

MENTALLY CHILL (UNLESS I FORGET)™ — SUBMISSION PACKET

TITLE

Mentally Chill (Unless I Forget)™

FORMAT

Half-hour Animated Comedy Pilot (TV Teleplay)

GENRE

Comedy / Mockumentary / Adult Animation

LOGLINE

A chaotic, forgetful woman tries to reboot her life while surviving her own ADHD, a ruthless documentary crew, her burnt-out emotional-support dog therapist, and a brutally honest talking mug — all while attempting the glow-up era she keeps forgetting to start.

ONE-SENTENCE HOOK

“The Office” meets “BoJack Horseman” with the emotional support dog you didn’t know you needed and the talking mug you definitely didn’t ask for.

SHORT SYNOPSIS

Crystal wants to rebuild her life, but ADHD, anxiety spirals, forgotten responsibilities, and an intrusive documentary crew keep sabotaging her every attempt. Her emotional support dog, Buttplug™, gives reluctant therapist advice, while her best friend Mugsly™, a sarcastic talking mug, roasts her nonstop. As her relationship, career hopes, and sanity battle it out on camera, Crystal becomes the messy but loveable center of a mockumentary she never asked for.

VERSUS THE WORLD

Crystal isn’t fighting villains — she’s fighting her ADHD, anxiety loops, forgotten responsibilities, an intrusive documentary crew, and a world demanding perfection while she’s just trying to remember where she put her keys.

CHARACTER BIOS

CRYSTAL — Chaotic, lovable protagonist trying to reboot her life.

BUTTPLUG™ — Emotional-support dog & reluctant therapist.

MUGSLY™ — Sarcastic talking mug & brutally honest best friend.

RYAN — Supportive boyfriend and the “normal one.”

MEGAN — Industry pro drawn into Crystal’s beautiful chaos.

TONE & COMPARABLES

The Office (mockumentary), BoJack Horseman (absurd emotional humor), Broad City (chaotic female lead energy), Inside Job (fast comedic pacing).

PILOT BUDGET ESTIMATE

\$85,000 – \$180,000 depending on animation complexity, voice talent, and post-production.

WHY THIS PROJECT / WHY NOW?

This series resonates with mental health communities, ADHD survivors, and anyone trying to glow up despite chaos. It’s heartfelt, chaotic, and honest — proving you can be a beautiful mess and still deserve a second season.