy)
- “The Thing About Pam,” an NBC tv mini-series, 2022. Starring Renee Zellweger and Gideon Adlon. Based on the 2011 murder of Betsy Faria that resulted in her husband Russ’ conviction, but he insisted he was innocent. This brutal crime set off a chain of events that would expose a diabolical scheme involving Pam Hupp.

Prodigies (though not a DSM diagnosis, requires special needs attention):

- 2E: Twice Exceptional, 2015. This documentary is set at Bridges Academy, a school for children with above genius level IQs and a co-morbid condition (e.g. autism, AD/HD, obsessive compulsive disorder, anxiety disorder). Directed by Tom Ropelewski.
- 2E2: Teaching the Twice Exceptional, 2018. This sequel to 2E focuses on the teachers of Bridges Academy. Directed by Tom Ropelewski. Documentary.
- 21, 2008. Starring Kevin Spacey and Kate Bosworth. An MIT math whiz is recruited by a teacher to join a specialized team of card counters. They break away from their mentor before casino security catches up with them. Based on the book Bringing Down the House.
- Billy Elliot, 2000. Directed by Stephen Daldry, written by Lee Hall. Set in County Durham in North East England during the 1984 miner’s strike. Stars Jamie Bell as 11-year-old Billy and Gary Lewis as his father. Billy is a dance prodigy. Adapted as a novel by Melvin Burgess and adapted for the West End and Broadway as Billy Elliot the Musical, first produced in 2005 at the West End.
- A Brilliant Madness, 2002. Directed by Featuring Alicia and John Nash, and many of Nash’s colleagues. Narrated by Liev Schreiber. Directed by Mark Samels. Documentary.
- A Brilliant Mind, 2001. Starring Russel Crowe. Based on the book by the same name chronicling the life of John Nash. Hollywood license has been taken with the film. Documentary A Brilliant Madness (posted above) is arguably a much better film.
- A Brilliant Young Mind, 2015. Starring Asa Butterfield, Rafe Spall and Sally Hawkins. Directed by Morgan Matthews. A socially awkward teenage math prodigy finds new confidence and friendships when he lands a spot on the British squad at the International Mathematics Olympiad.
- Amadeus, 1984. Directed by Milos Forman. Starring F. Murray Abraham, Tom Hulce and Elizabeth. The story of the life, success and troubles of Wolfgang Amadeus Mozart. Biopic.
- Air, 2023. Starring Matt Damon, Jason Bateman, Ben Affleck and Viola Davis as Michael Jordan’s mother. Directed by Ben Affleck. Follows the history of shoe salesman Sonny Vaccaro, and how he led Nike in its pursuit of the greatest athlete in the history of basketball, prodigy Michael Jordan.

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- As Far as the Eye Can See, 2018. Starring Jason London and Danny Mora. Directed by David Franklin. The story of a former piano prodigy scheduled to make a comeback.
- The Boy With The Incredible Brain, 2005. Directed by Steve Gooder. Features Paul McGann and Daniel Tammet. The story of Daniel Tammet, a twenty-something with extraordinary mental abilities. Daniel is one of the world's few true savants. He can do calculations to 100 decimal places in his head and learn a language a week. YouTube Documentary.
- Enigma, 2001. Starring Dougray Scott, Kate Winslet and Saffron Burrows. Directed by Michael Apted. A young genius frantically races against time to crack an enemy code and solve the mystery surrounding the woman he loves.
- Finding Forrester, 2000. Starring Sean Connery, Rob Brown and F. Murray Abraham. Directed by Gus Van Sant. A young writing prodigy finds a mentor in a reclusive agoraphobic author. Though Connery modeled Forrester on J.D. Salinger, the movie is not based on a true tale.
- Frida, 2002. Starring Salma Hayek, Alfred Molina and Ashley Judd. Directed by Julie Taymor. Biopic about the life of artist Frida Kahlo.
- Genius, 2016. Starring Jude Law, Colin Firth, Nicole Kidman and Laura Linney. Directed by Michael Grandage. Based on the lives of Thomas Wolfe and Maxwell Perkins.
- Gifted, 2017. Starring McKenna Grace, Chris Evans and Lindsay Duncan. Directed by Marc Webb. A single man strives to give his child prodigy niece a normal life, despite interference from the girl's grandmother. Fiction.
- Good Will Hunting, 1997. Starring Robin Williams, Matt Damon and Ben Affleck. Directed by Gus Van Sant. Robin Williams won an Academy Award for his performance. Fiction.
- Green Book, 2018. Starring Viggo Mortensen and Mahershala Ali. Directed by Peter Farrelly. A film inspired by a true friendship between a virtuoso pianist and his driver that transcended race, class and the 1962 Mason-Dixon line.
- Hidden Figures, 2016. Starring Taraji P. Henson, Octavia Spencer and Janelle Monáe. Directed by Theodore Melfi. Based on the story of a team of female African-American genius mathematicians who served a vital role in NASA during the early years of the U.S. space program.
- The Human Camera, 2013. Documentary of the extraordinary life of Stephen Wiltshire, a childhood prodigy autistic savant who draws perfect renderings of complex cityscapes from memory. Available on YouTube. Running time: 44 minutes.
- The Imitation Game, 2014. Starring Benedict Cumberbatch, Keira Knightley and Matthew Goode. Directed by Morten Tyldum. Based on the real-life war hero and father of modern-day computing, mathematical genius Alan Turing, who saved millions of lives by cracking Germany's 'unbreakable' code during WWII.
- Infinity, 1996. Starring Matthew Broderick, Patricia Arquette and Jeffrey Force. Directed by Matthew Broderick. The story of the early life of genius and Nobel Prize-winning physicist Richard Feynman.
- Iron Man, 2008. Starring Robert Downey, Jr. Tony Stark built his first circuit board at age 6, his first engine at 8, and graduated summa cum laude at 17. Fiction.

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- Limitless, 2011. Starring Bradley Cooper, Anna Friel and Abbie Cornish. Directed by Neil Burger. With the help of a mysterious pill that enables the user to access 100% of his brain's abilities, a struggling writer becomes a financial wizard - with consequences. Science Fiction.
- Little Man Tate, 1991. Starring Jodi Foster, Adam Hann-Byrd and Dianne Wiest. Based loosely on Jodi Foster's youth as a child prodigy.
- The Man Who Knew Infinity, 2015. Starring Dev Patel and Jeremy Irons. Directed by Matt Brown. Based on the life of Indian mathematician Srinivasa Ramanujan.
- Mr. Chibbs: The Kenny Anderson Story, 2017. Starring Kenny Anderson and Natasha Anderson. NYC basketball prodigy and retired NBA all-star Kenny Anderson looks to discover himself in the midst of a mid-life crisis. What happens when talent fades and a sports legend searches for a meaningful future? Documentary.
- My Kid Could Paint That, 2007. Directed by Amir Bar-Lev. A look at the work and surprising success of a four-year-old girl whose paintings have been compared to the likes of Picasso and has raked in hundreds of thousands of dollars. Documentary.
- October Sky, 1999. Starring Jake Gyllenhaal, Chris Cooper and Laura Dern. Directed by Joe Johnson. An American biopic inspired by the true story of Homer H. Hickam Jr., the son of a coal miner. Hickam demonstrates a strong liking towards space and the launch of Sputnik 1 satellite of 1957.
- Oliver Sacks: His Own Life, 2019. Directed by Ric Burns. This documentary explores the life and work of legendary neurologist and storyteller Oliver Sacks, as he shares intimate details of his battles with drug addiction, homophobia, and a medical establishment that accepted his work only decades after the fact.
- Pawn Sacrifice, 2015. Starring Tobey Macguire & Peter Sarsgaard. In a gripping true story, American chess prodigy Bobby Fischer finds himself caught between two superpowers and his own struggles as he challenges the Soviet Empire.
- Pi, 1998. Starring Sean Gullelte, Mark Margolis and Ben Shenkman. Directed by Darren Aronofsky. A paranoid but gifted mathematician searches for a key number that will unlock the universal patterns found in nature.
- Pollack, 2000. Starring Ed Harris and Marcia Gay Harden. Directed by Ed Harris. Biopic about the life of artist Jackson Pollack.
- Rainman, 1988. Starring Dustin Hoffman and Tom Cruise. The story of an autistic-savant, based on the life of Kim Peek.
- Rainman Twins, 2008. Directed by Dave Wagner. The story of the only known identical twin autistic savant sisters. Over 50 years in time, Flo and Kay have literally memorized the world around them. They never forget a date or a song, what they ate or the weather on any given day. Documentary.
- The Royal Tenenbaums, 2001. About a family composed of three child prodigies.
- Searching for Bobby Fischer, 1993. Starring Joe Mantegna, Joan Allen, Laurence Fishburne and Ben Kingsley. Directed by Steven Zaillian. The movie tells the story of the real-life chess player Josh Waitzkin. His parents invest in his talent and hire a chess teacher named Bruce Pandolfini who vows to make him as good as chess legend Bobby Fischer. Josh eventually goes against the teachings and manages to implement his own winning moves.
- Shine, 1996. Starring Geoffrey Rush, Armin Mueller-Stahl and Justin Braine. Directed by Scott Hicks. Biopic based on the life of brilliant pianist David Helfgott.

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Driven by his father and teachers until he has a psychotic break. Years later he returns.

- The Social Network, 2010. Starring Jesse Eisenberg, Andrew Garfield and Justin Timberlake. Biopic about Mark Zuckerberg, founder of Facebook.
- The Soloist, 2009. Starring Jamie Foxx and Robert Downey Jr. Based on the novel of the same name, about the life of music prodigy and schizophrenic Nathaniel Ayers.
- Steve Jobs, 2015. Starring Michael Fassbender, Kate Winslet and Seth Rogen. Based on Walter Isaacson's biography Steve Jobs.
- Temple Grandin, 2010. Starring Claire Danes. Biopic about the life of prodigy and woman on the spectrum, Temple Grandin.
- The Theory of Everything, 2014. Starring Eddie Redmayne and Felicity Jones. Directed by James Marsh. Biopic about the relationship between genius physicist Stephen Hawking and his wife.
- Vitus, 2006. Stars the real-life Swiss piano prodigy Teo Gheorghiu. Events revolve around Vitus (Gheorghiu), a 12-year-old boy who is highly gifted with they piano keys. His parents restrictions prevent him from fully tapping into his talent, so he escapes and goes to live with his grandfather. Turns out he's a math prodigy too. He invests in the stock market and becomes rich - investing his earnings in his career as a pianist. Fiction.

television:

- Big Bang Theory, 2007 - 2019. Created by Chuck Lorre and Bill Prady. Starring Johnny Galecki, Jim Parsons, Kaley Cuoco and Simon Helberg. Follows the lives of brilliant but socially awkward physicists, demonstrating how little they know about life outside of the laboratory.
- Dougie Howser, 1989 - 1993. An ABC American medical sitcom that ran for four seasons, starring Neil Patrick Harris. Storyline: Douglas Howser twice survives early-stage pediatric leukemia. The experience contributes to his desire to enter medicine. Possessing a genius intellect and a photographic memory, Howser participates in a longitudinal study of child prodigies until his 18th birthday, earns a perfect score on the SAT at the age of six, completes high school in nine weeks, graduates Princeton at age 10, and finishes medical school 4 years later. At 14, Howser was the youngest licensed doctor in the country. The series begins on his 16th birthday. Fiction.
- Elementary, 2010 - 2019. Starring Jonny Lee Miller as the genius detective/heroin addict Sherlock, with M.D. Dr. Joan Watson, his sober companion, played by Lucy Liu.
- Fringe, 1008 - 2013. Starring Anna Torv, Joshua Jackson, John Noble, with cameo appearances by Leonard Nimoy. An FBI agent is forced to work with an institutionalized genius scientist and his son in order to rationalize a brewing storm of unexplained phenomena. Created by J.J. Abrams, Alex Kurtzman and Roberto Orci.
- The Queens Gambit, 2020. Starring Emmy and Golden Globe winner Anya Taylor Joy. Orphaned at the tender age of nine, prodigious introvert Beth Harmon discovers and masters the game of chess in 1960s USA. But child stardom comes with a price.
- Young Sheldon, 2017 - present. Created by Steven Molaro and Chuck Lorre. Starring Iain Armitage, Zoe Perry, Lance Barber, and Montana Jordan. Follows the life and studies of child genius Sheldon Cooper (already seen as an adult in The Big Bang Theory - 2007), who is brilliant and socially impaired. Narrated by Jim Parsons.

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- note: I do *not* recommend The Good Doctor. Portrayal of autism is stiff and stereotypical.

Schizophrenia spectrum and other psychotic disorders:

film:

- 20/20 schizophrenia, ABC, 2007. (documentary)
- A Guy Called Dad. A Daughter's Journey, c. 2011. Directed by Kacey Arnold. Documentary.
- Alien Boy: the life and death of James Chasse, 2013. A feature length documentary that chronicles one man's struggle with schizophrenia and examines the actions of the Portland Oregon police officers responsible for his death.
- The Aviator, 2004. Obsessive compulsive disorder, psychosis or bi-polar disorder. Based on the life of Howard Hughes.
- A Beautiful Mind, 2001. Based on the life story of John Nash. Starring Russell Crowe. Based on the life story of John Nash. While a compassionate portrayal, Hollywood license was taken in the making of this movie. Nash never experienced any visual hallucinations. Based on Sylvia Nasar's 1998 biography A Beautiful Mind.
- A Brilliant Madness, 2002. PBS American Experience. The remarkable story of Nobel Prize winning mathematician John Nash. This documentary features Nash's colleagues, friends, archived footage and photos, as well as interviews with John Nash. It is also a vivid depiction of 'care' and understanding of schizophrenia from the 1950's through the present.
- Canvas, 2007. Psychosis. Fiction.
- Elizabeth Blue, 2017. Starring Anna Schafer. Fiction.
- Extra Innings, 2020. Schizophrenia, bipolar disorder and suicide. Directed by Albert Dabah. An auto-biopic based on Dabah's family.
- Gabriel, 2015. Starring Rory Culkin. Schizophrenia. Fiction.
- Historic films quality publishers: Historic schizophrenia films, 2007. Footage from asylums in 1940. Documentary.
- K-Pax, 2002. Starring Kevin Spacey and Jeff Bridges. Psychosis induced by severe trauma. Fiction.
- Love & Mercy, 2015. Starring John Cusack and Paul Dano. Based on the life story of the Beach Boys' Brian Wilson. Wilson was diagnosed with paranoid schizophrenia, however he is clear in his memoir and it is reflected in the film that he was mis-diagnosed and mis-medicated. Although he never specifies his ultimate diagnosis, he meets criteria for bipolar disorder with psychotic features.
- My name is Alan and I paint pictures, 2013. Directed by Johnny Boston. This film is a five year chronicle about Alan Street, a paranoid schizophrenic, struggling to succeed as an artist in NYC. Documentary.
- Nise, 2016. Directed by Roberto Berliner, starring Gloria Pires. Set on a psychiatric ward in Brazil in 1944. Based on the life story of Dr. Nise Da Silveira, who began a revolution treating "hopeless schizophrenics" with art, animals, listening to clients, and demonstrating genuine care, in an age of electroshock and brutal treatment.
- People say I'm Crazy, 2004. Documentary about John Cadigan a gifted artist with schizophrenia. Available through the John Cadigan Foundation.
- Pi, faith in chaos, 1998. A film by Darren Aronofsky. Schizophrenia. Fiction.

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- Proof, 2005. Psychosis. Fiction. (based on the stage play of the same name.)
- Revolution number 9, 2001. Schizophrenia. Fiction.
- Safety Not Guaranteed, 2012. Directed by Colin Trevorrow. Psychosis or government conspiracy? You decide. Fiction.
- Shine, 1996. Starring Geoffrey Rush, Armin Mueller-Stahl and Justin Braine. Psychosis. Based on the story of pianist Pianist David Helfgott, who, driven by his father and teachers, has a 'breakdown.' Years later he returns to the piano, to popular if not critical acclaim.
- The Soloist, 2009. Starring Robert Downey, Jr. and Jamie Foxx. Schizophrenia. Based on the life of Nathaniel Ayers.
- Through a Glass Darkly, 1961. Directed by Ingmar Bergman. Psychosis. Fiction.

television:

- "I Know This Much is True," starring Emmy Award winner Mark Ruffalo, Middle-aged Dominick Birdsey recounts his troubled relationship with Thomas, his paranoid schizophrenic twin brother and his efforts to get him released from an asylum.

Substance use and addictive disorders (SUDs):

film:

- A Star is Born, 2018. Starring Bradley Cooper and Lady Gaga, directed by Bradley Cooper. Bradley Cooper is public about his struggles with substance use disorders. Fiction.
- Addiction why can't they just stop?, 2007. A 14 part series by HBO. Documentary.
- All That Jazz, 1979. Starring Roy Scheider and Leland Palmer. Directed by Bob Fosse.
- Amy, the story of Amy Winehouse, A24 Studios, 2015. Documentary.
- The Anonymous People. Recovery is out - to change the addiction conversation from problems to solutions. 2013. Alive Mind Cinema. Documentary.
- Beautiful Boy, 2018. Starring Timothee Chalamet and Steve Carell, directed by Felix van Groeningen. Based on the best-selling memoirs from father and son David and Nic Sheff, Beautiful Boy chronicles the heartbreaking and inspiring experience of survival, relapse, and recovery in a family coping with addiction.
- Bombshell: the Hedy Lamarr story, 2017. This loving tribute to Hedy Lamarr is about her brilliance, inventions, career and astonishing beauty. It also chronicles an era in film when studios pumped their stars full of 'uppers' to get them going at 4 am for make-up and hair, and 'downers' to sleep at night. This was the era of Dr. Feelgood and amphetamine injections. Documentary.
- Burnt, 2015. Starring Bradley Cooper. Adam Jones (Cooper) is a chef who destroyed his career with drugs and diva behavior. He cleans up and returns to London, determined to redeem himself by spearheading a top restaurant that can gain three Michelin stars. Fiction.
- Christiane F., 1981. This movie portrays the drug scene in Berlin in the 1970s, following tape recordings of Christiane F. 14-year-old Christiane lives with her mother and little sister in a typical multi-story apartment building in Berlin. She's fascinated by 'The Sound', a new disco with the most modern equipment. Although legally she's too young, she asks a friend to take her. There, she meets Detlef, who's in a clique where

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everybody's on drugs. Step by step she gets drawn deeper into the scene. Based on Christiane F.'s journals.

- Cracked, 2005.
- Dad's in Heaven with Nixon, 2010. Tom Murray lovingly presents his autistic brother Chris Murray (1960-), through Chris's relationship to his family members, their father, who died when Chris was about 20, through his success as an artist. Chris has lived on his own for more than 30 years, navigated public transportation, is affectionate with his mom and brother and is certain that his father is in Heaven. Chris's creations are cheerful landscapes of New York buildings, meticulously done in multi-media. He likes his life, just as it is. Tom depicts a history of mental health conditions in family members with addictive disorders and bipolar disorder. Documentary.
- Days of Wine & Roses, 1982. Starring Jack Lemmon and Lee Remick. Fiction.
- Don't Worry, He Won't Get Far on Foot, 2018. Starring Joaquin Phoenix and Jonah Hill. Based on the story of John Callahan, controversial cartoonist and his rocky path to sobriety after an accident that left him wheelchair bound.
- Down to the Bone, 2004. Starring Vera Farmiga. A woman stuck in a stale marriage struggles to raise her children and manage her secret drug habit. But when winter comes to her small town, her balancing act begins to crumble. Fiction.
- Flight, 2012. Starring Denzel Washington. Substance use and addiction. Fiction.
- Four Good Days, 2021. Starring Glenn Close and Mila Kunis, based on Eli Saslow's Washington Post article *Where's Amanda?*, about Amanda Wendler and Libby Alexander's bond through Amanda's struggles with addiction.
- The Gambler, 1974. Starring James Caan. Note: The original film with James Caan captures the addictive features of gambling with humanity. It is an accurate compassionate portrayal of this addictive behavior. By contrast, the remake released in 2014, is *inaccurate* in its portrayal of the disorder and recovery. This remake is not on my recommended list. Fiction.
- The Glass Castle, 2017, starring Brie Larsen, Naomi Watts and Woody Harrelson. A moving, gritty, highly personal story of a family and the powerful impact a brilliant alcoholic father has on their lives. Based on a true story by Jennifer Walls.
- Go Ask Alice, 1973. Starring William Shatner. Based on the diary of the true story of a 16 year old drug addict.
- The Honey Boy, 2019. Starring Lucas Hedges, Shia LaBeouf and Noah Jupe, based on LaBeouf's childhood and young adulthood with his father. LaBeouf portrays his father in this raw, but loving life story.
- I Saw the Light, 2016. A biopic of the life of Hank Williams, beloved country music star. Williams was an alcoholic and opioid addict. He died tragically young at 29 from heart failure.
- Interview with Dr. Nora D. Volkow, Director National Institute of Drug Abuse April, 2009. By Ashish Bakshi, a Yale journal of Medicine & Law video.
- The Last Fix. An addict's passage from hell to hope, 2011. A film by Jacqui Lofaro and Victor Teich. Justice Productions. A journey with three convicted drug offenders who opt for a tough and pioneering drug court on Long Island rather than prison. Documentary.
- Lipstick & Liquor, secrets in the suburbs, 2014. Unique perspective on alcoholism as it manifests in women. Documentary.

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- Mary and Max, 2010. From Academy Award winning writer/director Adam Elliot comes the hilarious and moving stop action 'clayography' feature film about the pen-pal relationship between two very different people: Mary Daisy Dinkle (voiced by Toni Collette) a lonely 8-year-old with social phobia, living in the suburbs of Melbourne, Australia; and Max Jerry Horowitz (voiced by Oscar winner Philip Seymour Hoffman) an obese 44 year old with Asperger's (as per DSM-5 included under autism spectrum disorders), living in NYC. Over the course of 20 years, their unusual journey of friendship explores autism, alcoholism, stuttering, agoraphobia and social anxiety. Fiction.
- Moonlight, 2016. Starring Mahershala Ali, Shariff Earp and Duan Sanderson, directed by Barry Jenkins. This movie is a timeless story of human connection and self-discovery. Three actors play a single character, Chiron, at various stages in his life – from his vulnerable youth on the rough streets of Miami, to crucial life decisions made as an adolescent, to his adulthood as a street-toughened drug dealer. The film demonstrates the intricate interplay of environment, opportunity and role models in the development of attachment and conduct disorders. Fiction. Academy Award winner for Best Picture and Best Supporting Actor (Ali).
- My Name is Bill W., 1989. The true story of the founders of Alcoholics Anonymous.
- My Name was Bette: the life and death of an alcoholic, 2014. An in depth view of alcoholism as it impacts women, as told by two loving daughters. Documentary.
- Pain Warriors, 2020. The other side of the opioid crisis - untreated pain. Documentary.
- A Private War, 2018. Directed by Academy Award nominated Matthew Heineman, starring Academy Award nominated Rosamund Pike and Jamie Dornan. A Private War is based on the extraordinary life of Marie Colvin (Rosamund Pike), who is one of the most celebrated war correspondents of our time. Colvin was an utterly fearless and rebellious spirit, driven to the frontlines of conflicts across the globe to give voice to the voiceless, while constantly testing the limits between bravery and bravado. Colvin lived with PTSD and substance use disorders.
- Requiem for a Dream, 2000. Directed by Darren Aronofsky, starring Ellen Burstyn, and Jared Leto. Based on the novel of the same name. Fiction.
- Robin Williams: come inside my mind, 2019. HBO documentary films. Robin Williams was public about his depression and substance use disorders. He ultimately died by suicide. It was learned post-mortem that he suffered from Lewy Body dementia. Documentary.
- Smashed, 2013. Starring Mary Elizabeth Winstead and Aaron Paul. Fiction.
- Trainspotting, 1996. Starring Ewan McGregor, Ewen Bremner and Jonny Lee Miller. Fictional tale of Renton, deeply immersed in the Edinburgh drug scene, as he tries to clean up and get out, despite the allure of the drugs and influence of friends. Fiction.
- Truman & Tennessee: An Intimate Conversation, 2021. A recounting of the analogous lives of two of the 20th century's most notable writers: author Truman Capote and playwright Tennessee Williams. (Addiction & Depression)
- Unguarded, 2011. He lived the dream and the nightmare. The story of NBA star, Chris Herren. Documentary.
- Valley of the Dolls, 1967. Starring Barbara Parkins, Patty Duke, Sharon Tate and Paul Burke. Based on Jacqueline Susann's best-selling novel chronicling the rise and fall of three young women in show business. Fiction.

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- Who's Afraid of Virginia Wolf, 1966. Starring Elizabeth Taylor, Richard Burton, Sandy Dennis and George Segal. Based on the play of the same name by Tennessee Williams, Virginia Wolf takes alcoholism to a new level. Fiction.
- Wild, 2014. Starring Reese Witherspoon. Maladaptive response to loss, expressed through depression, substance use and eventually a 1,100 mile healing journey up the Pacific Crest Trail. Based on the true story of Cheryl Strayed.
- The Wolf of Wall Street, 2013. Substance use disorders to excess. Fiction.

television:

- "Crime Scene: the Times Square Killer," 2021. A Netflix mini-series about a serial killer addicted to pornography and brutalizing women.
- "Elementary," 2012 - 2019. CBS. Starring Jonny Lee Miller and Lucy Liu. The leading player in this series portrays a fictional Sherlock Holmes as a recovering addict. Sentiments expressed at Narcotics Anonymous meetings and with his sober companion, Dr. Watson, are warm, compassionate and caring. Bravo! Fiction.
- "Fosse/Verdon", tv mini-series, 2019. Starring Sam Rockwell and Michelle Williams. The show profiles the turbulent and brilliant lives of these theater legends and touches on Fosse's drug addiction and bipolarity. Biopic.
- "The Fosters," the series, ABC Family, 2013-present. Fiction.
- "House" the series 2004-2012. Fiction.
- "Mom," 2013 - present. CBS. This sitcom demonstrates a dysfunctional relationships spanning three generations. Applauds sobriety, acknowledges the challenges of recovery, and has realistic scenes set at AA meetings. In my opinion, it offers a much needed touch of comedy to a sober issue. Comedy series.
- "Seinfeld," 1989 - 1998. Kramer humorously depicts gambling addiction in Season 6, Episode 21 'The Diplomat's Club.' Comedy series.
- "This is Life with Lisa Ling," 2014 - present. CNN. An astute and compassionate journalist follows the stories of addicts, their addictions and recovery. Documentary.
- "This is Us," 2016 - present. NBC. A heartwarming and emotional story about a unique set of triplets, their struggles, and their wonderful parents. This life-affirming dramedy reveals how the tiniest events in our lives impact who we become and how the connections we share can transcend time. Several characters struggle with addictive disorders.

Suicidal behavior disorder:

film:

- Boy Interrupted, 2009. Suicide and bipolar disorder. Documentary created by the parents of a son who died by suicide.
- The Bridge, 2006. A documentary about suicides off the Golden Gate Bridge.
- Bully, 2011. Documentary.
- The Dead Poets Society, 1989. Starring Robin Williams. Fiction.
- Disconnect, 2012. Fiction.
- Don't Change the Subject, 2011. Suicide. This is a *funny* movie, but may not appeal to everyone's sense of humor. The overriding theme is to celebrate the life of the individual who has died and to keep the conversation about suicide alive. Documentary.

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- The Hours, 2003. Starring Nicole Kidman, Julianne Moore and Meryl Streep. Depression and suicide. Fiction.
- The Humbling, 2014. Starring Al Pacino. Depression and suicide. Fiction.
- It's Kind of a Funny Story, 2011. An uplifting comedy, based on the novel of the same name by Ned Vizzini, about finding sanity in the most unlikely of places, a Brooklyn psychiatric ward. Focus is on teen anxiety, depression and suicide. Tragically, author Vizzini killed himself in January 2015. He was 32 years old.
- More Than Sad [teen depression], 2009. Recommended for anyone who works with, cares for and loves adolescents. This excellent short documentary shows signs and symptoms of depression and multiple ways to help. (note: the acting is not very good - non-professionals were used in the making of the film.)
- Ordinary People, 1980. Depression and suicide. Fiction.
- Robin Williams: come inside my mind, 2019. HBO documentary films. Robin Williams was public about his depression and substance use disorders. He ultimately died by suicide. It was learned post-mortem that he suffered from Lewy Body dementia. Documentary.
- Suicide the Ripple Effect, 2017. Powerful documentary featuring Kevin Hines, a young man who survived a suicide jump from the Golden Gate Bridge and has become a fierce advocate for suicide prevention.
- What Dreams May Come, 1998. Starring Robin Williams. Suicide. Fiction.

television:

- "Sorry for your Loss." Mini Series 2018.
- "Thirteen Reasons Why." Netflix

Tourette's disorder:

- I have Tourette's but Tourette's doesn't have me, dispelling the myth one child at a time, 2006. Winner of the Emmy for outstanding children's program. Documentary.
- The Road Within, 2015. Starring Kyra Sedgwick, Robert Sheehan, Dev Patel, and Zoe Kravitz. Director Gren Wells is an anorexia survivor. Set in a non-traditional residential program, the movie profiles 3 lovable young actors who give extremely accurate portrayals of OCD (Patel), severe Tourette's (Sheehan) and anorexia (an illness actress Kravitz has struggled with). Tons of research was done. They've proven that you can be accurate about the medical mental health conditions and not sacrifice entertainment value. The movie is funny, sad, moving and triumphant. Fiction.
- 2e twice exceptional, 2015. "2e" follows the personal journeys of a unique group of high school students in Los Angeles who have been identified as 'twice exceptional' - gifted or highly gifted kids with learning disabilities or differences. among them may be the next Einstein, Mozart or Steve Jobs ... if they can survive the American school system and their own challenges. Features kids with a wide variety of disorders including Tourette's. Documentary.

Trauma & stressor related disorders:

film:

- 1917, 2019. A remarkable WWI picture and winner of the 2019 Golden Globe awards for Best Picture and Best Director. Docudrama.

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- American Sniper, 2015. Starring Bradley Cooper. Based on the life story of Navy SEAL Chris Kyle.
- Apocalypse Now, 1979. Directed by Francis Ford Coppola, starring Martin Sheen, Marlon Brando and Robert Duvall. A war drama set in Vietnam.
- Bambi, Disney pictures, 1942. Loss and attachment. Animation. Fiction.
- Beasts of No Nation, 2015. Starring Abraham Attah and Idris Elba. A drama based on the experiences of Agu, a child soldier fighting in the civil war of an unnamed African country.
- Beasts of the Southern Wild, 2012. Based on events of Hurricane Katrina.
- Blood Diamond, 2006. Directed by Edward Zwick, starring Leonardo DiCaprio and Djimon Hounsou. In 1999, in Sierra Leone, a fisherman Solomon Vandy dreams of the day his young son Dia Vandy will become a doctor. His dreams are shattered when the rebels invade his village and kidnap him to work in the diamond mines. The film shows a country torn apart by the struggle between government soldiers and rebel forces and portrays many of the atrocities of that war.
- The Book Thief, 2013. Based on the life story of Liesel Meminger, WWII survivor.
- Born on the Fourth of July, 1989. Starring Tom Cruise, directed by Oliver Stone.
- Broken Places, 2018. Directed by Roger Weisberg. With David Griffin, Bobby Gross, Yvonne Gross, and Daniella Rin Hover. Narrated by Jay O. Sanders. "The world breaks everyone and afterward many are strong in the broken places." Why some children are permanently damaged by early adversity, while others thrive. Documentary.
- Bullied, 2010. This documentary centers on the powerful story of Jamie Nabozny, a gay teenage boy, tormented for years by classmates. Jamie fought back, not with his fists but in a courtroom. Narrated by Jane Lynch.
- Bundy, 2007. When exposure to childhood trauma tips the scaled into anti-social personality disorder (sociopathy). Documentary.
- Children of Syria. One family's journey to a new life, 2016. Directed and produced by Marcel Mettelsiefen, FRONTLINE cinema in association with PBS, documentary.
- Coming Home, 1978. Directed by Hal Ashby, starring Jon Voight, Jane Fonda and Bruce Dern. A woman whose husband is fighting in Viet Nam falls in love with another man who suffered a paralyzing combat injury. A war drama/romance. Fiction.
- Conviction, 2010. Starring Hillary Swank and Sam Rockwell. Based on a true story. A working mother puts herself through law school in an effort to represent her brother, who has been wrongfully convicted of murder and has exhausted his chances to appeal his conviction through public defenders.
- Crown Heights, 2017. Starring Lakeith Lee Stanfield, based on the story of Colin Warner, an 18-year-old kid from nearby Crown heights, who was wrongfully convicted of murder and sentenced to life in prison.
- Dallas Buyers Club, 2013. Starring Matthew McConaughey, Jared Leto and Jennifer Garner, directed by Jean-Marc Vallee. Based on the true story about a cowboy who takes matters into his own hands after he's diagnosed HIV+. McConaughey won an Academy Award for his performance.
- Darkest Hour, 2017. Starring Gary Oldman. Oldman won an Academy Award for his portrayal of Winston Churchill during this dark dark hour in the history of WWII. Churchill suffered severe depression throughout his lifetime.

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- The Deerhunter, 1978. Starring Robert DeNiro, Christopher Walken and John Cazale, is an in-depth examination of the ways in which the U.S. Vietnam war impacted and disrupted the lives of people in a small industrial town in Pennsylvania. Fiction.
- The Fisher King, 1991. Starring Robin Williams and Jeff Bridges. Fiction.
- Frida, 2002. Starring Hanna Hayek and Alfred Molina. This film is a biopic of artist Frida Kahlo, who channeled the pain of a crippling injury and her tempestuous marriage into her work.
- Glory, 1989. Starring Matthew Broderick, Denzel Washington, and Morgan Freeman, directed by Edward Zwick. The story of Robert Gould Shaw, who led the US Civil War's first all-black volunteer company, fighting prejudices from both his own Union Army, and the Confederates. Biopic.
- The Good Lie, 2014. Based on the inspiring stories of the lost boys of the Sudan.
- Grapes of Wrath, 1940. Directed by John Ford, starring Henry Fonda, Jane Darwell and John Carradine. Based on the book of the same name by John Steinbeck. A poor midwest family is forced off their land and travel to California, suffering misfortune and homelessness in the Great Depression.
- Hacksaw Ridge, 2016. Starring Andrew Garfield. Based on the true story of WWII American Army Medic Desmond T. Doss, who served during the Battle of Okinawa. Doss refused to kill people, and endured relentless ridicule and abuse from fellow soldiers. Still, he performed heroically, saving dozens of lives, and became the first man in American history to receive the Medal of Honor without firing a shot.
- He Named Me Malala, 2015. Based on the best selling book by Malala Yousafzai with Christina Lamb, I Am Malala. the girl who stood up for education and was shot by the Taliban. Documentary.
- The Honey Boy, 2019. Starring Lucas Hedges, Shia LaBeouf and Noah Jupe, based on LaBeouf's childhood and young adulthood with his father. LaBeouf portrays his father in this raw, but loving life story.
- Hotel Rwanda, 2004. Starring Don Cheadle. Based on the true event.
- The Hurt Locker, 2008. Starring Jeremy Renner and directed by Kathryn Bigelow. Winner of six 2010 Academy Awards including Best Motion Picture, Best Director (Bigelow) and Best Actor in a Leading Role (Renner).
- Hyena Road, 2015. Starring and directed by Paul Gross. Three different men, three different worlds, three different wars - all stand at the intersection of modern warfare - a murky world of fluid morality where all is not as it seems. A war drama.
- Ingelore, 2009. Short documentary by Frank Stiefel chronicling the life of his mother, a deaf woman who escaped Nazi Germany.
- The Impossible, 2012. The story of a tourist family caught in the destruction and aftermath of the 2004 Indian Ocean Tsunami. Based on the miracle survival story of a real family.
- Iron Man 3, 2013. Starring Robert Downey, Jr, and Don Cheadle. Fiction.
- Jacobs Ladder, 1990. Posttraumatic stress disorder and substance use, set during the Vietnam War. Fiction.
- John Lewis: Good Trouble, 2020. Directed by Dawn Porter, starring John Lewis and Stacey Abrams. Documentary.
- Just Mercy, 2019. Produced by Bryan Stevenson, starring Michael B Jordan, Jamie Foxx and Brie Larson. Based on the life of Bryan Stevenson and his book Just Mercy.

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- The Killing Fields, 1984. Directed by Roland Joffe, starring Sam Waterston and Haing S. Ngor. A journalist is trapped in Cambodia during tyrant Pol Pot's bloody 'Year Zero' cleansing campaign, which claimed the lives of two million 'undesirable' civilians. Based on the true story of NY Times journalist Sydney Schanberg and photographer Dith Pran, biography, drama, history.
- K-Pax, 2002. Starring Kevin Spacey and Jeff Bridges. Psychosis induced by severe trauma. Or is it? Fiction.
- Last Flag Flying, 2017. Starring Steve Carell and Bryan Cranston.
- Leave no Trace, 2018. Starring Ben Foster and Thomasin, directed by Debra Granik. Inspired by a true story, a father and his 13 year-old daughter are living an ideal existence in a vast urban park in Portland Oregon. An error derails their lives and this father is forced to contend with unresolved PTSD.
- Life is beautiful, 1997. A 'fable,' set in occupied Italy before and during WWII.
- Little Boy, 2015. A powerful big fish tale of a little boy and what he's willing to do to bring his father home from WWII alive. Fiction.
- Lincoln, 2012. Directed by Steven Spielberg, starring Daniel Day-Lewis and Sally Field. Based on the life of Abraham Lincoln.
- Lion, 2016. Starring the remarkable Dev Patel (Slumdog Millionaire), Nicole Kidman and Rooney Mara, tells the story of 5 year old Saroo lost on the streets of Calcutta thousands of miles from his home and his harrowing challenges before being adopted by a loving Australian family. 25 years later Saroo sets out to find his lost family in India. Lion is adapted from the book A Long Way Home, by Saroo Brierley. This film demonstrates resilience in the face of extreme adversity and shows positive attachment techniques for adoptive parents.
- Loving, 2016. As recently as 1967 it was still illegal in some states for interracial couples to marry. Jeff Nichols' film tells the true story of Richard and Mildred Loving (played by Joel Edgerton and Ruth Negga), a white man and a woman of color, who fought the anti-miscegenation laws in their home state, Virginia - and won.
- Mandela, the long walk to Freedom, 2013. A powerful depiction, endorsed by Mandela's family as an accurate portrayal of the life of Nelson Mandela.
- Manic, 2003. Starring Don Cheadle and Joseph Gordon-Levitt. This film, shot in documentary style, is set in an adolescent residence for violent teens and demonstrates aggressive behaviors sometimes associated with disruptive behavior disorders. Bipolar, depression, eating disorders, trauma, extreme anxiety and more are explored. Fiction.
- Milk, 2008. Starring Sean Penn, directed by Gus Van Sant. Based on the life of Harvey Milk.
- The Miracle Worker, 1962. Directed by Arthur Penn, starring Anne Bancroft and Patty Duke. The biopic of the story of Anne Sullivan's struggle to teach the blind, deaf, mute Helen Keller. Winner of 2 Academy awards for best actress and best supporting actress.
- Miss Evers' Boys, 1997. Starring Alfre Woodard and Laurence Fishburne, directed by Joseph Sargent. The true story of the US Government's 40 year Tuskegee Syphilis Experiment (1932-1972).
- Mommy, 2014. The adolescent in this French Canadian film is reportedly diagnosed with attention-deficit/hyperactivity (AD/HD). However, as the film progresses it is clear

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that his diagnosis came after the DSM-5 criteria for age of onset for AD/HD and is more probably the impulse control disorder known as conduct disorder, as a result of post-traumatic stress disorder. Fiction.

- Monster, 2003. Starring Academy Award winner Charlize Theron. Based on the story of serial killer Aileen Wuornos. When severe childhood trauma and sexual abuse becomes anti-social personality disorder (psychopathy).
- My Life as a Zucchini, 2016. Directed by Claude Barras, a stop-motion animated feature film. Barras says “This film is an homage to neglected and mistreated children who do the best they can to survive and live with their wounds. Zucchini, our hero, has been through many difficult times and, after having lost his mother, he believes he is alone in the world.” Healing begins when Zucchini meets a kindly policeman, starts a new life in a foster care center, finds a group of friends he can rely on, falls in love, and learns what it means to be happy. Adapted from the book Autobiography of a Courgette, by Gilles Paris.
- Patriots Day, 2016. An all-star cast including Mark Wahlburg, Kevin Bacon and John Goodman, tells the true story of the Boston Marathon bombing. It is a triumphant picture of how a city under siege came together and profiles the resilience of an entire community.
- A Private War, 2018. Directed by Academy Award nominated Matthew Heineman, starring Academy Award nominated Rosamund Pike and Jamie Dornan. A Private War is based on the extraordinary life of Marie Colvin (Rosamund Pike), who is one of the most celebrated war correspondents of our time. Colvin was an utterly fearless and rebellious spirit, driven to the frontlines of conflicts across the globe to give voice to the voiceless, while constantly testing the limits between bravery and bravado. Colvin lived with PTSD and substance use disorders.
- Room, 2015. Starring Brie Larson and Jacob Tremblay. Adapted from Emma Donoghue’s 2010 novel of the same name, this is the story of a woman and her young son living in the forced intimacy of a 10’ x10’ garden shed. With screenplay written by Donoghue and directed by Lenny Abrahamson, what could have been a lurid, opportunistic glimpse into the heart of darkness instead becomes a probing, extraordinarily tender portrait of maternal devotion and youthful resourcefulness. Fiction. Larsen won an Academy Award for her portrayal.
- Saving Mr. Banks, 2013. Starring Tom Hanks and Emma Thompson. Based on the lives of Walt Disney and P.L. Travers, author of “Mary Poppins.” Hollywood license was taken in the making of this movie. Portrayal depictions are reportedly more loving than their real life counterparts.
- Saving Private Ryan, 1998. Starring Tom Hanks. This is the story following the Normandy Landings, when a group of U.S. soldiers go behind enemy lines to retrieve a paratrooper whose brothers have been killed in action.
- Served Like a Girl, 2017. Documentary about women coming home from war and competing in a ‘beauty pageant.’
- Short Term 12, 2013. Starring Academy Award winner Brie Larson. Told through the eyes of a young supervisor of a group home for troubled teens, this feature touches on issues of childhood trauma, attachment and disruptive behaviors. Fiction.
- Sophie’s Choice, 1982. Based on the novel of the same name by William Styron, starring Meryl Streep and Kevin Kline. A story of the ultimate impossible choice.

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- Spotlight, 2015. Starring Michael Keaton, Mark Ruffalo and Brian D'Arcy James. This is the true story of how the Boston Globe uncovered the massive scandal of child molestation and cover-up within the local Catholic Archdiocese, shaking the entire Catholic Church to its core. Nominated for six 2016 Academy Awards. Winner of two, for Best Motion Picture and Best Writing.
- Suffragette, 2015. Directed by Sarah Gavron. Academy Award nominees Carey Mulligan and Helena Bonham Carter star in this powerful drama, inspired by true events, about the women willing to lose everything in their fight for equality in the early 20th century Britain. In 1912, galvanized by Emmeline Pankhurst (cameo appearance by Meryl Streep), leader of the Suffragette movement, Maud (Mulligan), a young working mother, joins the U.K.'s growing movement alongside women from all walks of life who sacrificed their jobs, homes, children and even their lives for the right to vote.
- Sully, 2016. Directed by Clint Eastwood and starring the singular Tom Hanks as Captain Chesley Sullenberger, the American pilot who became a hero after landing his damaged plane on the Hudson River in order to save the flight's passengers and crew.
- Sybil, 1976. Starring Sally Field, Joanne Woodward and Brad Davis. A young woman whose childhood was so harrowing that she developed at least 13 different personalities - a clinical disorder known as Dissociative Identity Disorder (formerly Split Personality Disorder), based in extreme childhood trauma and abuse. Based on the story of 'Sybil.'
- True Justice. Bryan Stevenson's Fight for Equality, 2019. HBO documentary films, directed and produced by Peter Kunhardt, George Kunhardt and Teddy Kunhardt.
- Unbroken, 2014. Based on the life story of Olympian Louis Zamperini. This film tells the tale of Zamperini's harrowing 47 days in a raft with two fellow crewmen before being caught by the Japanese and sent to WWII prisoner-of-war camps. Though faced with unspeakable torture, Zamperini endures unbroken.
- Valentine Road, 2013. On February 12, 2008, in Oxnard, California, 8th grade student Brandon McInerney shot his classmate Larry King twice in the back of the head during first period. Larry died two days later. This is the true story of the deceased (an effeminate gay youth) and the murderer (a budding neo-Nazi). The film connects the human wreckage of Larry's and Brandon's troubled lives-both physically abused, both from broken homes, and both searching for a sense of belonging. Documentary.
- The Valley of Elah, 2006. Post-traumatic stress disorder. Fiction.
- Welcome to Marwen, 2018. Starring Steve Carell, directed by Robert Zemeckis. Based on the true story of aspiring artist Mark Hogancamp (Carell), who became a victim of a violent assault. Following the attack, left with little to no memory of his previous life, Hogancamp constructs a miniature WWII village called Marwen to help in his recovery. Fiction.
- Which Way Home, 2010. Academy Award nominee for best documentary feature, child migrants hoping to reach America.
- Wild, 2014. Starring Reese Witherspoon. Maladaptive response to loss and trauma, expressed through depression, substance use and eventually a 1,100 mile healing journey up the Pacific Crest Trail. Based on the true story of Cheryl Strayed.

television:

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- “Law and Order” 1990-2010 and “Law and Order SVU” 1999-present, multiple episodes. Fiction.
- “Parenthood” 2010-2015, character - Ryan, a war veteran suffers from posttraumatic stress disorder. Fiction.
- “This is Us,” 2016 - present.

theatre:

- Come From Away, 2017. A musical by Irene Sankoff and David Hein. When the World Trade Center crumbled on September 11th, 2001, 38 planes were forced to land in Gander, Newfoundland. The citizens of this tiny community embraced hundreds of strangers, providing food, shelter, and companionship, until they could each return home.
- Fiddler on the Roof, 1964-1972. A musical by Jerry Block and Sheldon Harnick. Book by Joseph Stein. Directed by Jerome Robbins. Starring Zero Mostel and Beatrice Arthur.
- Les Miserables, 1987. Starring Colm Wilkinson and Terrence Mann.
- Man of la Mancha, a musical by Dale Wasserman, music by Mitch Leigh and lyrics by Joe Darion. Debuted on Broadway in 1965 starring Richard Kiley as Don Quixote. Best known for the principal song “The Impossible Dream.” Has been played in countries around the world and revived countless times.
- SUFFS, a musical about women’s fight for the right to vote in America. Composed by Shaina Taub. Directed by Leigh Silverman. Starring Shaina Taub, Tony Award winner Jenn Colella (Come From Away), Phillipa Soo (Hamilton), and Tony Award winner Nikki M. James as ida B. Wells. Originally scheduled to premier on the 100th Anniversary of the 19th Amendment - foiled by COVID-19 - currently playing at the Public Theater in NYC.

Women’s Rights & Mental Health:

Recommended films about women who made a difference:

- A League of Their Own, 1992. Directed by Penny Marshall, starring Tom Hanks and Geena Davis.
- Battle of the Sexes, 2017. Biopic about legendary Billie Jean King and her 1973 tennis match against Bobby Riggs. Starring Emma Stone and Steve Carell.
- Bombshell: the Hedy Lamarr story, 2017. This loving tribute to Hedy Lamarr is about her brilliance, inventions, career and astonishing beauty. It also chronicles an era in film when studios pumped their stars full of ‘uppers’ to get them going at 4 am for make-up and hair, and ‘downers’ to sleep at night. This was the era of Dr. Feelgood and amphetamine injections. Documentary.
- The Diary of Anne Frank, 1959. Starring Millie Perkins and directed by George Stevens, this film tells the story of a teenage Jewish girl named Anne Frank and her family in hiding during Nazi-occupied Netherlands during WWII. Based on Anne Frank’s diaries.
- Erin Brockovich, 2000. Directed by Steven Soderbergh, starring Julia Roberts and Albert Finney. Biopic of legal assistant who almost single-handedly brought down a California power company accused of polluting a city’s water supply.
- Flint, 2017. Directed by Bruce Beresford, starring Queen Latifa and Marin Ireland. Biopic of the women who dealt with the toxic water scandal in Flint Michigan.

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- Girl Rising, 2013. Directed by Richard Robbins. GIRL RISING journeys around the globe to witness the strength of the human spirit and the power of education to change the world. Documentary.
- Harriet, 2019. Starring Cynthia Erivo and Janelle Monae, based on the life of Harriet Tubman.
- He Named Me Malala, 2015. Based on the best selling book by Malala Yousafzai with Christina Lamb, "I Am Malala. the girl who stood up for education and was shot by the Taliban." Documentary.
- The Help, 2011. Starring Emma Stone, Viola Davis and Octavia Spencer, directed by Tate Taylor. An aspiring author during the civil rights movement of the 1960s decides to write a book detailing the African American maid's point of view on the white families for which they work, and the hardships they go through on a daily basis.
- Hidden Figures, 2016. Directed by Theodore Melfi, starring Taraji Henson, Octavia Spencer, and Janelle Monae. The story of female African-American mathematicians who served a vital role at NASA during the early years of the U.S. space program.
- Iris, 2001. Starring Judi Dench and Jim Broadbent. Based on the true story of the romance between novelist Iris Murdoch and her spouse John Bayley. Broadbent won the Academy Award for Best Actor for his depiction of John Bayley. Judi Dench and Kate Winslet were nominated for Best Actress and Best Supporting Actress, respectively, for their portrayals of Iris Murdoch.
- Iron Jawed Angels, 2004. Starring Hillary Swank. The true story of two young activists who fought for the women's right to vote.
- Million Dollar Baby, 2004. Directed by Clint Eastwood, starring Hilary Swank, Clint Eastwood, and Morgan Freeman. A boxer sets out to prove a woman can be a top notch professional and big box office draw. Winner of 4 Academy Awards - best picture, best actress in a leading role, best director and best supporting actor.
- Mind/Game: the unquiet journey of Charmique Holdsclaw, 2015. Mind|Game chronicles both Holdsclaw's athletic accomplishments and personal setbacks, including her decision, despite public stigma, to become an outspoken mental health advocate. Narrated by Glenn Close and directed by 2-time Academy Award nominee Rick Goldsmith. Documentary.
- The Miracle Worker, 1962. Directed by Arthur Penn, starring Anne Bancroft and Patty Duke. The biopic of the story of Anne Sullivan's struggle to teach the blind, deaf, mute Helen Keller. Winner of 2 Academy awards for best actress and best supporting actress.
- 9 to 5, 1980. Directed by Colin Higgins, starring Jane Fonda, Lily Tomlin and Dolly Parton. Three female employees of a sexist, egotistical, lying, hypocritical bigot find a way to turn the tables on him and turn their office in a fair, productive, honest environment. Fiction.
- Nise, the Heart of Madness, 2016. Starring Gloria Pires and directed by Roberto Berliner. Based on the true story of Dr. Nise Da Silveira, who on her return to Rio de Janeiro, goes to work in a psychiatric hospital on the outskirts of the city where she refuses to employ the new and violent electroshock therapy in the treatment of schizophrenics. Ridiculed by her fellow male doctors, she is forced to take on the abandoned Sector for Occupational Therapy, where she would start a revolution through paintings, animals and love.

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- Norma Rae, 1979. Directed by Martin Ritt, starring Sally Field. A young single mother and textile worker agrees to help unionize her mill and ultimately triumphs. Winner of 2 Academy Awards for best leading actress and best music original song.
- Not For Ourselves Alone, March 2019, a PBS documentary documenting the trials, tribulations and triumphs of Elizabeth Cady Stanton and Susan B. Anthony.
- On the Basis of Sex, 2018. Based on the life of Ruth Bader Ginsberg. Biopic.
- A Private War, 2018. Directed by Academy Award nominated Matthew Heineman, starring Academy Award nominated Rosamund Pike and Jamie Dornan. A Private War is based on the extraordinary life of Marie Colvin (Rosamund Pike), who is one of the most celebrated war correspondents of our time. Colvin was an utterly fearless and rebellious spirit, driven to the frontlines of conflicts across the globe to give voice to the voiceless, while constantly testing the limits between bravery and bravado. Colvin lived with PTSD and substance use disorders.
- RBG, 2018. Nominated for the Academy Award for best documentary.
- Served Like a Girl, 2017. Documentary about women coming home from war and competing in a 'beauty pageant.'
- Suffragette, 2015. Directed by Sarah Gavron. Academy Award nominees Carey Mulligan and Helena Bonham Carter star in this powerful drama, inspired by true events, about the women willing to lose everything in their fight for equality in the early 20th century Britain. In 1912, galvanized by Emmeline Pankhurst (cameo appearance by Meryl Streep), leader of the Suffragette movement, Maud (Mulligan), a young working mother, joins the U.K.'s growing movement alongside women from all walks of life who sacrificed their jobs, homes, children and even their lives for the right to vote.
- That Bullshit Law, 2017. This animated, 4 part, short expose highlights 4 of some of the most absurd laws in America, including: why a woman gets a prison sentence decades longer than her abuser's, the Targeted Regulation on Abortion Providers (TRAP) decision, and voter suppression. Each episode examines the ecosystem in which a law came to be and its unintended consequences. Available to stream on Amazon Prime.
- Temple Grandin HBO Special, 2010. Starring Emmy Award winner Claire Danes. Biopic based on the life story of Temple Grandin.
- Thelma and Louise, 1991. Directed by Ridley Scott, starring Susan Sarandon and Geena Davis. Fiction.
- To a More Perfect Union: U.S. v Windsor, 2019. Directed by Donna Zaccaro. The story of Edie Windsor v the US, as defended by Roberta Kaplan, who almost singlehandedly took down DOMA (the Defense of Marriage Act) and began the wave of the legalization of gay marriage across the nation. Documentary.
- The Wife, 2018. Starring Glenn Close and Jonathan Pryce, directed by Bjorn Runge. Close won an Academy Award for best actress for her portrayal. Fiction.
- Working Girl, 1988. Directed by Mike Nichols. Starring Melanie Griffith, Harrison Ford, Sigourney Weaver. Fiction
- Zero Dark Thirty, 2012. Directed by Kathryn Bigelow, starring Jessica Chastain. A chronicle of the decade-long hunt for al-Qaeda terrorist Osama Bin Laden after the 2001 attacks, and his death at the hands of the Navy S.E.A.L.s Team 6 in May 2011, under the leadership of a female CIA operative.

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Theater:

- SUFFS, presented by the Public Theater in 2022. A musical about the life of Alice Paul and her fight to win the right to vote for women.