Young People Come Out About Mental Illness on YouTube

April 16, 2010 By David Evans

A bunch of brave young people in the U.K. are giving a public face to mental illness in young people. I hope that English speaking kids all over the world find their way to these videos so that we can all continue to fight isolation, misinformation and stigma.

What I love most is that many are using clever video production techniques and humor to get across the point. Too often, depictions of mental illness are so bloody serious.

I enjoyed comedians Isy Suttie's and Josie Long's advice in this video.

I really wish there'd been stuff like this when I was a teen. It might have saved me a great deal of pain, though I think that one of the definitions of "teenager" in *Webster's* is "a person who must endure unending misery and humiliation."

Anyhow, It's all for a good cause called the Young Minds Charity.

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