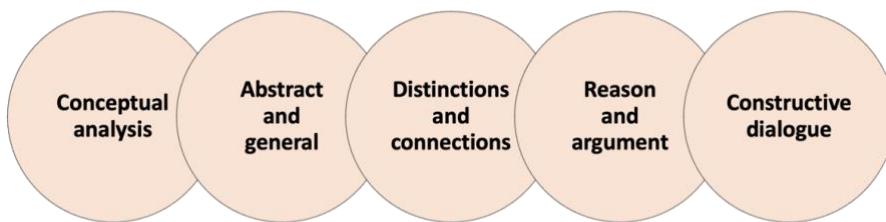


Reading

- Fred Kroon and Alberto Voltolini – “Fiction” – in the Stanford Encyclopedia of Philosophy
<https://plato.stanford.edu/entries/fiction/>

The Philosophy Toolkit



Mental Health in Fiction

- What are some examples of where mental health is represented in fiction?
- How does fiction relate to public understanding of mental health – and mental health stigma?

Philosophy of Fiction

Here are some of the questions and themes that philosophers interested in fiction focus on:

- What is fiction? What makes something a work of fiction as opposed to non-fiction?
- How does fiction relate to truth?
- How does fiction relate to the imagination?
- What are fictional entities?
- Can fiction give us knowledge? If so, how should we understand such knowledge?
- How can we engage emotionally with fiction when we know it is not real?

*This gives rise to the **paradox of fiction***

1. *People experience emotions for fictional objects and situations, knowing them to be fictional*
2. *People do not believe that fictional objects and situations exist*
3. *In order to experience an emotion for an object or situation, one must believe that it exists*

It appears that (1), (2) and (3) can't all be true at once, yet they each seem to intuitively true.

Your Mental Health and Fiction

- Can fiction ever be a means of self-discovery and self-development?
- Can engagement with fiction be good for your mental health – if so, how?
- Can engagement with fiction ever be bad for your mental health – if so, how?