

JOE PANTOLIANO

ACTOR & MENTAL HEALTH ADVOCATE



and treatment. Through *No Kidding, Me Too!*, he directed the powerful documentary *Hope's Messengers*, which presents an honest, empowering portrayal of those living with mental illness.

With courage, humor, and compassion, Pantoliano has put a face on the mental health issue. Speaking in his no-nonsense style, he shares the experiences that have fueled his craft and creativity while offering hope to those affected by mental illness.

TOPICS

- A Tough Guy Battles Back
- No Kidding, Me Too! Stomping the Stigma of Mental Illness
- Asylum: Hollywood Tales from My Great Depression

COMMENTS

"The program was a huge success. The film was well received, and Joey did an excellent job of conveying the message about the impact of mental illness on individuals, families, and society in general—as well as the consequences of stigma on treatment seeking behavior. He is an amazing speaker, and really captured the attention of our students."

- Marywood University

"No kidding. Me too!"

These are the words actor and director Joe Pantoliano has heard many times in his conversations with others about mental illness. Making them his rallying cry, he has launched the non-profit *No Kidding, Me Too!*, which works to promote education and awareness with the hope of removing the stigma that surrounds mental illness.

An award-winning actor, "Joey Pants" is known for his tough-guy roles in *Memento* and *The Sopranos*. But it was his role as a father dealing with his wife's mental illness in 2006's *Camas* that inspired him to face his own clinical depression and his childhood growing up with a mother who was bipolar. In response, he authored two memoirs: *Who's Sorry Now: The True Story of a Stand-Up Guy* and 2012's *Asylum: Hollywood Tales from My Great Depression*.

Making it his life's calling to help others, Pantoliano has become an outspoken advocate for mental health awareness. He encourages audiences to take action and become more knowledgeable about mental illness—including its symptoms, diagnosis,



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