

## Child & Youth Mental Health Toolkits Electronic/Online Resources- Videos

Topic	Video Title	Content	Link	Approximate Length	Target Population
<b>ADHD (Children)</b>	"Jack and Jill Have ADHD"	Animated video from the BC Ministry of Health and BC Medical Association about understanding, recognizing and managing ADHD in children. One of a series of mental health-related videos from <a href="http://www.teenmentalhealth.org/">http://www.teenmentalhealth.org/</a>	<a href="http://www.shared-care.ca/vid.aspx?y=rLghxG3mGMM">http://www.shared-care.ca/vid.aspx?y=rLghxG3mGMM</a>	5 minutes	Young children & their parents
<b>ADHD (Teens)</b>	"Teen ADHD"	Animated video from <a href="http://www.teenmentalhealth.org/">http://www.teenmentalhealth.org/</a> about understanding and managing ADHD in teens	<a href="http://www.shared-care.ca/vid.aspx?y=rIKMo8VuC_c">http://www.shared-care.ca/vid.aspx?y=rIKMo8VuC_c</a>	6 minutes	Youth & young adults
<b>Anxiety</b>	"Fear vs. Anxiety: What's the Difference?"	Animated cartoon that illustrates that fear and anxiety can produce the same physiological responses. Directs viewers to <a href="http://www.gozen.com./">http://www.gozen.com./</a>	<a href="http://www.shared-care.ca/vid.aspx?y=0v5E6syVppl">http://www.shared-care.ca/vid.aspx?y=0v5E6syVppl</a>	2 minutes	Children, youth & their parents
<b>Anxiety (Separation Anxiety)</b>	"Tom Has Separation Anxiety Disorder"	Animated video from <a href="http://www.teenmentalhealth.org/">http://www.teenmentalhealth.org/</a> in which Tom struggles with a "worry dragon". The video ties in with the book "Taming Worry Dragons".	<a href="http://www.shared-care.ca/vid.aspx?y=jEkFp0Ux40Q">http://www.shared-care.ca/vid.aspx?y=jEkFp0Ux40Q</a>	4 minutes	Young children & their parents
<b>Anxiety (Social Anxiety)</b>	"Social Anxiety Disorder"	Animated video from <a href="http://www.teenmentalhealth.org/">http://www.teenmentalhealth.org/</a> that aims to dispel myths and misconceptions about social anxiety and provide tools to assist those diagnosed with this disorder.	<a href="http://www.shared-care.ca/vid.aspx?y=kitHQUWrA7s">http://www.shared-care.ca/vid.aspx?y=kitHQUWrA7s</a>	5 minutes	Youth & young adults

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<b>Anxiety (Panic Disorder)</b>	“Dylan’s Panic Disorder”	Animated video from <a href="http://www.teenmentalhealth.org/">http://www.teenmentalhealth.org/</a> about understanding and treating panic disorder	<a href="http://www.shared-care.ca/vid.aspx?y=R3S_XYaEPU">www.shared-care.ca/vid.aspx?y=R3S_XYaEPU</a>	5 minutes	Youth & young adults
<b>Anxiety (Panic Disorder)</b>	“Millie – Most Likely to Panic”	Short video from <a href="http://www.anxietybc.com/">http://www.anxietybc.com/</a> in which a teen (“Millie”) describes her panic attacks and her first steps to try to find help	<a href="http://www.shared-care.ca/vid.aspx?y=VRKcDAOIL14">http://www.shared-care.ca/vid.aspx?y=VRKcDAOIL14</a>	2 minutes	Youth & their parents
<b>Anxiety (Panic Disorder)</b>	“Millie: Taking Steps to Manage Panic Disorder (Exposure)”	Follow-up video to “Millie – Most Likely to Panic”, also from <a href="http://www.anxietybc.com/">http://www.anxietybc.com/</a> . Millie describes her attempts to overcome panic attacks through counselling and exposure techniques.	<a href="http://www.shared-care.ca/vid.aspx?y=rS6Ov4Dsfj0">http://www.shared-care.ca/vid.aspx?y=rS6Ov4Dsfj0</a>	3 minutes	Youth & their parents
<b>Anxiety (Social Anxiety)</b>	“Rob – Nervous Talking in Groups”	Short video from <a href="http://www.anxietybc.com/">http://www.anxietybc.com/</a> in which a teen (“Rob”) describes his experience with social anxiety	<a href="http://www.shared-care.ca/vid.aspx?y=LFM8M33k2UI">http://www.shared-care.ca/vid.aspx?y=LFM8M33k2UI</a>	1 minute	Youth & their parents
<b>Anxiety (Social Anxiety)</b>	“Rob – Making Steps to Social Success (Exposure)”	Follow-up video to “Rob – Nervous Talking in Groups” also from <a href="http://www.anxietybc.com/">http://www.anxietybc.com/</a> . Rob describes his own attempts to battle his social phobia using exposure techniques.	<a href="http://www.shared-care.ca/vid.aspx?y=cISDRVw4PE">http://www.shared-care.ca/vid.aspx?y=cISDRVw4PE</a>	2 minutes	Youth & their parents

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<b>Anxiety (Generalized Anxiety Disorder)</b>	“Jacob – Worrywart”	Short video from <a href="http://www.anxietybc.com/">http://www.anxietybc.com/</a> in which a youth (“Jacob”) describes his experience with GAD (Generalized Anxiety Disorder) and his first steps to try to find help	<a href="http://www.shared-care.ca/vid.aspx?y=4RSdV9R8wXQ">http://www.shared-care.ca/vid.aspx?y=4RSdV9R8wXQ</a>	2 minutes	Youth & their parents
<b>Anxiety (Generalized Anxiety Disorder)</b>	“Jacob – Learning to Manage Worry (Exposure)”	Follow-up video to “Jacob – Worrywart”, also from <a href="http://www.anxietybc.com/">http://www.anxietybc.com/</a> in which Jacob describes his attempts to tackle his GAD through techniques suggested by his psychologist	<a href="http://www.shared-care.ca/vid.aspx?y=DnuRZH0fMdk">http://www.shared-care.ca/vid.aspx?y=DnuRZH0fMdk</a>	2 minutes	Youth & their parents
<b>Anxiety (Post-Traumatic Stress Disorder)</b>	“Aman – Frequent Nightmares”	Short video from <a href="http://www.anxietybc.com/">http://www.anxietybc.com/</a> in which a youth (“Aman”) describes his experience with PTSD (post-traumatic stress disorder) after being in a car accident	<a href="http://www.shared-care.ca/vid.aspx?y=vDKSReJm2-U">http://www.shared-care.ca/vid.aspx?y=vDKSReJm2-U</a>	2 minutes	Youth & their parents
<b>Anxiety (Post-Traumatic Stress Disorder)</b>	“Aman – Learning to Manage PTSD (Exposure)”	Follow-up video to “Aman – Frequent Nightmares”, also from <a href="http://www.anxietybc.com/">http://www.anxietybc.com/</a> in which Aman describes how he is trying to manage his PTSD through counselling and exposure techniques	<a href="http://shared-care.ca/vid.aspx?y=BQF09Y3U0PI">http://shared-care.ca/vid.aspx?y=BQF09Y3U0PI</a>	4 minutes	Youth & their parents
<b>Anxiety (Obsessive Compulsive Disorder)</b>	“Christine – Germaphobe (OCD)”	Short video from <a href="http://www.anxietybc.com/">http://www.anxietybc.com/</a> in which a teen (“Christine”) describes her experience with OCD (obsessive-compulsive disorder) and her first steps to find help	<a href="http://shared-care.ca/vid.aspx?y=dgbQ5tnTxto">http://shared-care.ca/vid.aspx?y=dgbQ5tnTxto</a>	2 minutes	Youth & their parents
<b>Anxiety (Obsessive Compulsive Disorder)</b>	“Christine – Taking Steps to Manage OCD (Exposure)”	Follow-up video to “Christine – Germaphobe”, also from <a href="http://www.anxietybc.com/">http://www.anxietybc.com/</a> in which Christine describes her progress using exposure techniques suggested by her psychologist to treat her OCD	<a href="http://shared-care.ca/vid.aspx?y=WhNFEAQ1q4A">http://shared-care.ca/vid.aspx?y=WhNFEAQ1q4A</a>	4 minutes	Youth & their parents

Topic	Video Title	Content	Link	Approximate Length	Target Population
<b>Anxiety (Specific Phobia)</b>	“Anita – Terrified of Creepy Crawlies”	Short video from <a href="http://www.anxietybc.com/">http://www.anxietybc.com/</a> in which a teen (“Anita”) describes her experience with a specific phobia – extreme fear of bugs – and her first steps to try to find help	<a href="http://www.shared-care.ca/vid.aspx?y=QePXH8XztLI">http://www.shared-care.ca/vid.aspx?y=QePXH8XztLI</a>	2 minutes	Youth & their parents
<b>Anxiety (Specific Phobia)</b>	“Anita – Learning to Manage Fears (Exposure)”	Follow-up video to “Anita – Terrified of Creepy Crawlies” also from <a href="http://www.anxietybc.com/">http://www.anxietybc.com/</a> in which Anita describes her attempts to overcome her specific phobia using exposure techniques she researched on the Internet	<a href="http://www.shared-care.ca/vid.aspx?y=sUnWQfy3NWM">http://www.shared-care.ca/vid.aspx?y=sUnWQfy3NWM</a>	3 minutes	Youth & their parents
<b>Depression</b>	“Ellie’s Depression”	Animated video from <a href="http://www.teenmentalhealth.org/">http://www.teenmentalhealth.org/</a> in which a youth describes her symptoms, thoughts and feelings as she battles depression and the steps she took to treat her illness	<a href="http://www.shared-care.ca/vid.aspx?y=i8EPzkkxAiVw">http://www.shared-care.ca/vid.aspx?y=i8EPzkkxAiVw</a>	4 minutes	Youth & young adults
<b>Development</b>	“Teen Brain”	Video from <a href="http://www.teenmentalhealth.org/">http://www.teenmentalhealth.org/</a> that explains changes that occur in the teenage brain	<a href="http://www.shared-care.ca/vid.aspx?y=EGdlpaWi3rc">http://www.shared-care.ca/vid.aspx?y=EGdlpaWi3rc</a>	4 minutes	Youth, young adults & their parents
<b>Mindfulness</b>	“Relax Music – Buddhist Meditation Music”	Instrumental Buddhist meditation music played over changing photo images of nature	<a href="http://www.shared-care.ca/vid.aspx?y=OSxdW9IaxSs">http://www.shared-care.ca/vid.aspx?y=OSxdW9IaxSs</a>	75 minutes	All ages
<b>Mindfulness</b>	“Meditation – Zen Music”	Asian-inspired meditation music (instrumental) played over fixed image of a seated silhouette	<a href="http://www.shared-care.ca/vid.aspx?y=d9SCrpXN3EE">http://www.shared-care.ca/vid.aspx?y=d9SCrpXN3EE</a>	60 minutes	All ages

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<b>Mindfulness</b>	“4-7-8 Breathing Exercise”	Animated video from <a href="http://www.gozen.com">www.gozen.com</a> that teaches a guided breathing exercise that can be used by both adults and children to help alleviate anxiety	<a href="http://www.shared-care.ca/vid.aspx?y=UxbdX-SeOOo">http://www.shared-care.ca/vid.aspx?y=UxbdX-SeOOo</a>	4 minutes	All ages
<b>Mindfulness</b>	“Mindfulness: Youth Voices”	This video from Kelty Mental Health features youth and young adults discussing their experiences practising mindfulness, and how mindfulness has benefited different aspects of their lives	<a href="http://www.shared-care.ca/vid.aspx?y=kk7IBwuhXWM">http://www.shared-care.ca/vid.aspx?y=kk7IBwuhXWM</a>	3 minutes	Youth & adults
<b>Relationship Issues</b>	“The Line”	A brief video from <a href="http://www.loveisrespect.org/">http://www.loveisrespect.org/</a> that asks viewers to think about where the line is between concern and control in a relationship	<a href="http://www.shared-care.ca/vid.aspx?y=dNvt_zSilkg">http://www.shared-care.ca/vid.aspx?y=dNvt_zSilkg</a>	1 minute	Older youth & adults
<b>Self- Esteem</b>	“Dove Real Beauty Sketches”	Video from the makers of Dove soap that contrasts how women perceive their own appearance with how others view them	<a href="http://www.shared-care.ca/vid.aspx?y=litXW91UauE">http://www.shared-care.ca/vid.aspx?y=litXW91UauE</a>	7 minutes	Youth, young adults & adults
<b>Self- Esteem</b>	“Dove - Evolution”	This brief video from the makers of Dove soap looks at how the flawless images of women seen in the media are created	<a href="http://www.shared-care.ca/vid.aspx?y=hibyAJOSW8U">http://www.shared-care.ca/vid.aspx?y=hibyAJOSW8U</a>	1 minute	Youth, young adults & adults
<b>Self- Esteem</b>	“Friends”	A video from the makers of Dove soap about body image	<a href="http://www.shared-care.ca/vid.aspx?y=Q37vBy_XSAM">http://www.shared-care.ca/vid.aspx?y=Q37vBy_XSAM</a>	2 minutes	Youth, young adults & adults
<b>Self- Esteem</b>	“Motivational Video”	This video challenges attitudes about failure by describing the failures initially encountered by several individuals who later went on to great success, such as Michael Jordan, the Beatles and Abraham Lincoln	<a href="http://www.shared-care.ca/vid.aspx?y=hzBCI13rJmA">http://www.shared-care.ca/vid.aspx?y=hzBCI13rJmA</a>	2 minutes	All ages

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<b>Self- Injury</b>	“If You Self- Injure – An Interview with Dr. Wendy Lader”	Video interview with Dr. Wendy Lader about understanding self-injury behaviours and the importance of asking for help. The video is from Self-Injury Outreach and Support (SIOS). <a href="http://sioutreach.org">http://sioutreach.org</a>	<a href="http://www.shared-care.ca/vid.aspx?y=EdbYgABkCFc">http://www.shared-care.ca/vid.aspx?y=EdbYgABkCFc</a>	3 minutes	Youth who self-injure & their parents, professionals
<b>Self- Injury</b>	“Why People Self-Injure – An Interview with Dr. Matthew Nock	Video interview with Dr. Matthew Nock that aims to increase understanding of why people self-injure and offers information about treating these behaviours. The video is from Self-Injury Outreach and Support (SIOS). <a href="http://sioutreach.org/">http://sioutreach.org/</a>	<a href="http://www.shared-care.ca/vid.aspx?y=8talQ9dhcvg">http://www.shared-care.ca/vid.aspx?y=8talQ9dhcvg</a>	2 minutes	Youth, parents, professionals
<b>Self- Injury</b>	“Close-Up on Janis Whitlock”	Video interview with Dr. Janis Whitlock of Cornell University in which she looks at what self-injury is and why people do it	<a href="http://www.shared-care.ca/vid.aspx?y=PUa8HmaUDp0">http://www.shared-care.ca/vid.aspx?y=PUa8HmaUDp0</a>	4 minutes	Parents & professionals
<b>Stress</b>	“Managing Stress - Brainsmart”	Animated BBC video that describes your body’s response to stress and offers tips to decrease stress	<a href="http://www.shared-care.ca/vid.aspx?y=hnpQrMqDogE">http://www.shared-care.ca/vid.aspx?y=hnpQrMqDogE</a>	3 minutes	Youth, young adults & adults
<b>Stress</b>	“The Single Most Important Thing You Can Do to Manage Your Stress”	Video by Dr. Mike Evans that looks at what stress is, its effects and what you can do to decrease stress. Dr. Evans narrates the video over real-time sketching by the illustrator.	<a href="http://www.shared-care.ca/vid.aspx?y=l6402QJp52M">http://www.shared-care.ca/vid.aspx?y=l6402QJp52M</a>	11 minutes	Young adults & adults
<b>Social Media &amp; Sexting</b>	“Pressure Pic Problem – Boyfriend’s Story”	Animated interactive video from the Ad Council ( <a href="http://www.thatnotcool.com/">http://www.thatnotcool.com/</a> ) that gives the male perspective on pressuring girls to send nude pictures	<a href="http://www.shared-care.ca/vid.aspx?y=-e5WQr8BU7Y">http://www.shared-care.ca/vid.aspx?y=-e5WQr8BU7Y</a>	1 minute	Youth & young Adults

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<b>Social Media &amp; Sexting</b>	“Pressure Pic Problem—Girlfriend’s Story”	Animated interactive video from the Ad Council ( <a href="http://www.thatsnotcool.com/">http://www.thatsnotcool.com/</a> ) that looks at the female perspective on being pressured to send someone nude pictures of yourself	<a href="http://www.shared-care.ca/vid.aspx?y=0meBHbUqGjc">http://www.shared-care.ca/vid.aspx?y=0meBHbUqGjc</a>	1 minute	Youth & young adults
<b>Social Media &amp; Sexting</b>	“The Break-In”	Animated Interactive video from the Ad Council ( <a href="http://www.thatsnotcool.com/">http://www.thatsnotcool.com/</a> ) that looks at the female perspective on what to do when private space becomes not so private	<a href="http://www.shared-care.ca/vid.aspx?y=RAAsc4HS0AI">http://www.shared-care.ca/vid.aspx?y=RAAsc4HS0AI</a>	1 minute	Youth & young adults
<b>Social Media &amp; Sexting</b>	“The Break-In”	Animated interactive video from the Ad Council ( <a href="http://www.thatsnotcool.com/">http://www.thatsnotcool.com/</a> ) that looks at the male perspective on what to do when private space becomes not so private	<a href="http://www.shared-care.ca/vid.aspx?y=Yo797fGG2go">http://www.shared-care.ca/vid.aspx?y=Yo797fGG2go</a>	1 minute	Youth & young adults
<b>Social Media &amp; Sexting</b>	“Text Monster – Girlfriend’s Story”	Animated interactive video from the Ad Council ( <a href="http://www.thatsnotcool.com/">http://www.thatsnotcool.com/</a> ) that looks at the female perspective on what to do if your boyfriend is not responding to your text messages	<a href="http://www.shared-care.ca/vid.aspx?y=iGp6fl1LKP8">http://www.shared-care.ca/vid.aspx?y=iGp6fl1LKP8</a>	1 minute	Youth & young adults
<b>Social Media &amp; Sexting</b>	“Text Monster – Boyfriend’s Story”	Animated interactive video from the Ad Council ( <a href="http://www.thatsnotcool.com/">http://www.thatsnotcool.com/</a> ) that looks at what to do when you feel you can’t escape your girlfriend’s texts	<a href="http://www.shared-care.ca/vid.aspx?y=J3n-eD_FdPc">http://www.shared-care.ca/vid.aspx?y=J3n-eD_FdPc</a>	1 minute	Youth & young adults
<b>Social Media &amp; Sexting</b>	“Show Me Your Battery”	Animated video from the Ad Council ( <a href="http://www.thatsnotcool.com/">http://www.thatsnotcool.com/</a> ) that looks at the issue of pressuring someone to send you nude pictures of themselves	<a href="http://www.shared-care.ca/vid.aspx?y=sMzUnQhP3A0">http://www.shared-care.ca/vid.aspx?y=sMzUnQhP3A0</a>	1 minute	Youth & young adults
<b>Social Media &amp; Sexting</b>	“Megan’s Story”	A video from an Internet safety program in Australia developed by the Australian Federal Police and Microsoft Australia ( <a href="http://www.thinkuknow.co.uk/">http://www.thinkuknow.co.uk/</a> ) that depicts a teenage girl’s experience with sexting	<a href="http://www.shared-care.ca/vid.aspx?y=DwKgg35YbC4">http://www.shared-care.ca/vid.aspx?y=DwKgg35YbC4</a>	2 minutes	Youth & young adults