



The rates of people **struggling** with their **mental health** are higher in prison than in the general population. **Barriers** to employment and education often result in **high reoffending rates**.

The Mental Health Media Production Unit is a project that enables prisoners to create films that focus on the mental health issues that affect them.

Operating in HMP Wandsworth and HMP/YOI Isis, it addresses the high prevalence of mental health challenges in prisons.

Through film production, the MHMPU offers therapeutic benefits and positive impact on prisoners' wellbeing.



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**The MHMPU is an exciting and innovative project contributing to changing mental health and wellbeing outcomes in prisons.**  
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Academic evaluator  
Institute of Criminology,  
University of Cambridge



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**I've learnt so much in such a short amount of time working with the IJP team.**  
  
**When I look back at where I was just a few months ago, I can't believe how much I've been able to do. I really hope to continue developing my skills in filmmaking and bring it to my community.**  
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Rus,  
Student

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**I learned how to get my points across easier so I don't have to get angry or frustrated when I want to say something.**  
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Trainee, HMP/YOI Isis



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**It definitely brought more awareness...we would get stopped on the wings quite often and asked about our service.**  
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Occupational Therapist,  
HMP Wandsworth