



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

(Updated July 2022)



Solitude (2022)

Polytechnic High School, Riverside County

Language: English and American Sign Language with English captions

A film about how the Deaf and Hard of Hearing community has faced unique challenges during the COVID-19 pandemic and how to get mental health support.

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El Secreto (2022)

Murrieta Valley High School, Riverside County

Language: Spanish with English captions

A youth talks about the challenges of balancing two different cultures and how to be a mental health advocate.

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Through Our Cultures' Eyes (2022)

Notre Dame High School, Monterey County

Languages: Tagalog, Spanish, and English with English captions

Two youth share their perspective of mental health challenges in their Latino and Filipino cultures.

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Transposed (2021)

Ramona High School, Riverside County

Language: English with English captions

A film about a trans youth's experience with bullying, self-harm, and receiving support from loved ones. The film encourages viewers to think carefully about how their words and actions affect others.

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Bridge the Generations (2021)

Irvington High School, Alameda County

Language: Mandarin and Vietnamese with English captions

An intergenerational film about starting the conversation around mental health and building the bridge between generations.

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Arab Hearts: Mental Health PSA (2021)

Granada Hills Charter High School, Los Angeles County

Language: English

An Arab youth encourages others in his culture to reach out for help and lets others know they are not alone.

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When I Was Your Age (2021)

Portola High School, Orange County

Language: Chinese and Hindi with English captions

This film explores the generational and cultural differences in families perceive mental health.

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Discovering May (2021)

Portola High School, Orange County

Language: English with English captions

The story of a trans youth's path to find her identity while facing mental health struggles in her journey.

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We Don't Do That (2020)

Vanden High School, Solano County

Language: English

This film addresses the challenges African Americans face with cultural expectations and not expressing mental health struggles.

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[Student Testimonial](#)

You are You (2020)

Franklin High School, Sacramento County

Languages: Various Asian languages with English captions

Students from different Asian cultures speak to the stigma and pressure surrounding mental health and encourage viewers to reach out for help.

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Our Words / Nuestras Palabras (2020)

Los Angeles County, Hilda Solis Learning Academy

Language: Spanish with English captions

This film relays the message that we all have our own struggles, taking care of our mental health is a priority.

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Los Hombres No Lloran (2020)

Healthy RC Youth Leader, San Bernardino County

Language: Spanish with English captions

A boy in a boxing match tells the struggles of being a man in the Latin culture. He realizes it is ok to take off his gloves to be brave and show vulnerability.

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I Love My Culture (2020)

Butte County, Pleasant Valley High School

Language: English with English captions

A boy shares the positive aspects of his culture while also sharing the pressures of keeping emotions hidden and not asking for help.

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We Are (2019)

Sacramento Native American Health Center, Sacramento County

A film that celebrates the strength and traditions of Native communities and encourages help-seeking.

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Time to Speak Up (2018)

Clovis East High School, Fresno County

Language: Hmong with English captions

A girl reflects on cultural expectations and how friends reached out to her, and the film provides resources to the viewer.

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Reading the Signs (2017)

Sonoma County, El Molino High School

Language: American Sign Language with English captions

A student discusses his personal experience with depression and thoughts of suicide and how his friends encouraged him to get help.

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Celebrate (2017)

Humboldt County, HCTAYC

Language: English with English captions

A film about the power of reaching out to support LGBTQ youth.

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Bag of Sadness (2017)

Sacramento County, Franklin High School

Language: Mandarin with English captions

A young person shares her experience with depression and how a friend showed her support and understanding, helping her to unburden herself from her “bag of sadness.”

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The Words that Pull Me Down (2017)

Torrey Pines High School, San Diego County

Language: Arabic with English captions

A student expresses her feelings of isolation and how she learned to accept her differences and realize she is not alone.

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Suicide on Indian Country (2016)

Humboldt County Transition Age Youth Collaboration

Language: English with English captioning

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

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My Friend Tyler (2016)

Placer County, Whitney High School

Language: 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.

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隠された思い (My Hidden Feelings) (2016)

Orange County, Canyon High School

Language: Japanese with English captions

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

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La Superación de Problemas (2016)

Los Angeles County, Northview High School

Language: Spanish with English captions

A film about a boy with suicidal thoughts and his hopeful journey to find help.

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