



## Selection of Directing Change Animated Short Suicide Prevention PSAs (30-second films)

### 2023



#### **Hand to Hold**

Franklin High School, Sacramento County

This film centered on two friends demonstrates the power of human connection, shows viewers some warning signs for suicide, and encourages reaching out to those might be struggling.

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#### **Not Alone**

Grover Cleveland Charter High School, Los Angeles County

The filmmaker shared that “Not Alone” emphasizes “the complexity of suicidal issues and the difficulties it takes to reach out for help. [...] An effective solution that I promote is reaching out and being there for others so that they know that they are not alone.”

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#### **Seams**

Claremont High School, Tri-City (Los Angeles County)

“Seams” uses a blanket and the threads that hold it together to tell a story about helping those who may be hiding their mental health problems and providing a shoulder to cry on when needed.

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## Their Room

University High School, Orange County  
This film uses 3D animation to explore the bedroom of someone dealing with suicidal thoughts and educate viewers on some of the most common warning signs.

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## The Void

Pleasant Valley High School, Butte County  
The filmmaker shared that “this film explores suicidal thoughts through the metaphor of a void of hopelessness.” The film also encourages those who are struggling to reach out and get help instead of trying to navigate mental illness alone.

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## 2022

## Breaking Through

Pleasant Valley High School, Butte County  
In this film, a youth must speak openly about suicide to offer help to a friend.

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## Invisible Departure

Franklin High School, Sacramento County  
“Invisible Departure” educates viewers on the warning signs for suicide and encourages them to speak openly if they have a friend who might need help.

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### 2021

#### **Endless Space**

Irvington High School, Alameda County

This film uses space travel to imaginatively portray mental health. After an astronaut's ship is hit by asteroids, he must decide whether to reach out for help.

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#### **Trapped**

Franklin High School, Sacramento County

This film uses the image of a bird in a cage to illustrate some of the warning signs for suicide and share an important resource for those who may be struggling.

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#### **True Colors**

Hilda Solis Learning Academy, Los Angeles County

This unique film combines animated characters with real-world surroundings. The story centers on a close friendship, as well as the importance of supporting others.

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### 2020



#### **Audience of One**

La Quinta High School Creative Writing, Orange County

"Audience of One" explains some of the common warning signs for suicide and encourages viewers to reach out if they are concerned for anyone close to them.

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## Notice The Signs

Upland High School, San Bernardino County

This film tells its story from the perspective of a youth encouraging a friend who exhibits troubling behavior and might have thoughts of suicide.

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