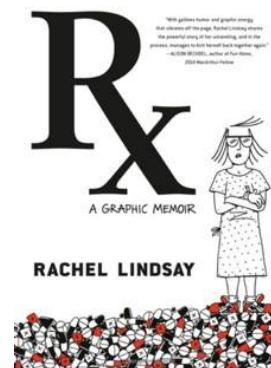


## Discussion Guide

### *Rx: A Graphic Memoir*

By Rachel Lindsay

1. What do you think of the visual aspects of this book? How does the format of a graphic novel influence what is conveyed in this memoir?
2. Sections of the book discuss how people with mental health conditions are depicted in ads and media. What are some stereotypes from ads that you see reflected in real life marketing? How do these depictions influence the public view of mental health?
3. What aspects of your own life does the book remind you of? A particular event? Or a feeling? A person – like a friend, family member, co-worker, etc.? Can you point to specific passages/panels that struck you personally? Why?
4. If you've read other memoirs or stories about bipolar disorder (or mental illness in general), how does *RX: A Graphic Memoir* compare to them?
5. Most of us have an idea of what therapy and recovery should look like. How does *RX: A Graphic Memoir* challenge or reaffirm your personal image of what therapy, hospitalization, and mental health recovery is supposed to look like?
6. The book shows various interventions and attempts to help by Rachel's family and friends. What do you think of the intervention methods used by those closest to Rachel? What things do you find to be effective in supporting friends and family with mental illness?
7. When she receives a promotion at work, Rachel expresses a worry that people may realize that she has bipolar disorder. What are some factors (both stated and assumed) that feed into that fear?
8. How does Rachel's job at a pharmaceutical company affect how she views her own mental health?
9. What do you think the author's purpose was in writing this book? What ideas do you think she was she trying to get across? What factors do you think may influence the author's message and telling her own story?
10. In what ways did the book change your own opinion of how you view bipolar disorder (or mental illness in general)?



### **Extension activity**

Your book club can tap into their creative abilities by creating their own graphic medicine comic book. Book clubs can utilize materials from the National Library of Medicine exhibit “[Graphic Medicine: Ill Conceived & Well Drawn](https://www.nlm.nih.gov/exhibition/graphicmedicine/)” (<https://www.nlm.nih.gov/exhibition/graphicmedicine/>) for additional information and activity plans. The [Comics Making Project](https://goo.gl/oSaFqr) (<https://goo.gl/oSaFqr>) provides an activity plan for people to have hands-on interaction with telling their own story in a comic format.

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