

OUR GAMES



MOVING STORIES: LEARN CONVERSATION STRATEGIES TO USE WHEN A FRIEND IS STRUGGLING WITH DEPRESSION

MADE BY IJSFONTEIN & GEMH LAB, PRODUCED BY TRIMBOS-INSTITUTE

ABOUT THE GAME

Moving Stories is a game-based school program that consists of a single-player, mobile, 3D video game and a contact session with someone who has lived experience with a depressive disorder.

An entire secondary school class plays the game at the same time. Students each interact in the game with Lisa, who is showing signs of a depression. They are asked to help Lisa and they receive feedback from her during the day.

The game inspires students to discuss game strategies in the classroom and with that conversations about depression. In the contact session the story of Lisa is brought to life by someone with lived experience. In a classroom setting, students discuss their experiences with the game and what strategies they could use in real-life when their friend is struggling with a depression.

TRAILER

[Moving Stories](#)

FEEDBACK

The first study with the Moving Stories program showed that participation in the program could lower personal stigma in young secondary school students.

THE SCIENCE: [Social Games as Prevention Tools for Depression in Adolescents](#)

