**2021 Selection of Walk in Our Shoes PSAs (60-second films)**

**A picture containing outdoor, ground, person

Description automatically generated*The Superhero in Each of Us (Suicide Prevention)***

**How to Help a Friend (2019)**

San Diego County, San Pasqual Union School

This film follows a group of friends as they discover a classmate’s struggles and reach out to a trusted adult at school.

<https://vimeo.com/320845830>

**The Music in Me (2021)**

**A person playing a guitar

Description automatically generated**Tri-City (Los Angeles County), Mountain View Elementary School  
A girl begins to lose interest in what she loves doing, but with her sister’s support, she starts to feel better and play music again. “We wanted to portray the message that whatever you’re going through, you’re not alone, there’s always hope.” <https://vimeo.com/519742721>

**Close-up of a person's eyes

Description automatically generated**

**Windows (2020)**

San Diego County, Rancho Minerva Middle School

Close up views of student's eyes are shown to symbolize windows to the soul, communicating the message that you deserve to be seen and to be happy.

<https://vimeo.com/378382450>

A group of people

Description automatically generated with low confidence

**Keep an Eye on Me (2019)**

Riverside County, David A Brown Middle School

A student describes his struggles with depression and loneliness and expresses how his friends give him hope. <https://vimeo.com/320885053>

**A picture containing person, indoor, footwear

Description automatically generated**

**Sympathetic Steps (2020)**

San Diego County, Hawking STEAM Charter School 2

A boy walks in the shoes of several other boys and sees their life struggles from their perspective.

<https://vimeo.com/394111258>

**A picture containing person, outdoor

Description automatically generated**

**Helping a Hero (2019)**

Fresno County, Rafer Johnson Jr. High Kingsburg

A superhero loses his powers, but a friend reaches out to let him know he cares.

<https://vimeo.com/320651212>

**A child talking on a cell phone

Description automatically generated with medium confidence**

**Help Equals Hope (2021)**

Los Angeles County, Palms Middle School Modern Media and Communications Magnet  
A girl’s friend connects her to suicide crisis line after noticing changes in her behavior. “I feel it is crucial for people to give a helping hand to a person who is experiencing symptoms of depression.”  
**View film -** [**https://vimeo.com/517646947**](https://vimeo.com/517646947)

A child writing on a piece of paper

Description automatically generated with medium confidence

***What is Mental Health?***

**AnxIety (2019)**

San Diego County, Mission Middle School

A student deals with anxiety and talks about what methods help her cope with it.

<https://vimeo.com/320996082>

A picture containing text, sky, outdoor, sign

Description automatically generated

**Feeding My Heart (2019)**

San Diego County, Mission Middle School

A student explains the importance of taking care of your mental health along with your physical health.

<https://vimeo.com/320996791>

A picture containing person, sitting, group, people

Description automatically generated

**Make Your Mark (2020)**

Riverside County, David A Brown Middle School

A girl hides her true feelings behind a smile and laughter until she finds friends that like her for who she is. She finds power and strength in expressing and being her real self.

<https://vimeo.com/394590163>

Sunlight through the leaves of a tree

Description automatically generated with low confidence**Healing (2019)**

Los Angeles County, Hale Charter Academy

A student struggles with depression and learns to see the light in the darkness and that her depression does not define her.

**A person sitting in a chair in front of a bookcase

Description automatically generated with medium confidence**<https://vimeo.com/330155201>

**My Life (2020)**

Riverside County, Mountain View Middle School

A boy is diagnosed with ADHD, feels alone and is struggling in school until he reaches out for help and starts to see the light.

<https://vimeo.com/392282373>

**Graphical user interface, application

Description automatically generated**

**I’m Here For You (2021)**

Los Angeles County, Bret Harte Preparatory Middle School

A text message exchange showing how you can be a supportive friend to someone going through a difficult time. “I’m here to listen and won’t judge you.”

<https://vimeo.com/518279454>

A picture containing person, indoor, child

Description automatically generated

***Words Matter***

**Invisible (2020)**

San Diego County, Hawking STEAM Charter School 2

A student struggles as he's being labeled and bullied at school. A friend reaches out to him and uses positive words to build him up. <https://vimeo.com/394496406>

*A picture containing person, tree, outdoor, plant

Description automatically generated*

**Online Dangers: The Power of Our Words (2021)**

Los Angeles County, Palms Middle School Modern Media and Communications Magnet  
A boy dealing with cyberbullying receives a kind message from a friend. “It might be easy to ruin someone’s day... it’s just as easy to make someone’s day.” <https://vimeo.com/517647734>

**The Effect of Words (2020)**

Tulare County, Washington Elementary

A boy expresses the difficulties of struggling with mental health issues and how they can not be turned on and off like a light switch. Sometimes all a person needs is support and understanding. <https://vimeo.com/395106344>