



Described & Captioned Media Program

Mental Health Titles

Title	Grade/Interest Level	Summary
<i>What About Me? Kids & Grief</i>	1 - 8	Helping children deal with the grief process.
<i>Unity in Community: The Ant Show</i>	3 - 6	Helps promote the youngest students' emotional well-being and mental health.
<i>Every Young Person Has Challenges</i>	4 - 8	Fifteen young people, ages 8-12, speak candidly about personal challenges they face.
<i>My Blog (Series)</i>	4 - 8	Technology permeates all aspects of everyday life. How are students to cope with the potentially negative consequences?
<i>Children and Divorce (Series)</i>	5 - 8	Children teach others about divorce by sharing their personal experiences.
<i>Coping With an Emotional Crisis Spanish Version</i>	5 - 9	Features poignant interviews with real teens who share their experiences with emotional crises.
<i>Children of Military Families (Series)</i>	5 - 9	Children teach others what it is like to have a parent deployed in the military by sharing their personal stories.
<i>Ghosts in the Hall</i>	6 - 12	Focuses on teen bullying.
<i>Jenny's Reasons</i>	6 - 12	Provides a look at teen depression.
<i>The Hurting</i>	6 - 12	Ashley resorts to "cutting" to cope with an abusive father.
<i>P.S. I Miss You</i>	6 - 12	Tanya talks about how her brother's suicide affected her and her family.
<i>More Than This</i>	6 - 12	Focuses on body image issues via the twin lens of steroid abuse and eating disorders.
<i>Lion in the House Series: Sibling Stories</i>	6 - 12	Several siblings share their stories about their brother or sister fighting cancer.
<i>Straight Talk About Mental Health: Image and Identity</i>	6 - 12	Adolescent perspectives on image and identity.
<i>Building Resilience</i>	7 - 10	Developing resiliency in response to stress and trauma.
<i>Common Psychological Disorders of Adolescence</i>	7 - 12	Teens share their stories about common psychological problems.
<i>Millennials: Growing Up in the 21st Century (Series)</i>	7 - 12	This series documents the lives of children over a time period of 15 years. They are interviewed annually.
<i>Dave: My Story About Depression</i>	7 - 12	Until age 15, Dave suffered from depression and severe panic attacks.
<i>Inner Views of Grief: The Stories of Five Bereaved Young People</i>	7 - 12	Tells the stories of several young people dealing with bereavement.
<i>Mikey: My Story About Family</i>	7 - 12	Mikey grew up with parents who suffered from mental illness, eventually moving in with his aunt.
<i>Panic Attack</i>	7 - 12	This is a portrayal of one young man's struggle with panic disorder.
<i>Sleep Deprived Kids</i>	7 - 12	Sleep is important for all children, but those in low-income families may suffer more from sleep deprivation.
<i>Standing Tall: Stories of Resilience</i>	7 - 12	We all need resilience to deal with stress and catastrophe.

Title	Grade/Interest Level	Summary
<i>Teens and Stress</i>	7 - 12	Ever wonder what is going on in the mind of a teenager, especially one who is stressed out?
<i>The Mirror in My Mind: Body Image & Self-Esteem</i>	7 - 12	Personal body image develops during the teen years and greatly affects people for the rest of their lives.
<i>The Other Side of Blue: The Truth About Teenage Depression</i>	7 - 12	There is a widespread belief that depression in adolescence is normal, but it could be much more.
<i>Talk it Out (Series)</i>	7 - 12	This series uses real-world examples, backed by scientific evidence, to provide teens with up-to-date information regarding potentially harmful substances and situations.
<i>Teens 101 (Series)</i>	7 - 12	This series addresses such topics as depression, anxiety, addiction, self-harm, mental illness, bullying, body image, and sexuality.
<i>Guidance Systems (Series)</i>	7 - 12	Students face many challenges, and this series presents typical social issues that students may encounter.
<i>Real Life Teens: Self-Destruction</i>	8 - 12	Self-inflicted physical injury such as “cutting” is the most common aspect of self-destruction.
<i>Every Teen Has Challenges</i>	8 - 12	Issues cover anorexia, divorce, learning disabilities, illnesses, prejudice, drugs, grades, teen parenting, self-esteem, and trust.
<i>Cut</i>	9 - 12	Explores an important but rarely discussed social and public health issue: steroids.
<i>Mind/Body Connection: How Your Emotions Affect Your Health</i>	9 - 12	Students learn how their emotional health affects their physical health and vice versa.
<i>Obsessive Compulsive Behavior - Am I Normal?</i>	9 - 12	Mental health professional provides information on the causes of obsessive compulsive disorder (OCD), behaviors, and treatment.
<i>Shadows and Lies</i>	9 - 12	Four women reflect on their continual struggles with anorexia and bulimia.
<i>Slender Existence</i>	9 - 12	Documents the story of an attractive teenager starving herself to death.
<i>Bullied: You're Not Alone (Series)</i>	10 - 12	Every year an estimated 2.1 million students are bullied, and often the victims do not know where to turn for help.
<i>Recovering From Traumatic Events: The Healing Process</i>	10 - 12	Provides a message of hope for those who suffer from post-traumatic stress disorder.
<i>Human Addiction: An Introduction</i>	10 - 12	Explores the complex world of addiction.
<i>Bipolar Disorder</i>	10 - 12	Demystifies bipolar disorder. Discusses treatment options and research advancements.
<i>Boyhood Shadows: "I Swore I'd Never Tell..."</i>	10 - 12	Childhood sexual abuse.
<i>Childhood Depression</i>	Parents/ Teachers	Childhood depression and what children say about the disease.
<i>Eating Disorders</i>	Parents/ Teachers	Profiles four young people and their experiences with eating disorders.
<i>Troubled Kids: Is Medication the Answer?</i>	Parents/ Teachers	Offers parents, teachers, and caregivers a balanced look at options for helping children with learning difficulties or behavioral problems.



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