2017 Selection of Mental Health Matters PSAs (60-seconds)

Circling Stigma
Marin County, Navato High School
Students in a support group discuss the stigma surrounding mental illness.
https://youtu.be/Ch3rcFDUgKk

More Than a Mental Illness
Sonoma County, Montgomery High School
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.
https://youtu.be/pTGfxF63kaw

If We All Speak Loud Enough
Orange County, Canyon High School
This creative film highlights how speaking up helps to end the silence on mental illness and reduce stigma.
https://youtu.be/8TirhNtBuyg

Real Life Super Hero
Del Norte County, Redwood Voice
This inspiring film teaches youth that anyone can be a super hero by supporting a friend experiencing a mental health challenge.
https://youtu.be/kMbFbq4yXHE

Naivete
Orange County, Canyon High School
This clever film discusses societal stigmas associated with mental illness and why no one should be treated differently.
https://youtu.be/iBw1uQP2YYQ

Rising Up
Sacramento County, Franklin High School
An animated film with a hopeful message about facing the challenges of mental illness with the help of friendship.
https://youtu.be/NUI9HYW24yw
The Journey
Marin County, Redwood High School
A film that takes viewers on a road trip, showing the metaphorical journey of one youth’s experience in which he opens up to friends about his mental illness and receives support.
https://youtu.be/mYaKnDVv1mw

Emily’s Monster
Los Angeles County, California Virtual Academies
This film tells the story of a student diagnosed with Schizophrenia as she expresses her feelings through drawings of monsters in her art class. Her teacher disapproves of her artwork but fellow classmates show her support and reassurance, highlighting the importance of standing up for those living with mental health challenges.
https://youtu.be/GwUhoVYOFXU

This Is Me
San Diego County, Torrey Pines High School
A student’s story about how life isn’t always what it looks like on social media and how opening up to friends about mental health challenges can be uplifting.
https://youtu.be/MJqYhNVi034

Off the Script
Butte County, Pleasant Valley High School
A metaphorical film that reminds youth to not hide how they are feeling, to steer away from their same old script, and to instead talk openly and honestly about their mental health.
https://youtu.be/idaoW2cNjfA

The Full Story
Butte County, Pleasant Valley High School
A story of a young adult with diagnosed depression that highlights the important message that a mental illness is just something you are dealing with and that it does not define your character.
https://youtu.be/NQDoCzw1Ark

Instinct
Orange County, Canyon High School
A film that encourages youth to reach out to a friend experiencing a mental health challenge. The film highlights the fact that people often wait years to get help, but that 70-90% of people report improved quality of life after treatment, so feeling better is possible.
https://youtu.be/PHcnCyKNhXs