

© NO LETTING GO

Discussion Guide

For General Audiences

1. WELCOME

THANK YOU for bringing The Youth Mental Health Project and NO LETTING GO to your community.

Our hope is to spark **open and honest dialogue** about youth mental health in an effort to increase **awareness** and **understanding** about youth mental health.

A screening of NO LETTING GO will also provide an opportunity to connect the audience directly with partner organizations who are working locally, regionally or nationally on the issue and who have already developed paths to increase awareness and improve outcomes.

Based on the real-life experiences of producer and co-writer Randi Silverman, NO LETTING GO is a heartfelt look at one family's struggle to understand and to cope with their son's erratic behavior and emotional instability.

The story follows a child's painful, yet invisible, odyssey with mental illness and examines a multitude of important topics, including the toll mental illness takes on an entire family and the impact of society's judgement.

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