

Dear Campus Resident Assistant,

As the UC Student Mental Health Initiative grant is closing, we would like to promote the resources of the SMHI Public Service Announcements available to your campus via https://www.youtube.com/channel/UCsH--tQ5rnnTO_FbwpJD6yg. We encourage you to increase the viewing of these PSAs by hosting monthly film nights. You may screen one of the following PSAs, conduct a group discussion, and then pair it with a movie and/or documentary regarding the subject matter.

Here is a recommended film screening schedule:

October – **Break-ups PSA**

500 Days of Summer - <http://www.imdb.com/title/tt1022603/>

The Holiday - http://www.imdb.com/title/tt0457939/?ref=fn_al_tt_1

November – **Veteran's Support PSA**

Brothers - http://www.imdb.com/title/tt0765010/?ref=fn_al_tt_1

December – **Stress Management PSA**

The Devil Wears Prada - http://www.imdb.com/title/tt0458352/?ref=mv_sr_1

Easy A - http://www.imdb.com/title/tt1282140/?ref=fn_al_tt_1

January – **Eating Disorder PSA**

Likeness <https://www.youtube.com/watch?v=dK3TyErAal8>

Killing Us Softly 4: Advertising's Image of Women http://www.imdb.com/title/tt2507550/?ref=fn_al_tt_4

Cameron Russell's Ted Talk <https://www.youtube.com/watch?v=KM4Xe6Dlp0Y>

February – **Stigma PSA**

Silver Linings Playbook http://www.imdb.com/title/tt1045658/?ref=mv_sr_1

A Beautiful Mind http://www.imdb.com/title/tt0268978/?ref=mv_sr_1

March – **Suicide Awareness PSA**

The Perks of Being a Wallflower http://www.imdb.com/title/tt1659337/?ref=mv_sr_1

According to Greta http://www.imdb.com/title/tt1059925/?ref=mv_sr_2

April – **Love is Louder PSA**

The Breakfast Club http://www.imdb.com/title/tt0088847/?ref=mv_sr_1

Frozen http://www.imdb.com/title/tt2294629/?ref=fn_al_tt_1

Although this is a recommended schedule and movie/documentary list, you may play the PSAs as often as you would like and choose movies that speak to the interest of your students. Our goal is to increase the viewings, make it fun/sociable and finally, reach out to as many students as possible. Please play the videos via Youtube so we can track the number of viewings.

We strongly believe that this resource will encourage students to begin a positive discourse regarding their mental health and open a door for counseling at Counseling and Psychological Services (CAPS).

Thank you for your participation in this program!

Sincerely,

Taisha Caldwell
Mental Health Program Manager
UC Office of the President