

Each Mind Matters Video Series

About CalMHSa and Each Mind Matters

A summary of the programs under Each Mind Matters and why these initiatives are critical and meaningful in the lives of Californians.

*Topics: Education, Stigma/Discrimination
Reduction*

What is Stigma?

A short, engaging, and emotional video explaining the importance of mental health and the negative impacts of stigma.

*Topics: Education, Stigma/Discrimination
Reduction*

How to Start a Conversation About Mental Health

A short, animated video that teaches how to initiate an open and honest conversation about mental health to break the stigma around mental illness.

*Topics: Education, Stigma/Discrimination
Reduction*

What is Each Mind Matters?

A short, animated video that highlights the purpose of the Each Mind Matters movement and how mental health is a topic that affects everyone.

*Topics: Education, Stigma/Discrimination
Reduction*

International Stigma Conference PSA

Members of the mental health community come together at the 7th International Together Against Stigma Conference to share their support for Each Mind Matters.

*Topics: Advocate, Education, Stigma/
Discrimination Reduction*



Walk In Our Shoes

Matt's Story

An animated video chronicling the journey of a young man diagnosed with bipolar disorder and his steps to recovery.

Topics: Youth, Stigma/Discrimination Reduction, Bipolar Disorder

Scarlett's Story

An animated video of a young adult who shares her story about bullying and depression to teach youth about the importance of seeking help and working on your mental wellness.

Topics: Youth, Stigma/Discrimination Reduction, Depression, Wellness, African American Perspective

Laura's Story

An animated video discussing a young woman's diagnosis of obsessive compulsive disorder (OCD) and her journey to recovery.

Topics: Youth, Stigma/Discrimination Reduction, Asian/Pacific Islander Perspective, Obsessive Compulsive Disorder (OCD)

Mai's Story

An animated video of a young girl who overcame her struggles with depression, self-harm and cultural stigma.

Topics: Youth, Stigma/Discrimination Reduction, Depression, Abuse, Asian/Pacific Islander Perspective, Treatment

Howi's Story

An animated video of a young man's barriers to mental wellness and the cultural guidance that helped on his journey.

Topics: Youth, Stigma/Discrimination Reduction, Native American Perspective, Wellness

Jose's Story

An animated video discussing the effects of anxiety and depression on a young student and how reaching out for help put him on the path to recovery.

Topics: Youth, Stigma/Discrimination Reduction, Latino Perspective, Anxiety

Each Mind Matters

Personal Stories of Hope and Recovery

Joshua

A man describes his journey from diagnosis with schizophrenia at an early age to the recovery that is allowing him to enjoy a fulfilling life.

Topics: Youth, Schizophrenia, Drug Use

Amanda

A young woman discusses her past sexual abuse, the mental health challenges she experienced in college, and how art has helped her in her recovery.

Topics: Youth, Bipolar Disorder, Education, Abuse, Wellness

Alexandra

A young woman encounters the dual stigma of mental illness and sexuality and shares how taking on the responsibility of running her own business helps her recovery.

Topics: Anxiety, Bipolar, LGBT, Stigma/Discrimination Reduction, Treatment

Joe

A U.S. veteran who completed a tour in Iraq and now suffers from PTSD works to help other veterans struggling to cope with mental health challenges.

Topics: Veteran, PTSD

Susan

A young Cambodian woman discusses the stigma of her diagnosis and hope for her recovery.

Topics: Asian/Pacific Islander Perspective, Depression

Janet

A Native American Health Center worker seeks resources for Native Americans to overcome their mental health challenges using traditional cultural activities.

Topics: Advocate, Native American Perspective, Wellness

Keris

A community leader recovering from mental illness shares her wellness toolkit with others.

Topics: Advocate, African American Perspective, Depression, Wellness



Chua Cher Yang

A Lao farmer working in a community garden in Fresno speaks of how mental wellness can be achieved in his community.

Topics: Hmong, Asian/Pacific Islander Perspective, Wellness

Adalia

A Latina woman discusses her struggle with stigma and discrimination from family and community associated with her mental health challenges.

Topics: Latino, Abuse, Suicidal Thoughts, Stigma/Discrimination Reduction

Daniel

A Latino man discusses his struggles with depression, psychotic features and bipolar disorder and shares how seeking help changed his cycle of homelessness, incarceration and suicide attempts.

Topics: Spanish, Latino, Bipolar Disorder, Depression, Suicide Attempts, Incarceration

Reverend Susan

A faith leader who suffers from depression now fights the stigma of mental illness in her congregation and community.

Topics: Depression, Faith, Stigma/Discrimination Reduction

Jennifer

The wife of an ex-Navy officer who died by suicide due to a mental illness explains the importance of reaching out for help when struggling with depression and other mental health challenges.

Topics: Family, Military Experience, Suicidal Thoughts, Loss

Dennis

A psychotherapist discusses his story of hope and resiliency after being stigmatized for his immigrant status, nationality, sexuality and mental illness.

Topics: Asian/Pacific Islander Perspective, LGBTQ Perspective, Stigma/Discrimination Reduction, Treatment

Sally and Jay

Pioneers of the mental health movement discuss their experiences with the mental health system in the 1960s and how they have transformed the movement through their life's work.

Topics: Abuse, Advocates, Treatment

Know The Signs

Animated Videos from Website

Inspirational clip providing context for why suicide prevention education is a powerful tool for all.

Topics: Suicidal Thoughts, Education

Spanish TV Spot

This TV spot alerts Latino parents to the possibility that their daughter or son could be thinking about suicide and to take warning signs seriously.

Topics: Suicidal Thoughts, Latino, Perspective, Education, Family

Spanish Radio Spot

The radio spot is aimed at Latino parents, and encourages viewers to learn the signs and actions to take when a teenager is considering suicide.

Topics: Suicidal Thoughts, Latino Perspective, Education, Family

English Radio Spot

A radio advertisement aimed to help audiences understand the subtle and hidden signs of suicide in order to recognize and reach out to someone in need.

Topics: Suicidal Thoughts, Education, Family

Directing Change PSAs: Suicide Prevention

Pain Never Lasts

Riverside County

English

A spoken word/poetry film about the struggles young men face, narrated by an African American male who reminds young people that pain never lasts and to hold on.

Topics: African American Perspective, Youth, Suicidal Thoughts

My Friend Tyler

Placer County

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.

Topics: Latino Perspective, Suicidal Thoughts, Youth



Suicide on Indian Country

Humboldt County

English with English captions

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

Topics: Native American Perspective, Suicidal Thoughts, Youth

隠された思い

(My Hidden Feelings)

Orange County

Japanese with English captions

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

Topics: Asian American Perspective, Anxiety, Suicidal Thoughts, Youth

Not Alone

Riverside County

English

With the help of his basketball team, an African American youth is reminded of his own strength, that he is not alone, and that there is help.

Topics: African American Perspective, Suicidal Thoughts, Youth

All That Matters

Butte County

English

An inspiring story about the special bond between two brothers and how recognizing the warning signs and reaching out to help a loved one in distress can save a life.

Topics: Family, Suicidal Thoughts, Youth

A New Tomorrow

Sonoma County

English

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

Topics: Suicidal Thoughts, Youth

Speak Out

Riverside County

English

Friends notice the warning signs for suicide and seek the advice of their basketball coach, a trusted adult, who reaches out and follows up with their friend.

Topics: Suicidal Thoughts, Youth

Reading the Signs

Sonoma County

American Sign Language with English captions

A student discusses his personal experience with depression and thoughts of suicide and how to know the signs and reach out to a friend.

Topics: Depression, Suicidal Thoughts, Youth

Directing Change PSAs: Mental Health

Rising Up

Sacramento County

English

An animated film with a hopeful message of overcoming mental illness with the help of friendship.

Topics: Depression, Stigma Reduction, Youth

Binary Blues

Humboldt County

English with English captions

A film about the beauty of diversity and how transgender and non-conforming youth can look to their community for support.

Topics: LGBTQ Perspective, Depression, Youth

Caged Bird

Sacramento County

Mandarin with English captions

A hopeful, animated film about how becoming educated about mental health can allow us to help and care for those living with mental health challenges.

Topics: Asian American Perspective, Stigma Reduction, Depression, Youth

Circling Stigma

Marin County

English

Students in a support group discuss the stigma surrounding mental illness.

Topics: Depression, OCD, Anxiety, Stigma Reduction, Youth



If We All Speak Loud Enough

Orange County

English

This creative film highlights how speaking up helps to end the silence on mental illness and reduce stigma.

Topics: Stigma Reduction, Depression, Youth

More Than a Mental Illness

Sonoma County

English

A film that reminds youth that you are not defined by your mental illness and encourages standing up for those experiencing a mental health challenge.

Topics: Stigma Reduction, Youth

Real Life Super Hero

Del Norte County

English

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

Topics: Stigma Reduction, Youth

Lub Neej Muaj Nqe

(Worthy Life)

Fresno County

Hmong with English captions

A student shares the difficulty of depression, being Hmong and integrating his cultural beliefs into American society and how his brother supports him.

Topics: Asian American Perspective, Depression, Suicidal Thoughts, Stigma Reduction, Youth

The Language of Healing

San Francisco County

English and various languages with English subtitles

First generation college students express some of the barriers they faced when accessing mental health services and encourage young people to seek support through the healing power of community.

Topics: Latino Perspective, Depression, Schizophrenia, Stigma Reduction, Youth