



### Selection of Directing Change Mental Health Matters PSAs (60-second films)

#### 2023

**How does expressing or not expressing your gender affect your mental health?**

#### **A Genderqueer Perspective**

Sage Creek High School, San Diego County Youth describe the way gender expression impacts their mental health, reminding viewers of the importance of allowing people to express their authentic selves without judgment.

[\(view & download\)](#)

#### **I Hate**

Eleanor Roosevelt High School, Riverside County  
This film encourages help-seeking and depicts the way depression and other mental health issues can make people feel like they are stuck in an endless loop.

[\(view & download\)](#)



#### **Invisible Ink**

Encore High School, San Bernardino County  
This film combines live action and animation, discussing the ways those suffering from mental health issues often hide their pain from others.

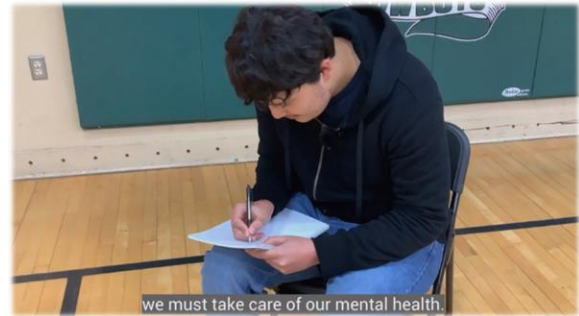
[\(view & download\)](#)



### Nosotros/ We

Riverdale High School NAMI Club, Fresno County  
In this Spanish-language film, students share their perspective on importance of youth mental health.

[\(view & download\)](#)



### Overthinking

Lloyde High School, Los Angeles County  
This animated film explores the experience of living with anxiety and encourages those suffering from the disorder to reach out and take small steps where they can.

[\(view & download\)](#)

### The Pressure Cooker

Rio Americano High School, Sacramento County  
Using a pressure cooker as a metaphor, this film focuses on the pressures youth can feel and the importance of helping them when they are stressed.

[\(view & download\)](#)



### Reconociendo los Sintomas de Trastornos Mentales en el Cuerpo

UCR Coachella Valley Free Clinic, Riverside County

In this Spanish-language film, youth personify different organs of the body, illustrating the impact mental health can have on physical health.

[\(view & download\)](#)



### The Secret of ADHD

Acalanes High School, Contra Costa County

A youth describes the experience of living with ADHD, the difficulty she faced before getting a diagnosis, and the ways in which neurodivergence can even be viewed as a blessing in disguise.

[\(view & download\)](#)



### Sensory Overload

University High School, Orange County

This film combines animation and live action to educate viewers on sensory processing disorder and provide hope to other youth you might be suffering.

[\(view & download\)](#)

### Turning the Page

Pleasant Valley High School

A youth describes her mental health struggles and shares how she found hope by reaching out to others and accepting help.

[\(view & download\)](#)



## 2022



### Alone

El Dorado High School, Orange County

This spoken word, stop motion film describes the experience of a teenager living with depression and empowers youth to speak up about their mental health.

[\(view & download\)](#)



### Be the Change

Southwest High School, Imperial County

In this film, a student struggling with her mental health is inspired to become a mental health advocate in her community.

[\(view & download\)](#)



### Not An Adjective

Ramona High School, Riverside County

This film is about the misinformation around OCD and how therapy can provide helpful tools and coping skills.

[\(view & download\)](#)

### Pulling Strings

San Bernardino County, Encore High School

This film creatively uses puppets to illustrate how to take the first step in reaching out for help.

[\(view & download\)](#)







### 2021



#### **Another Light**

Hilda Solis Learning Academy, Los Angeles County  
This inspiring film focuses on two girls who reach out to people they trust (including a parent and a teacher) for the resources and support they need.

[\(view & download\)](#)

#### **Bloom**

Portola High School, Orange County

In this film, a garden represents a girl's mental health. In the beginning, she and her garden suffer, but with the help of her loved ones, they recover and grow.

[\(view & download\)](#)



#### **Courage**

Franklin High School, Sacramento County

When a girl feels nervous about reaching out, a friend texts her to check in on her wellbeing. This gives her the courage to talk openly and get support.

[\(view & download\)](#)

### 2020

#### **Abbreviated Soliloquies**

Ghetto Film School, Los Angeles County

This film features spoken word about a girl's diagnosis with ADHD and social anxiety. She talks about both good and difficult days, as well as how she finds hope.

[\(view & download\)](#)





### **The Beauty of Mental Health**

Hillsdale High School, San Mateo County

This film is about using people-first language, speaking up about mental health, and reducing stigma.

[\(view & download\)](#)

### **Conflicting Currents**

Upland High School, San Bernardino County

A boy who first refuses to accept help for his depression decides to reach out for help after sharing a resource with someone else who is struggling.

[\(view & download\)](#)



### **Hashiru**

Warren High School, Los Angeles County

After a boy loses interest in his favorite activity (running), he notices changes in himself and decides to get help.

[\(view & download\)](#)



### **A Stroke of Hope**

Irvington High School, Alameda County

A boy decides to accept help and finds hope in his connection with others, which brings color back into his life.

[\(view & download\)](#)





### 2019



#### **I AM**

Los Angeles High School, Los Angeles County

A girl is aware of the subtle changes in her friend and how they may be warning signs of suicide. She asks him about this directly and connects him to help.

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#### **Rainy Days**

Pleasant Valley High School, Butte County

In this film, a boy sees that he is not the only one experiencing “rainy days” and finds a supportive group that understands him.

[\(view & download\)](#)



#### **Speak Up**

Claremont High School,

Tri-City (Los Angeles County)

This film is about the importance of taking mental health as seriously as physical health.

[\(view & download\)](#)

#### **The Weight**

Canyon High School, Orange County

A boy with depression normalizes his experience and encourages youth to lift “the weight” from their shoulders by getting help. He also recommends being aware of the signs of depression in others.

[\(view & download\)](#)







### 2018



#### **Behind the Smile**

Santee Education Complex, Los Angeles County

This film is about how to support a friend with depression by noticing changes in their behavior, being open minded, and listening. It also encourages conversations about mental illness to break down stigma.

[\(view & download\)](#)

#### **Esperanza en Nuestra Corazon**

Rancho Minerva Middle School,  
San Diego County

A girl looks back on how she felt when she started experiencing symptoms of mental illness. The film reminds youth that there is help, treatment, and support available.

[\(view & download\)](#)



#### **A Fighting Chance**

The School of Arts and Enterprise,  
Los Angeles County,

This film provides a window into a girl's mind as she fights the symptoms of mental illness. The film reminds youth that they are not alone, and that people are there to listen to and help them.

[\(view & download\)](#)



#### **Hear the Music**

Canyon High School, Orange County

A girl living with depression compares her depression to music and worries about how her family will react. When she decides to talk openly with them anyway, they stay by her side.

[\(view & download\)](#)







### **I Am Not Ashamed**

Pleasant Valley High School, Butte County

A boy speaks openly about the symptoms of his mental illness and takes pride in his strength and his courage to seek help.

[\(view & download\)](#)

### **Scribbled**

Encore High School, Riverside County

A boy with depression learns he's not the only one struggling and shares his story to make others feel less alone.

[\(view & download\)](#)



## **2017**



### **Instinct**

Canyon High School, Orange County

This film encourages youth to reach out to a friend experiencing a mental health challenge, and highlight the fact that people often wait years to get help (even though 70-90% of people report improved quality of life after treatment).

[\(view & download\)](#)

### **Rising Up**

Franklin High School, Sacramento County

This animated film conveys a hopeful message about facing the challenges of mental illness with the help of friendship.

[\(view & download\)](#)





### 2016



#### **The Full Story**

Pleasant Valley High School, Butte County

This story of a young adult diagnosed with depression highlights the important message that a mental illness is just something a person is dealing with and that it does not define their character.

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#### **The Journey**

Redwood High School, Marin County

This film 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.

[\(view & download\)](#)



#### **Naivete**

Analy High School, Sonoma County

This clever film discusses societal stigmas associated with mental illness and why no one should be treated differently.

[\(view & download\)](#)

#### **Off the Script**

Pleasant Valley High School, Butte County

This metaphorical film reminds youth to not hide how they are feeling and to instead talk openly and honestly about their mental health.

[\(view & download\)](#)





### **Real Life Superhero**

Redwood Voice, Del Norte County

This inspiring film teaches youth that anyone can be a superhero by supporting a friend experiencing a mental health challenge.

[\(view & download\)](#)

## **2015**

### **This Is Me**

Torrey Pines High School, San Diego County

This film tells a 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.

[\(view & download\)](#)



## **2014**



### **If We All Speak Loud Enough**

Canyon High School, Orange County

When one friend begins showing warning signs for suicide, another notices and seeks the help of a school counselor.

[\(view & download\)](#)





### 2013



#### **Circling Stigma**

Novato High School, Marin County

In this creatively shot film, students in a support group discuss the stigma surrounding mental illness.

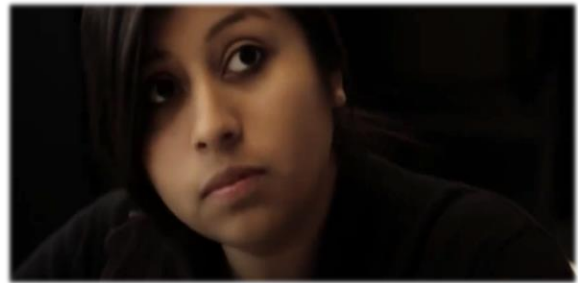
[\(view & download\)](#)

#### **Emily's Monster**

California Virtual Academies, Los Angeles County

This film tells the story of a student diagnosed with schizophrenia who expresses her feelings by drawing monsters. When her teacher disapproves of her art, classmates show support and reassurance, highlighting the importance of standing up for those living with mental health challenges.

[\(view & download\)](#)



#### **More Than a Mental Illness**

Montgomery High School, Sonoma County

This film reminds youth that they are not defined by their mental illness and encourages standing up for those experiencing a mental health challenge.

[\(view & download\)](#)