

GEN Z MENTAL HEALTH: CLIMATE STORIES

SCREENING TOOLKIT

Gen Z Mental Health: Climate Stories is a short documentary that explores the mental health impacts of young adults worldwide as a result of the climate crisis, and considers what resilience means when fighting for the right to a livable planet. The film captures the emotions of a generation that may be frightened, yet is anything but hopeless, saving room for stories of love, community connections, and healing.

[WEBSITE](#) | [TRAILER](#)

CREDITS

Presented by

Stranded Astronaut Productions, Climate Mental Health Network, and YEA! Impact.

Produced by

Tehya Jennett, Laurel Tamayo, Sarah Newman, & Caroline Stella

Directed by

Tehya Jennett

Edited, Asst. Direction, & VFX by

Gregoire Labat

Add'l Editing, Sound, & Art Direction by

Maxfield Biggs

Featuring

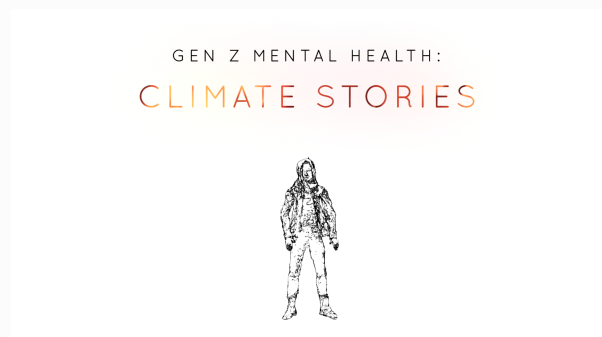
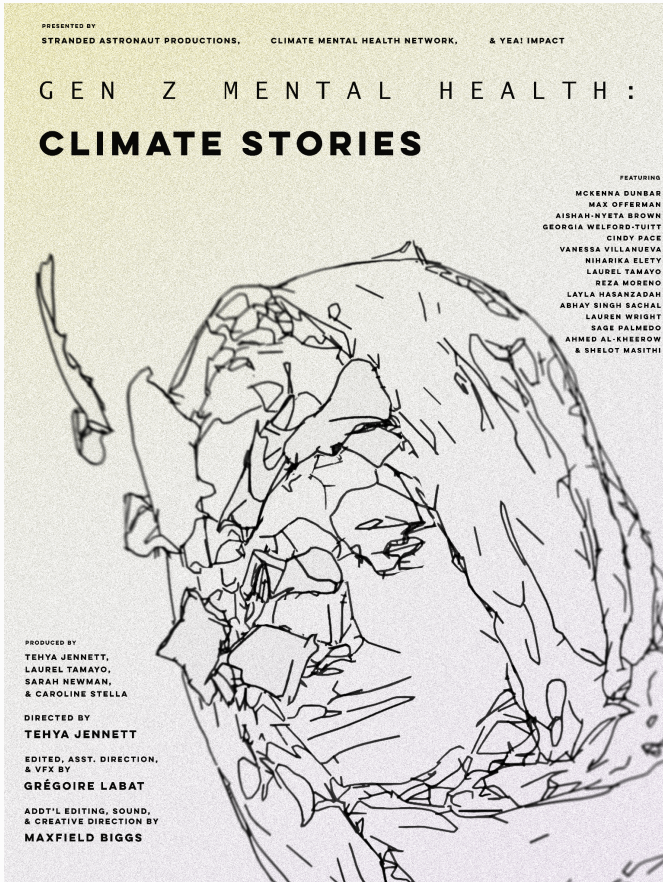
| | |
|-----------------------|--------------------|
| McKenna Dunbar | Reza Moreno |
| Max Offerman | Layla Hasanzadah |
| Aishah-Nyeta Brown | Abhay Singh Sachal |
| Georgia Welford-Tuitt | Lauren Wright |
| Cindy Pace | Sage Palmedo |
| Vanessa Villaneuva | Ahmed Al-Kheerow |
| Niharika Eley | Shelot Masithi |
| Laurel Tamayo | |

In Association with

Sustain the Mag
Our Children's Trust
Tega Collective
Jiyan Foundation
She4Earth
Paramount Co.

FILM POSTERS & IMAGES

[LINK TO DRIVE FOLDER FOR DOWNLOAD](#)



HOW TO HOST A SCREENING

ACCESSING THE FILM:

The film link will be sent to you privately via email with password protection.

****Disclaimer: Please do not share the film link without explicit permission, nor screen the film without official email confirmation from our team.****

SCREENING TIPS:

The film can be streamed through vimeo, but if possible, download it to avoid buffering! The video should be downloadable in its original size, but if there's not enough available storage it can be downloaded still at 1080p with a much smaller file size. The password protected film will be sent to you via email.

If you would like a speaker, please email tehya@strandedastronaut.com

Don't hesitate to reach out with any technical and logistical questions at production@strandedastronaut.com

AMPLIFICATION TIPS:

Tag @strandedastronaut @climatementalhealth @yeaimpact and @hollywoodclimatesummit on IG in any amplification / social media posts and the hashtag #climatementalhealth

Sample text: Join us for a screening + conversation about the impact of #climatecrisis to #GenZers #mentalhealth and how we can respond to develop emotional resilience and community connections! [DATE, TIME]. Details and RSVP @ [URL] #GenZ #climatementalhealth #film

EVENT PLANNING TIPS

- **Format:** Decide on the event format (in person, online or hybrid).
- **Collaborate:** Invite other organizations to partner with you to host the event.
- **Venue:** Choose a location that is easy to find and accessible. Whether the event is online or in person, ensure that access needs for guests are addressed (e.g. closed captioning or

accommodations if there are stairs). Ensure the venue has good AV equipment (screen, projector, speakers, etc.).

- **RSVP:** Choose an RSVP tool (e.g. Zoom, Eventbrite, Facebook events) and a video platform if online or hybrid (we recommend Zoom).
- **Invitation:** Create an invitation and share it widely on multiple platforms (see amplification tips above). Send a reminder to confirmed guests at least once before the event that includes the time, date and location.
- **Technical Check:** Do a tech and sound check before the event: play the film (see tips above) and do a mic check.
- **Hosting a conversation:** Be prepared to have a few questions about the film and how people can respond personally and in their communities.
- **Resources:** Have resources and ways to take action available for attendees. Encourage guests to connect via social media and web with partner organizations. (see below)
- **Licensing:** Pay a screening fee to Stranded Astronauts Productions in advance of your event. You may charge admission and use the event as a fundraiser.
- **Amplify:** Share your event details with Stranded Astronauts Productions to include on the film site and to amplify (if open to the public).
- **Impact:** Take pictures at your event and email them to our team for amplification and our internal impact measurement!

CONVERSATION TIPS

Hosting a moderated conversation after the screening is important to help people share their feelings and thoughts about the film and this issue. A few suggestions:

- **Hopeful:** The film intentionally ends on a hopeful note. Encourage a discussion about the future people envision and can build.
- **Action:** Taking action is an important way to help people not feel overwhelmed or discouraged. Encourage people to take action in ways that are meaningful to them that use their skills/interests and help them connect with others in their community.
- **Feelings:** Having climate anxiety is normal and people should understand it is a valid response to the climate crisis.
- **Self care:** Use the resources below from partners to encourage attendees to connect with others and practice self care to encourage emotional wellbeing, prevent burnout and strengthen individual and community agency.

- **Learn:** Encourage people to continue to learn about the issue through books, articles, podcasts, etc.
- **Keep Talking:** The issue will not go away and the conversations around it shouldn't either.
- **Community:** We are in this together and solving the climate crisis requires all of us. We all have a role to play with our skills and interests. Everyone can make a difference and are stronger together.
- **Connection:** Encourage people to connect with the organizations below and to explore the resources and actions offered.

RESOURCES

- [Resilience tips and guided meditations](#)
- [Creative Arts Therapy Guide](#)
- [Recommended books](#)
- [Resources for teachers](#)
- [Resources for parents](#)
- [Sound meditations](#)

STAY CONNECTED

Connect on social media and subscribe to updates:

Climate Mental Health Network

Web: <https://www.climatementalhealth.net/> #climatementalhealth

IG: <https://www.instagram.com/climatementalhealth/>

LinkedIn: <https://www.linkedin.com/company/climate-mental-health-network>

Stranded Astronaut Productions

Web: strandedastronaut.com

IG: <https://www.instagram.com/strandedastronaut/>

LinkedIn: <https://www.linkedin.com/company/stranded-astronaut-productions/>

YEA! Impact!

Web: yeaimpact.com

IG: <https://www.instagram.com/yeaimpact/>

Hollywood Climate Summit

Web: hollywoodclimatesummit.com

IG: <https://www.instagram.com/hollywoodclimatesummit/>