

# I'm Fine, [Not] Really

A documentary from *Mondo Cares*



Athletes have always been under pressure to win. They put aside their personal and mental feelings and “suck it up” no matter what.

Each year, millions of people live with emotional struggles or mental disorders. In 2021, there was a new focus on mental health through the eyes of elite sport figures.

The focus continues in “I’m Fine, (Not) Really,” which looks at the unhealthy relationship between elite athletes and their fans, and the ever-growing demands and expectations athletes feel compelled to meet that have contributed to their rising level of mental health issues.

Astonishingly powerful, this ground-breaking documentary features candid accounts from Olympic athletes and legends, including Jackie Joyner-Kersey, Michael Johnson, Roderick Townsend, Stacy Dragila, Shamier Little and Tori Franklin, on how they overcame their obstacles, along with insights from leading sports coaches and sports mental health psychologists.

“I’m Fine, (Not) Really” is produced by filmmaker Darryl Roberts, a former entertainment reporter for NBC News and award-winning producer and filmmaker of the documentary “America the Beautiful,” which tackled America’s unhealthy obsession with beauty. Roberts has earned numerous awards, including the United Nations Rights of the Child Award.

