



## Described & Captioned Media Program

### Mental Health Titles

Title	Grade/Interest Level	Summary
<a href="#"><i>What About Me? Kids &amp; Grief</i></a>	1 - 8	Helping children deal with the grief process.
<a href="#"><i>Unity In Community: The Ant Show</i></a>	3 - 6	Helps promote the youngest students' emotional well-being and mental health.
<a href="#"><i>Every Young Person Has Challenges</i></a>	4 - 8	Fifteen young people, ages 8-12, speak candidly about personal challenges they face.
<a href="#"><i>Coping With an Emotional Crisis</i></a> <a href="#"><i>Spanish Version</i></a>	5 - 9	Features poignant interviews with real teens who share their experiences with emotional crises.
<a href="#"><i>Ghosts in the Hall</i></a>	6 - 12	Focuses on teen bullying.
<a href="#"><i>Jenny's Reasons</i></a>	6 - 12	Provides a look at teen depression.
<a href="#"><i>The Hurting</i></a>	6 - 12	Ashley resorts to "cutting" to cope with an abusive father.
<a href="#"><i>P.S. I Miss You</i></a>	6 - 12	Tanya talks about how her brother's suicide affected her and her family.
<a href="#"><i>More Than This</i></a>	6 - 12	Focuses on body image issues via the twin lens of steroid abuse and eating disorders.
<a href="#"><i>Lion in the House Series: Sibling Stories</i></a>	6 - 12	Several siblings share their stories about their brother or sister fighting cancer.
<a href="#"><i>Straight Talk About Mental Health: Image and Identity</i></a>	6 - 12	Adolescent perspectives on image and identity.
<a href="#"><i>Building Resilience</i></a>	7 - 10	Developing resiliency in response to stress and trauma.
<a href="#"><i>Common Psychological Disorders of Adolescence</i></a>	7 - 12	Teens share their stories about common psychological problems.
<a href="#"><i>Creative Living With Sheryl Borden #6622</i></a>	7 - 12	Discusses how therapy dogs can help individuals suffering from post-traumatic stress disorder.
<a href="#"><i>Dave: My Story About Depression</i></a>	7 - 12	Until age 15, Dave suffered from depression and severe panic attacks.
<a href="#"><i>Inner Views of Grief: The Stories of Five Bereaved Young People</i></a>	7 - 12	Tells the stories of several young people dealing with bereavement.
<a href="#"><i>Mikey: My Story About Family</i></a>	7 - 12	Mikey grew up with parents who suffered from mental illness, eventually moving in with his aunt.
<a href="#"><i>Panic Attack</i></a>	7 - 12	This is a portrayal of one young man's struggle with panic disorder.
<a href="#"><i>Sleep Deprived Kids</i></a>	7 - 12	Sleep is important for all children, but those in low-income families may suffer more from sleep deprivation.
<a href="#"><i>Standing Tall: Stories of Resilience</i></a>	7 - 12	We all need resilience to deal with stress and catastrophe.
<a href="#"><i>Teen and Stress</i></a>	7 - 12	Ever wonder what is going on in the mind of a teenager, especially one who is stressed out?

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<a href="#"><u><i>The Mirror in My Mind: Body Image &amp; Self-Esteem</i></u></a>	7 - 12	Personal body image develops during the teen years and greatly affects people for the rest of their lives.
<a href="#"><u><i>The Other Side of Blue: The Truth About Teenage Depression</i></u></a>	7 - 12	There is a widespread belief that depression in adolescence is normal, but it could be much more.
<a href="#"><u><i>Real Life Teens: Self-Destruction</i></u></a>	8 - 12	Self-inflicted physical injury such as “cutting” is the most common aspect of self-destruction.
<a href="#"><u><i>Every Teen Has Challenges</i></u></a>	8 - 12	Issues cover anorexia, divorce, learning disabilities, illnesses, prejudice, drugs, grades, teen parenting, self-esteem, and trust.
<a href="#"><u><i>Cut</i></u></a>	9 - 12	Explores an important but rarely discussed social and public health issue: steroids.
<a href="#"><u><i>Mind/Body Connection: How Your Emotions Affect Your Health</i></u></a>	9 - 12	Students learn how their emotional health affects their physical health and vice versa.
<a href="#"><u><i>Obsessive Compulsive Behavior - Am I Normal?</i></u></a>	9 - 12	Mental health professional provides information on the causes of obsessive compulsive disorder (OCD), behaviors, and treatment.
<a href="#"><u><i>Packrat</i></u></a>	9 - 12	Hoarding behavior can seem amusing—unless an individual has to live with it every day.
<a href="#"><u><i>Shadows and Lies</i></u></a>	9 - 12	Four women reflect on their continual struggles with anorexia and bulimia.
<a href="#"><u><i>Slender Existence</i></u></a>	9 - 12	Documents the story of an attractive teenager starving herself to death.
<a href="#"><u><i>Recovering From Traumatic Events: The Healing Process</i></u></a>	10 - 12	Provides a message of hope for those who suffer from post-traumatic stress disorder.
<a href="#"><u><i>Human Addiction: An Introduction</i></u></a>	10 - 12	Explores the complex world of addiction.
<a href="#"><u><i>Bipolar Disorder</i></u></a>	10 - 12	Demystifies bipolar disorder. Discusses treatment options and research advancements.
<a href="#"><u><i>Boyhood Shadows: “I Swore I’d Never Tell...”</i></u></a>	10 - 12	Childhood sexual abuse.
<a href="#"><u><i>Childhood Depression</i></u></a>	Parents/Teachers	Childhood depression and what children say about the disease.
<a href="#"><u><i>Eating Disorders</i></u></a>	Parents/Teachers	Profiles four young people and their experiences with eating disorders.
<a href="#"><u><i>Troubled Kids: Is Medication the Answer?</i></u></a>	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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Funding provided by the U.S. Department of Education and administered by the National Association of the Deaf.

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