

## **Each Mind Matters Video Series**

### **About CalMHSAs and Each Mind Matters**

A summary of the programs under Each Mind Matters and why these initiatives are critical and meaningful in the lives of Californians.

*Topics: Education, Stigma/Discrimination  
Reduction*

### **What is Stigma?**

A short, engaging, and emotional video explaining the importance of mental health and the negative impacts of stigma.

*Topics: Education, Stigma/Discrimination  
Reduction*

### **How to Start a Conversation About Mental Health**

A short, animated video that teaches how to initiate an open and honest conversation about mental health to break the stigma around mental illness.

*Topics: Education, Stigma/Discrimination  
Reduction*

### **What is Each Mind Matters?**

A short, animated video that highlights the purpose of the Each Mind Matters movement and how mental health is a topic that affects everyone.

*Topics: Education, Stigma/Discrimination  
Reduction*

### **International Stigma Conference PSA**

Members of the mental health community come together at the 7th International Together Against Stigma Conference to share their support for Each Mind Matters.

*Topics: Advocate, Education, Stigma/  
Discrimination Reduction*



## Walk In Our Shoes

### Matt's Story

An animated video chronicling the journey of a young man diagnosed with bipolar disorder and his steps to recovery.

*Topics: Youth, Stigma/Discrimination Reduction, Bipolar Disorder*

### Scarlett's Story

An animated video of a young adult who shares her story about bullying and depression to teach youth about the importance of seeking help and working on your mental wellness.

*Topics: Youth, Stigma/Discrimination Reduction, Depression, Wellness, African American Perspective*

### Laura's Story

An animated video discussing a young woman's diagnosis of obsessive compulsive disorder (OCD) and her journey to recovery.

*Topics: Youth, Stigma/Discrimination Reduction, Asian/Pacific Islander Perspective, Obsessive Compulsive Disorder (OCD)*

### Mai's Story

An animated video of a young girl who overcame her struggles with depression, self-harm and cultural stigma.

*Topics: Youth, Stigma/Discrimination Reduction, Depression, Abuse, Asian/Pacific Islander Perspective, Treatment*

### Howi's Story

An animated video of a young man's barriers to mental wellness and the cultural guidance that helped on his journey.

*Topics: Youth, Stigma/Discrimination Reduction, Native American Perspective, Wellness*

### Jose's Story

An animated video discussing the effects of anxiety and depression on a young student and how reaching out for help put him on the path to recovery.

*Topics: Youth, Stigma/Discrimination Reduction, Latino Perspective, Anxiety*

# Each Mind Matters

## Personal Stories of Hope and Recovery

### Joshua

A man describes his journey from diagnosis with schizophrenia at an early age to the recovery that is allowing him to enjoy a fulfilling life.

*Topics: Youth, Schizophrenia, Drug Use*

### Amanda

A young woman discusses her past sexual abuse, the mental health challenges she experienced in college, and how art has helped her in her recovery.

*Topics: Youth, Bipolar Disorder, Education, Abuse, Wellness*

### Alexandra

A young woman encounters the dual stigma of mental illness and sexuality and shares how taking on the responsibility of running her own business helps her recovery.

*Topics: Anxiety, Bipolar, LGBT, Stigma/Discrimination Reduction, Treatment*

### Joe

A U.S. veteran who completed a tour in Iraq and now suffers from PTSD works to help other veterans struggling to cope with mental health challenges.

*Topics: Veteran, PTSD*

### Susan

A young Cambodian woman discusses the stigma of her diagnosis and hope for her recovery.

*Topics: Asian/Pacific Islander Perspective, Depression*

### Janet

A Native American Health Center worker seeks resources for Native Americans to overcome their mental health challenges using traditional cultural activities.

*Topics: Advocate, Native American Perspective, Wellness*

### Keris

A community leader recovering from mental illness shares her wellness toolkit with others.

*Topics: Advocate, African American Perspective, Depression, Wellness*



## **Chua Cher Yang**

A Lao farmer working in a community garden in Fresno speaks of how mental wellness can be achieved in his community.

*Topics: Hmong, Asian/Pacific Islander Perspective, Wellness*

## **Adalia**

A Latina woman discusses her struggle with stigma and discrimination from family and community associated with her mental health challenges.

*Topics: Latino, Abuse, Suicidal Thoughts, Stigma/Discrimination Reduction*

## **Daniel**

A Latino man discusses his struggles with depression, psychotic features and bipolar disorder and shares how seeking help changed his cycle of homelessness, incarceration and suicide attempts.

*Topics: Spanish, Latino, Bipolar Disorder, Depression, Suicide Attempts, Incarceration*

## **Reverend Susan**

A faith leader who suffers from depression now fights the stigma of mental illness in her congregation and community.

*Topics: Depression, Faith, Stigma/Discrimination Reduction*

## **Jennifer**

The wife of an ex-Navy officer who died by suicide due to a mental illness explains the importance of reaching out for help when struggling with depression and other mental health challenges.

*Topics: Family, Military Experience, Suicidal Thoughts, Loss*

## **Dennis**

A psychotherapist discusses his story of hope and resiliency after being stigmatized for his immigrant status, nationality, sexuality and mental illness.

*Topics: Asian/Pacific Islander Perspective, LGBTQ Perspective, Stigma/Discrimination Reduction, Treatment*

## **Sally and Jay**

Pioneers of the mental health movement discuss their experiences with the mental health system in the 1960s and how they have transformed the movement through their life's work.

*Topics: Abuse, Advocates, Treatment*

## Know The Signs

### Animated Videos from Website

Inspirational clip providing context for why suicide prevention education is a powerful tool for all.

*Topics: Suicidal Thoughts, Education*

### Spanish TV Spot

This TV spot alerts Latino parents to the possibility that their daughter or son could be thinking about suicide and to take warning signs seriously.

*Topics: Suicidal Thoughts, Latino, Perspective, Education, Family*

### Spanish Radio Spot

The radio spot is aimed at Latino parents, and encourages viewers to learn the signs and actions to take when a teenager is considering suicide.

*Topics: Suicidal Thoughts, Latino Perspective, Education, Family*

### English Radio Spot

A radio advertisement aimed to help audiences understand the subtle and hidden signs of suicide in order to recognize and reach out to someone in need.

*Topics: Suicidal Thoughts, Education, Family*

## Directing Change PSAs: Suicide Prevention

### Pain Never Lasts

#### Riverside County

*English*

A spoken word/poetry film about the struggles young men face, narrated by an African American male who reminds young people that pain never lasts and to hold on.

*Topics: African American Perspective, Youth, Suicidal Thoughts*

### My Friend Tyler

#### Placer County

*Spanish with English captions*

A film that tells the story of a girl who notices signs of suicide in her friend Tyler and reaches out to support him and connect him with help.

*Topics: Latino Perspective, Suicidal Thoughts, Youth*



## **Suicide on Indian Country**

### **Humboldt County**

*English with English captions*

Native youth discuss how their culture, language, family, and ceremony can heal and restore their people to help prevent suicide on Indian country.

*Topics: Native American Perspective, Suicidal Thoughts, Youth*

## **隠された思い**

### **(My Hidden Feelings)**

#### **Orange County**

*Japanese with English captions*

A film that tells the story of a girl who experiences anxiety and hopelessness and finds support from a friend who reaches out to her.

*Topics: Asian American Perspective, Anxiety, Suicidal Thoughts, Youth*

## **Not Alone**

### **Riverside County**

*English*

With the help of his basketball team, an African American youth is reminded of his own strength, that he is not alone, and that there is help.

*Topics: African American Perspective, Suicidal Thoughts, Youth*

## **All That Matters**

### **Butte County**

*English*

An inspiring story about the special bond between two brothers and how recognizing the warning signs and reaching out to help a loved one in distress can save a life.

*Topics: Family, Suicidal Thoughts, Youth*

## **A New Tomorrow**

### **Sonoma County**

*English*

When one friend begins showing warning signs for suicide, a friend notices and seeks the help of a school counselor.

*Topics: Suicidal Thoughts, Youth*

## **Speak Out**

### **Riverside County**

*English*

Friends notice the warning signs for suicide and seek the advice of their basketball coach, a trusted adult, who reaches out and follows up with their friend.

*Topics: Suicidal Thoughts, Youth*

## Reading the Signs

### Sonoma County

*American Sign Language with English captions*

A student discusses his personal experience with depression and thoughts of suicide and how to know the signs and reach out to a friend.

*Topics: Depression, Suicidal Thoughts, Youth*

## Directing Change PSAs: Mental Health

### Rising Up

#### Sacramento County

*English*

An animated film with a hopeful message of overcoming mental illness with the help of friendship.

*Topics: Depression, Stigma Reduction, Youth*

## Binary Blues

### Humboldt County

*English with English captions*

A film about the beauty of diversity and how transgender and non-conforming youth can look to their community for support.

*Topics: LGBTQ Perspective, Depression, Youth*

## Caged Bird

### Sacramento County

*Mandarin with English captions*

A hopeful, animated film about how becoming educated about mental health can allow us to help and care for those living with mental health challenges.

*Topics: Asian American Perspective, Stigma Reduction, Depression, Youth*

## Circling Stigma

### Marin County

*English*

Students in a support group discuss the stigma surrounding mental illness.

*Topics: Depression, OCD, Anxiety, Stigma Reduction, Youth*



## **If We All Speak Loud Enough**

**Orange County**

*English*

This creative film highlights how speaking up helps to end the silence on mental illness and reduce stigma.

*Topics: Stigma Reduction, Depression, Youth*

## **More Than a Mental Illness**

**Sonoma County**

*English*

A film that reminds youth that you are not defined by your mental illness and encourages standing up for those experiencing a mental health challenge.

*Topics: Stigma Reduction, Youth*

## **Real Life Super Hero**

**Del Norte County**

*English*

This inspiring film teaches youth that anyone can be a super hero by supporting a friend experiencing a mental health challenge.

*Topics: Stigma Reduction, Youth*

## **Lub Neej Muaj Nqe**

**(Worthy Life)**

**Fresno County**

*Hmong with English captions*

A student shares the difficulty of depression, being Hmong and integrating his cultural beliefs into American society and how his brother supports him.

*Topics: Asian American Perspective, Depression, Suicidal Thoughts, Stigma Reduction, Youth*

## **The Language of Healing**

**San Francisco County**

*English and various languages with English subtitles*

First generation college students express some of the barriers they faced when accessing mental health services and encourage young people to seek support through the healing power of community.

*Topics: Latino Perspective, Depression, Schizophrenia, Stigma Reduction, Youth*