

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

Topic	Video Title	Content	Link	Approximate Length	Target Population
ADHD (Children)	"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 http://www.teenmentalhealth.org/	http://www.shared-care.ca/vid.aspx?y=rLghxG3mGMM	5 minutes	Young children & their parents
ADHD (Teens)	"Teen ADHD"	Animated video from http://www.teenmentalhealth.org/ about understanding and managing ADHD in teens	http://www.shared-care.ca/vid.aspx?y=rIKMo8VuC_c	6 minutes	Youth & young adults
Anxiety	"Fear vs. Anxiety: What's the Difference?"	Animated cartoon that illustrates that fear and anxiety can produce the same physiological responses. Directs viewers to http://www.gozen.com./	http://www.shared-care.ca/vid.aspx?y=0v5E6syVppI	2 minutes	Children, youth & their parents
Anxiety (Separation Anxiety)	"Tom Has Separation Anxiety Disorder"	Animated video from http://www.teenmentalhealth.org/ in which Tom struggles with a "worry dragon". The video ties in with the book "Taming Worry Dragons".	http://www.shared-care.ca/vid.aspx?y=jEkFp0Ux40Q	4 minutes	Young children & their parents
Anxiety (Social Anxiety)	"Social Anxiety Disorder"	Animated video from http://www.teenmentalhealth.org/ that aims to dispel myths and misconceptions about social anxiety and provide tools to assist those diagnosed with this disorder.	http://www.shared-care.ca/vid.aspx?y=kitHQUWrA7s	5 minutes	Youth & young adults

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Anxiety (Panic Disorder)	“Dylan’s Panic Disorder”	Animated video from http://www.teenmentalhealth.org/ about understanding and treating panic disorder	www.shared-care.ca/vid.aspx?y=R3S_XYaEPU	5 minutes	Youth & young adults
Anxiety (Panic Disorder)	“Millie – Most Likely to Panic”	Short video from http://www.anxietybc.com/ in which a teen (“Millie”) describes her panic attacks and her first steps to try to find help	http://www.shared-care.ca/vid.aspx?y=VRKcDAOIL14	2 minutes	Youth & their parents
Anxiety (Panic Disorder)	“Millie: Taking Steps to Manage Panic Disorder (Exposure)”	Follow-up video to “Millie – Most Likely to Panic”, also from http://www.anxietybc.com/ . Millie describes her attempts to overcome panic attacks through counselling and exposure techniques.	http://www.shared-care.ca/vid.aspx?y=rS6Ov4Ds fJ0	3 minutes	Youth & their parents
Anxiety (Social Anxiety)	“Rob – Nervous Talking in Groups”	Short video from http://www.anxietybc.com/ in which a teen (“Rob”) describes his experience with social anxiety	http://www.shared-care.ca/vid.aspx?y=LFM8M33k2UI	1 minute	Youth & their parents
Anxiety (Social Anxiety)	“Rob – Making Steps to Social Success (Exposure)”	Follow-up video to “Rob – Nervous Talking in Groups” also from http://www.anxietybc.com/ . Rob describes his own attempts to battle his social phobia using exposure techniques.	http://www.shared-care.ca/vid.aspx?y=cISDRVw4PE	2 minutes	Youth & their parents

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

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Anxiety (Specific Phobia)	“Anita – Terrified of Creepy Crawlies”	Short video from http://www.anxietybc.com/ 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	http://www.shared-care.ca/vid.aspx?y=QePXH8XztLI	2 minutes	Youth & their parents
Anxiety (Specific Phobia)	“Anita – Learning to Manage Fears (Exposure)”	Follow-up video to “Anita – Terrified of Creepy Crawlies” also from http://www.anxietybc.com/ in which Anita describes her attempts to overcome her specific phobia using exposure techniques she researched on the Internet	http://www.shared-care.ca/vid.aspx?y=sUnWQfy3NWM	3 minutes	Youth & their parents
Depression	“Ellie’s Depression”	Animated video from http://www.teenmentalhealth.org/ in which a youth describes her symptoms, thoughts and feelings as she battles depression and the steps she took to treat her illness	http://www.shared-care.ca/vid.aspx?y=i8EPzkkxAiVw	4 minutes	Youth & young adults
Development	“Teen Brain”	Video from http://www.teenmentalhealth.org/ that explains changes that occur in the teenage brain	http://www.shared-care.ca/vid.aspx?y=EGdlpaWi3rc	4 minutes	Youth, young adults & their parents
Mindfulness	“Relax Music – Buddhist Meditation Music”	Instrumental Buddhist meditation music played over changing photo images of nature	http://www.shared-care.ca/vid.aspx?y=OSxdW9laxSs	75 minutes	All ages
Mindfulness	“Meditation – Zen Music”	Asian-inspired meditation music (instrumental) played over fixed image of a seated silhouette	http://www.shared-care.ca/vid.aspx?y=d9SCrpXN3EE	60 minutes	All ages

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Mindfulness	“4-7-8 Breathing Exercise”	Animated video from www.gozen.com that teaches a guided breathing exercise that can be used by both adults and children to help alleviate anxiety	http://www.shared-care.ca/vid.aspx?y=UxbdX-SeOOo	4 minutes	All ages
Mindfulness	“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	http://www.shared-care.ca/vid.aspx?y=kk7IBwuhXWM	3 minutes	Youth & adults
Relationship Issues	“The Line”	A brief video from http://www.loveisrespect.org/ that asks viewers to think about where the line is between concern and control in a relationship	http://www.shared-care.ca/vid.aspx?y=dNvt_zSilkg	1 minute	Older youth & adults
Self- Esteem	“Dove Real Beauty Sketches”	Video from the makers of Dove soap that contrasts how women perceive their own appearance with how others view them	http://www.shared-care.ca/vid.aspx?y=litXW91UauE	7 minutes	Youth, young adults & adults
Self- Esteem	“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	http://www.shared-care.ca/vid.aspx?y=hibyAJOSW8U	1 minute	Youth, young adults & adults
Self- Esteem	“Friends”	A video from the makers of Dove soap about body image	http://www.shared-care.ca/vid.aspx?y=Q37vBy_XSAM	2 minutes	Youth, young adults & adults
Self- Esteem	“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	http://www.shared-care.ca/vid.aspx?y=hzBCI13rJmA	2 minutes	All ages

Topic	Video Title	Content	Link	Approximate Length	Target Population
Self- Injury	“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). http://sioutreach.org	http://www.shared-care.ca/vid.aspx?y=EdbYgABkCFc	3 minutes	Youth who self-injure & their parents, professionals
Self- Injury	“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). http://sioutreach.org/	http://www.shared-care.ca/vid.aspx?y=8talQ9dhcvg	2 minutes	Youth, parents, professionals
Self- Injury	“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	http://www.shared-care.ca/vid.aspx?y=PUa8HmaUDp0	4 minutes	Parents & professionals
Stress	“Managing Stress - Brainsmart”	Animated BBC video that describes your body’s response to stress and offers tips to decrease stress	http://www.shared-care.ca/vid.aspx?y=hnpQrMqDogE	3 minutes	Youth, young adults & adults
Stress	“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.	http://www.shared-care.ca/vid.aspx?y=l6402QJp52M	11 minutes	Young adults & adults
Social Media & Sexting	“Pressure Pic Problem – Boyfriend’s Story”	Animated interactive video from the Ad Council (http://www.thatnotcool.com/) that gives the male perspective on pressuring girls to send nude pictures	http://www.shared-care.ca/vid.aspx?y=-e5WQr8BU7Y	1 minute	Youth & young Adults

Topic	Video Title	Content	Link	Approximate Length	Target Population
Social Media & Sexting	“Pressure Pic Problem—Girlfriend’s Story”	Animated interactive video from the Ad Council (http://www.thatsnotcool.com/) that looks at the female perspective on being pressured to send someone nude pictures of yourself	http://www.shared-care.ca/vid.aspx?y=0meBHbUqGjc	1 minute	Youth & young adults
Social Media & Sexting	“The Break-In”	Animated Interactive video from the Ad Council (http://www.thatsnotcool.com/) that looks at the female perspective on what to do when private space becomes not so private	http://www.shared-care.ca/vid.aspx?y=RAAsc4HS0AI	1 minute	Youth & young adults
Social Media & Sexting	“The Break-In”	Animated interactive video from the Ad Council (http://www.thatsnotcool.com/) that looks at the male perspective on what to do when private space becomes not so private	http://www.shared-care.ca/vid.aspx?y=Yo797fGG2go	1 minute	Youth & young adults
Social Media & Sexting	“Text Monster – Girlfriend’s Story”	Animated interactive video from the Ad Council (http://www.thatsnotcool.com/) that looks at the female perspective on what to do if your boyfriend is not responding to your text messages	http://www.shared-care.ca/vid.aspx?y=iGp6fl1LKP8	1 minute	Youth & young adults
Social Media & Sexting	“Text Monster – Boyfriend’s Story”	Animated interactive video from the Ad Council (http://www.thatsnotcool.com/) that looks at what to do when you feel you can’t escape your girlfriend’s texts	http://www.shared-care.ca/vid.aspx?y=J3n-eD_FdPc	1 minute	Youth & young adults
Social Media & Sexting	“Show Me Your Battery”	Animated video from the Ad Council (http://www.thatsnotcool.com/) that looks at the issue of pressuring someone to send you nude pictures of themselves	http://www.shared-care.ca/vid.aspx?y=sMzUnQhp3A0	1 minute	Youth & young adults
Social Media & Sexting	“Megan’s Story”	A video from an Internet safety program in Australia developed by the Australian Federal Police and Microsoft Australia (http://www.thinkuknow.co.uk/) that depicts a teenage girl’s experience with sexting	http://www.shared-care.ca/vid.aspx?y=DwKgg35YbC4	2 minutes	Youth & young adults