Category: Sound/Vision Journalism
Entry Title: Out of My Mind
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Organisation: Stuff (NZ)
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 was 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.

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


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.”