2017 Selection of Through the Lens of Culture PSAs (60-seconds)

Mental Health Matters

Caged Bird
Sacramento County, Franklin High School
Language: Mandarin with English captions
An animated film about how becoming more educated about mental health can allow us to help and care for those living with mental health challenges.
https://youtu.be/4HBqGO2XGFw

Depression Has No Culture
Fresno County, Clovis East High School
Language: English and various languages with English captions
People from a variety of cultures discuss the importance of coming together to support one another because depression has no culture.
https://youtu.be/I0ueH92AV0w

Depression is Serious
Riverside County, NOVA Academy Early College High School
Language: English with English captions
A young person diagnosed with depression describes her experience from a Hispanic cultural perspective.
https://youtu.be/dsCnyv8ekMg

Binary Blues
Humboldt County, Humboldt County Transition Age Youth Collaboration
Language: English with English closed captioning
A film about the beauty of diversity and how transgender and non-conforming youth can look to their community for support.
https://youtu.be/veJJ2_bgRIg
Not Alone
Los Angeles County, Northview High School
Language: English with English captions
A film about gender identity/orientation and a young person experiencing depression who finds help after speaking with a friend.
https://youtu.be/NPccvhaDXE0

Talking Taboo
Butte County, Pleasant Valley High School
Language: English with English subtitles
An exchange student from Ecuador discusses her experience joining the Each Mind Matters mental health movement and her passion for sharing the movement with others.
https://youtu.be/rZbGyDgy1Ng

Lub Neej Muaj Nqe (Worthy Life)
Fresno County, Kings View Youth Empowerment
Language: Hmong Daw with English captions
A student shares the difficulty of being Hmong and integrating his cultural beliefs into American society, depression, and how his brother supports him.
https://youtu.be/M4E9ZhFX90w

The Language of Healing
San Francisco County, San Francisco State University
Language: 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.
https://youtu.be/ULuMmtXdOVU

Friend in Need
Placer County, Whitney High School
Language: Chinese with English captions
A story of how friends can show support to those who are experiencing a mental health challenge and a reminder that help is out there, no matter the circumstance.
https://youtu.be/mH4OP3763-U