

Hilarious World of Depression

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Project Goals

To reduce the stigma around mental illness. Stigma is a set of negative (and often unfair) beliefs that a society has about something.

Project Description

In 2017, HealthPartners sponsored Minnesota Public Radio's first season of "The Hilarious World of Depression," which consisted of podcasts of comedians talking about how they've coped with depression, hosted by public radio host John Moe. Successful podcasts of seasons 2 and 3 continued in 2018 and 2019, with the addition of musicians and actors. As of this writing, season 4 is about to launch—with even more frank, moving (and yes, funny) conversations with entertainers and athletes who have struggled with depression and other mental illnesses.

With over 10 million downloads, "The Hilarious World of Depression" has been named Best Comedy Podcast by the 2017 Webby Awards, been praised by *The Guardian* and *Huffington Post*, and been named to Best Podcasts lists by *USA Today*, *Buzzfeed*, *AV Club* and more.

Entities Involved

American Public Media.

How Health Plans Support the Project

HealthPartners sponsors the podcast.

Additional Information

<https://www.hilariousworld.org/>

Questions?

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