

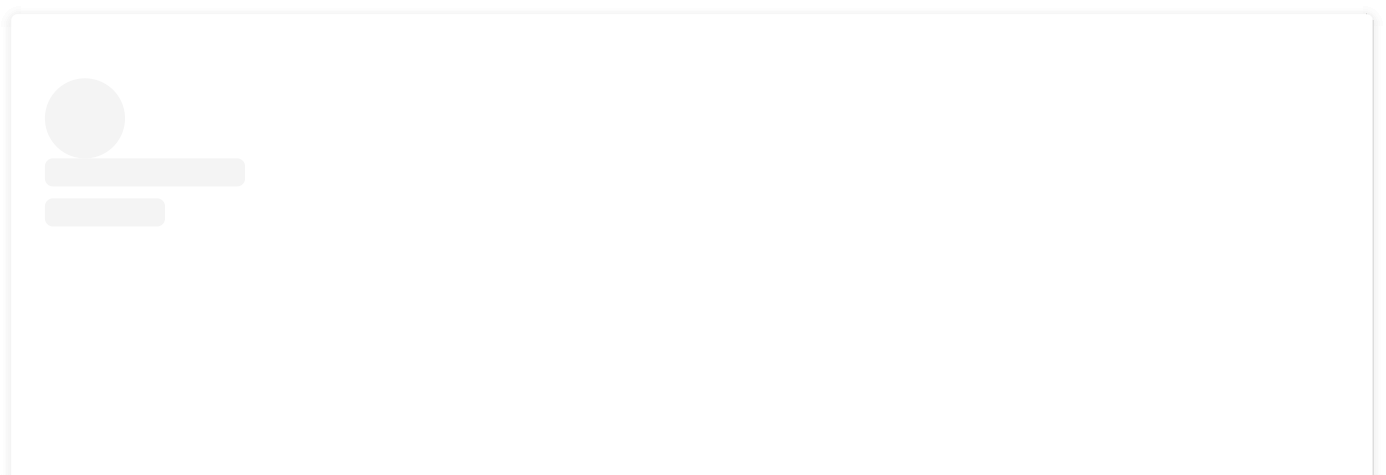
# Oprah and Prince Harry are making a mental health documentary series for Apple

## What a duo.

Entertainment royalty and literal British royalty have come together to make television for Apple.

That's right, Oprah Winfrey and Prince Harry teamed up to create a multi-part documentary series focused on mental health for Apple TV+, the company's new streaming service.

According to a post from Harry's Duke of Sussex Instagram account, the project "will focus on both mental illness and mental wellness" and aims to inspire viewers "to have an honest conversation about the challenges each of us faces, and how to equip ourselves with the tools to not simply survive, but to thrive."





[View this post on Instagram](#)

We are excited to announce that The Duke of Sussex and Oprah Winfrey are partners, co-creators and executive producers on their forthcoming mental health series launching on Apple in 2020. The pair have been developing the series for several months and are looking forward to sharing such an important project on this global platform. The dynamic multi-part documentary series will focus on both mental illness and mental wellness, inspiring viewers to have an honest conversation about the challenges each of us faces, and how to equip ourselves with the tools to not simply survive, but to thrive. This commitment builds on The Duke of Sussex's long-standing work on issues and initiatives regarding mental health, where he has candidly shared personal experience and advocated for those who silently suffer, empowering them to get the help and support they deserve. His Royal Highness has spent many years working with communities throughout the UK and young people across the Commonwealth to break the stigma

surrounding mental illness and broaden the conversation of mental wellness to accelerate change for a more compassionate, connected and positive society. Quote from HRH: “I truly believe that good mental health – mental fitness – is the key to powerful leadership, productive communities and a purpose-driven self. It is a huge responsibility to get this right as we bring you the facts, the science and the awareness of a subject that is so relevant during these times. Our hope is that this series will be positive, enlightening and inclusive – sharing global stories of unparalleled human spirit fighting back from the darkest places, and the opportunity for us to understand ourselves and those around us better. I am incredibly proud to be working alongside Oprah on this vital series.”

*A post shared by [The Duke and Duchess of Sussex \(@sussexroyal\)](#) on Apr 10, 2019 at 2:58am PDT*

The post goes on to explain that Oprah and Prince Harry are partners, co-creators, and executive producers of the series, and that they’ve been developing it for months.

The series will reportedly build on Prince Harry’s continual efforts to raise awareness on the importance of discussing mental health. In addition to sharing his own personal experiences over the years, he’s worked with various organizations and co-launched [Heads Together](#) in 2017 – a campaign that aims to fundraise mental health services and end the stigma associated with openly discussing mental health.

“I truly believe that good mental health – mental fitness – is the key to powerful leadership, productive communities and a purpose-driven self. It is a huge responsibility to get this right as we bring you the facts, the science and the awareness of a subject that is so relevant during these times,” Prince Harry was quoted in the Instagram post.

“Our hope is that this series will be positive, enlightening and inclusive – sharing global stories of unparalleled human spirit fighting back from the darkest places, and the opportunity for us to understand ourselves and those around us better. I am incredibly proud to be working alongside Oprah on this vital series.”

Oprah also commented on the post, writing, “Delighted to be partnering with you. Hope we shed a lot of Light. And change some lives!”

Though we have yet to learn a specific date, the series is set to launch at some point in 2020. Looks like Apple has [a pretty stacked lineup of shows](#) in store for us.

(Source: [Mashable.com](https://www.mashable.com))