

## General Discussion Questions on Mental Illness

**How does literature help us understand the lived experience of mental illness differently than medical or scientific texts?**

**Is mental illness in literature often romanticized, stigmatized, or humanized? Why does this matter?**

**How does the reader's perspective on mental illness shape their interpretation of a text?**

**Can literature act as a form of therapy—for the author, the characters, or the reader?**

**How does literature expose the tension between medical authority and personal experience of mental illness?**

**What role does isolation (social, physical, emotional) play in the lives of characters with mental illness?**