



Selection of Directing Change Through the Lens of Culture PSAs (60-second films)

2023



Estamos Juntos

SafeSpace, San Mateo County

Language: Spanish with English captions

Two friends support each other in finding the confidence to speak about mental health with their parents.

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

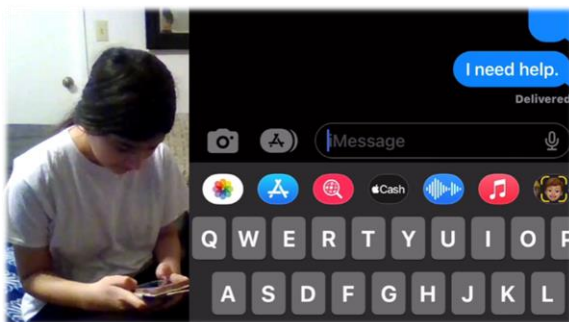
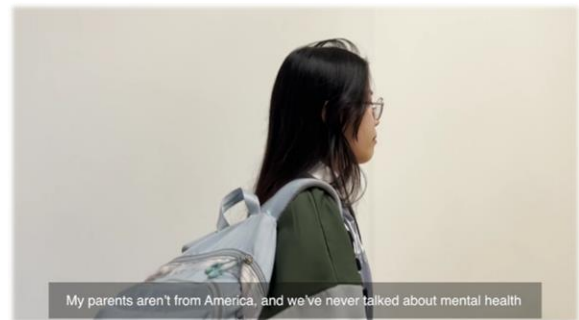
Expectations of Immigrant Children

Elk Grove High School, Sacramento County

Language: English with English captions

This film explores the pressures that children of immigrants often face, as well as the impacts of those expectations on mental health.

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



Doctor, Engineer, Lawyer, or Failure

Landmark Middle School, Riverside County

Language: English the English captions

A youth discusses the experience of growing up in a South Asian home, the way cultural pressure can lead to burnout, and the resources available for those who are struggling.

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



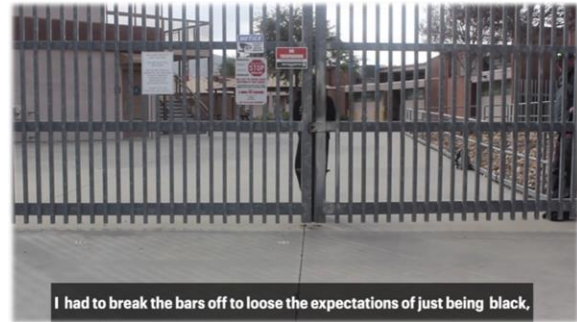
I Need Help Getting Help

Murrietta Valley High School, Riverside County

Language: English with English captions

This powerful film is told from the perspective of a Black girl struggling with suicidal thoughts and not feeling like she belongs. In the end, she embraces her full self and realizes there is hope.

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



I See You

La Quinta High School, Orange County

Language: Vietnamese and English with English captions

This artistic film focuses on a Vietnamese-American boy who doesn't feel seen by his family. A friend provides support and encourages him to reach out for help.

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

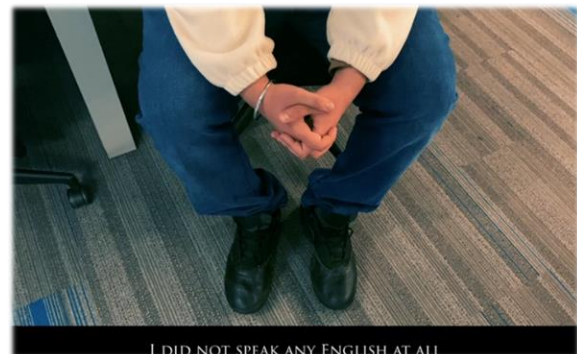
In Our Shoes

CTEC, Kern County

Language: English, Punjabi, Spanish, and Korean with English captions

In this personal film, numerous students from a range of cultures express some of the challenges they've faced in school, reminding viewers to be welcoming of those from different backgrounds.

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



It'll Be Okay

Franklin High School, Sacramento County

Language: English with English captions

A youth describes the way her family's Indian heritage has an impact on her mental health and encourages Indian teens to support one another through tough times.

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



Macho

Highland Park High School, Los Angeles County

Language: Spanish and English with English captions

This film challenges and points out the harmful effects of toxic masculinity and shares the importance of reaching out for help.

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



Mentally Changed

Lincoln High School, San Diego County

Language: English with English captions

Students contemplate Black culture and the way it intersects with mental health. They also emphasize that people from all cultures should seek help if they need it.

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

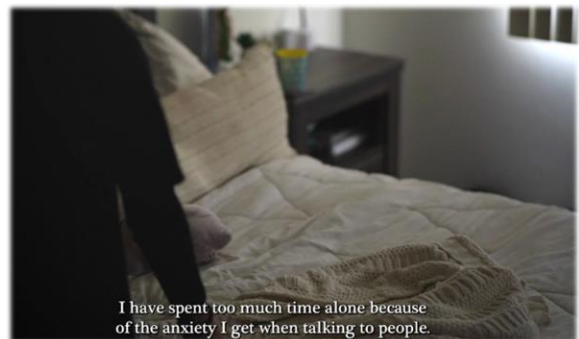
Siempre es Suficiente

Upland High School, San Bernardino County

Language: Spanish with English captions

A young girl struggles with anxiety and loneliness due to the language barrier between her and other youth. She finds hope when she realizes she can reach out for support.

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



Silenced

Riverside Ramona High School, Riverside County

Language: English with English captions

This film focuses on the LGBTQ+ community and the challenges some of its members face. "We want people to know that although not everyone will accept you, there are other people who will – you are not a problem."

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



El Bienestar de Todos (The Wellbeing of All)

Mt. Pleasant High School, Santa Clara County

Language: Spanish with English captions

This film reminds viewers that culture can impact the way a person understands mental health and features perspectives from two generations of Latinx individuals.

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



2022



El Secreto

Murrieta Valley High School, Riverside County

Language: Spanish with English captions

In this film, a youth talks about the challenges of balancing two different cultures and how to be a mental health advocate.

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

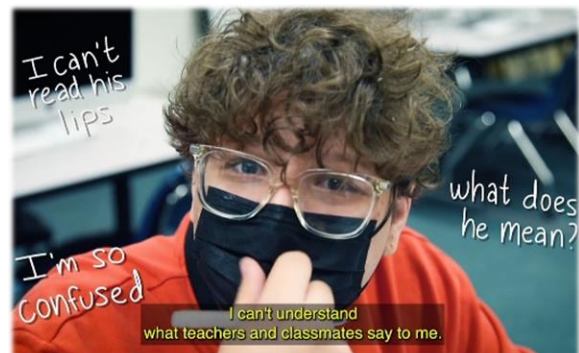
Solitude

Polytechnic High School, Riverside County

Language: English and ASL with English captions

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

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



Through Our Cultures' Eyes

Notre Dame High School, Monterey County

Language: Tagalog, Spanish, and English with English captions

In this film, two youth share their perspective on mental health challenges in their Latino and Filipino cultures.

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



2021



Arab Hearts: Mental Health PSA

Granada Hills Charter High School, Los Angeles County

Language: English with English captions

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

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

Bridge the Generations

Irvington High School, Alameda County

Language: Mandarin and Vietnamese with English captions

This film focuses on starting conversations around mental health and building the bridges between generations.

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



Discovering May

Portola High School, Orange County

Language: English with English captions

This film tells the story of a trans youth's and her path to finding her identity while facing mental health struggles.

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

Transposed

Ramona High School, Riverside County

Language: English with English captions

This film is 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.

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





When I Was Your Age

Portola High School, Orange County

Language: Chinese and Hindi with English captions

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

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

2020

Los Hombres No Lloran

Healthy RC Youth Leader, San Bernardino County

Language: Spanish with English captions

A boy in a boxing match speaks about the struggles of being a man in the Latin culture and realizes it's OK to take be brave and show vulnerability.

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



I Love My Culture

Butte County, Pleasant Valley High School

Language: English with English captions

In this film, a boy shares the positive aspects of his culture, as well as the pressures of keeping emotions hidden and not asking for help.

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

Take the first step encourage hope

take the first step to break the silence between

Our Words / Nuestras Palabras

Los Angeles County, Hilda Solis Learning Academy

Language: Spanish with English captions

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

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





We Don't Do That

Vanden High School, Solano County

Language: English with English captions

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

[\(view & download; student testimonial\)](#)

You are You

Franklin High School, Sacramento County

Language: Numerous 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.

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



2019



We Are

Sacramento Native American Health Center, Sacramento County

Languages: English and Native American language with English captions

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

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

2018

Time to Speak Up

Clovis East High School, Fresno County

Language: Hmong with English captions

In this film, a girl reflects on cultural expectations and how friends reached out to her. The film also provides resources to the viewer.

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





2017



Bag of Sadness

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.

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

Celebrate

HCTAYC, Humboldt County

Language: English with English captions

This film is about the power of reaching out to support LGBTQ+ youth.

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



Reading the Signs

El Molino High School, Sonoma County

Language: ASL with English captions

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

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

The Words that Pull Me Down

Torrey Pines High School, San Diego County

Language: Arabic with English captions

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

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





2016



My Friend Tyler

Whitney High School, Placer County

Language: Spanish with English captions

This film that tells the story of a girl who notices signs of suicide in her friend and reaches out to support him and connect him with help.

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

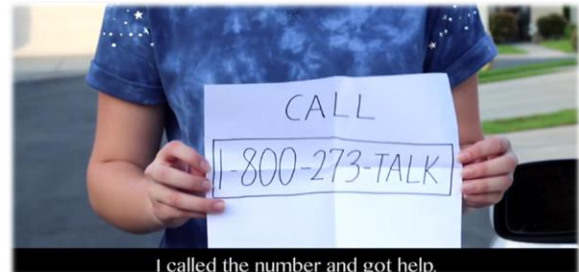
隠された思い (My Hidden Feelings)

Canyon High School, Orange County

Language: Japanese with English captions

This film tells the story of a girl who experiences anxiety and hopelessness but finds support when a friend reaches out.

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



I called the number and got help.



Who am? I what is my purpose?

La Superación de Problemas

Northview High School, Los Angeles County

Language: Spanish with English captions

This film tells the story of a boy with suicidal thoughts and his hopeful journey to find help.

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

Suicide on Indian Country

Transition Age Youth Collaboration,
Humboldt County

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.

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



culture, language, family, ceremony