



## Media Awards Application Cover Sheet

**Category:** Sound/Vision Journalism \_\_\_\_\_

**Entry Title:** Out of My Mind \_\_\_\_\_

**Name of Applicant:** Adam Dudding \_\_\_\_\_

**Organisation:** Stuff (NZ) \_\_\_\_\_

# Out of My Mind: True Stories about Mental Health

Link to full series + multimedia: [stuff.co.nz/outofmymind](http://stuff.co.nz/outofmymind)

## Supplied audio guide

Each of the seven episodes is 28–37 minutes long, and is a self-contained piece of first-person storytelling. I'm uploading the first two episodes, which are 37 and 33 minutes long. This takes the total length to a nudge over 60 minutes, but figured this would provide a much better idea of the style and form of the series, rather than creating a montage of unfinished stories.

The remaining five standalone episodes are all available at [www.stuff.co.nz/outofmymind](http://www.stuff.co.nz/outofmymind).

### Episode 1: “Angels and demons / Egan Bidois” 37 minutes [ONLINE PLAYER LINK](#)

*“I remember the doctor saying to my parents: ‘Your son Egan? He’s not coming home. He’s completely untreatable.’ And I remember the look in my parents’ eyes: it was the look of someone’s hope dying.”*

### Episode 2: “The paroxetine diaries / Ashleigh Young” 33 minutes [ONLINE PLAYER LINK](#)

*“I’ve tried a lot of things: Meditation. Hot yoga. Cycling. Saunas. Cold showers. More sleep. Less sleep. Acupuncture. Therapy. I tried giving up caffeine and it was awful! I believe in the power of a cup of tea.”*

## Support Material

The *Out of My Mind* podcast series was editorially supported by the wider Stuff media organisation with online and print stories linking back to the podcast. These text articles included:

#### 1: [Out of My Mind: Personal essay](#)

*This was a personal essay about the experience of making the podcast series, and some of what I learnt about the realities of mental distress/illness. It was published just as the [first episode](#) was released.*

#### 2: [A beginner’s guide to post-natal depression](#)

*A general feature about post-natal depression, intended as a pointer to the episode “[Crossing the Lines](#)”*

#### 3: [Jami-Lee Ross: My iPhone save me from myself](#)

*Short news piece pointing to the “[Fight or Flight](#)” episode, which told the story of Jami-Lee Ross, a senior New Zealand opposition politician who had very public fall from grace, followed by a breakdown and a suicide attempt.*

#### 4: [A day in the life of a mental health helpline](#)

*A general feature looking at NZ’s largest mental health helpline, intended as a general pointer to the entire series.*

## Audience and critical response

*Out of My Mind* won “Best Podcast (Episodic)” at the 2020 NZ Media Awards. Response to the series was enthusiastic. Comments via Apple Podcast reviews and Twitter included:

\* *“I have learnt more about mental illness through this podcast than in my entire four decades of adulthood.”*

\* *“A rich perspective of mental health, giving a voice to people’s unique experiences without demonising and pathologising.”*

\* *“This has inspired me to share my own story and I hope it does many others.”*

\* *“Thank you for letting people who have never experienced mental illness take a look at what it is like. I have Bipolar disorder and adult ADHD and I am so very appreciative of what you are doing.”*

\* *“The sound design & music on this episode works so well – really transported me into her story of post-natal depression. Moved me through laughter, tears and back to smiling again.”*

\* *“It’s hard to describe depression to people who haven’t dealt with it & Ashleigh’s episode does that.”*

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