

The Leading Voice of Nutrition *in Australia*



Clips about anxiety and related issues

| MENTAL HEALTH ISSUE | TYPE | TYPE OF CLIENT/ SETTING | SOURCE | COUNTRY | SOURCE LOCATION |
|--|-------|--|---|---------|---|
| Anxiety | AD | Awareness raising about anxiety symptoms | Beyond Blue (beyondblueofficial on youtube) | AU | <p>"Get to know anxiety" https://www.youtube.com/playlist?list=PLm88fe1MluDZxJMCd345YNvH2EKFE7pMI Get to know anxiety series (10 videos) updated on youtube 2016. Beyond Blue also variety of personal stories of diagnosis and recovery.</p> |
| Anxiety | 5 min | Various – focus group style discussion | SANE | AU | <p>https://www.youtube.com/watch?v=w3MP0hmKWII</p> |
| Agoraphobia (back seat driver anxiety) | Clip | Narrator talking about agoraphobia | mentalhealthminute.com | CA | <p>https://www.youtube.com/watch?v=BPC18nV1clw</p> |
| Anxiety | Clip | Various | Real Time Health | AU | <p>Clip titled "Family and Friends" Clip titled "Diagnosis" http://portal.realttimehealth.com.au/clips/367</p> <p>Other clips available "In the beginning" – early symptoms of anxiety disorder "Treatment and support" – treatments for anxiety disorder are discussed</p> |

Clips about bipolar disorder

| MENTAL HEALTH ISSUE | TYPE | TYPE OF CLIENT/ SETTING | SOURCE | COUNTRY | SOURCE LOCATION |
|---------------------|-------|--|-------------------------|----------|---|
| Bipolar disorder | AD | Male | SANE | AU | https://www.youtube.com/watch?v=CyNXuleLqaY&list=PLI8yqrAao0dwGjOLosSBqP010mmRzfpJp&index=9 |
| Bipolar disorder | AD | Male/Carer | SANE | AU | https://www.youtube.com/watch?v=UIRnn_8dXKM&list=PLI8yqrAao0dwGjOLosSBqP010mmRzfpJp&index=8 |
| Bipolar disorder | AD | Male (young adult) | SANE | AU | https://www.youtube.com/watch?v=izxIVEjrbVQ&index=3&list=PLI8yqrAao0dwGjOLosSBqP010mmRzfpJp |
| Bipolar disorder | 3 min | Various - focus group style discussion | SANE | AU | https://www.youtube.com/watch?v=N3jXJG9xYI8 |
| Bipolar disorder | AD | Male (young adult) | Beyond Blue | AU | https://www.youtube.com/watch?v=Oa3DCILg5nE |
| Bipolar disorder | AD | Male (Craig Hamilton) | Beyond Blue | AU | https://www.youtube.com/watch?v=48e7kpednT0&list=PLm88fe1MluDaqIGn_nrM_3X1qyitaUZQp&index=2 |
| Bipolar disorder | Video | Female (Jessica Rowe) | Beyond Blue | AU | https://www.youtube.com/watch?v=ktFC0PxpqOk&list=PLm88fe1MluDaqIGn_nrM_3X1qyitaUZQp&index=1 |
| Bipolar disorder | AD | Female | Like Minds Like Mine | NZ, 2003 | https://www.youtube.com/watch?v=aW_E1eDSJlg&index=3&list=PLpOxcF5QkYY3cjw8kKrLeCokuVc4DaqFo Clip titled "Lana" |
| Bipolar disorder | AD | Female | Like Minds Like Mine | NZ, 2003 | https://www.youtube.com/watch?v=Uvb62aTKmO4&index=1&list=PLpOxcF5QkYY3cjw8kKrLeCokuVc4DaqFo Clip titled "Rachel" |
| Bipolar disorder | Clip | Various | SANE via RealTimeHealth | AU | http://portal.realtimehealth.com.au/conditions/bipolardisorder/bipolar-disorder Clip titled "Impact on lifestyle" and "Bipolar disorder and stigma" Other clips available "Diagnosis" "How does bipolar disorder feel?" "Family and friends" "Work & study" "Bipolar management strategies" "Support and medication" "Closing thoughts" |

Clips about depression and related issues¹

| MENTAL HEALTH ISSUE | TYPE | TYPE OF CLIENT/ SETTING | SOURCE | COUNTRY | SOURCE LOCATION |
|---------------------|-------|-------------------------|---------------------------------|---------|---|
| Depression | AD | Female Male ATSI | Youtube (beyondblueofficial) | AU | Taking control: Diabetes, Depression & Anxiety (6 videos) http://www.youtube.com/playlist?list=PLm88fe1MluDYSQdPqbW96ar8jGItEgtr6 Man therapy campaign 2013 /6 videos http://www.youtube.com/playlist?list=PLm88fe1MluDbCmNo4hoMrAvrcLPGDfsTg Stories for keeping strong (2 videos) http://www.youtube.com/playlist?list=PLm88fe1MluDbui9r5RhitZwCBB0hFSsfU |
| Depression | AD | Males (workplace) | SANE | AU | http://learn.beyondblue-elearning.org.au/whatislike/ |
| Depression | 5 min | Various - focus group | SANE | AU | https://www.youtube.com/watch?v=g8nSJ3p-cLY |
| Depression | Clip | Various | SANE via RealTimeHealth | AU | http://portal.realttimehealth.com.au/conditions/depression/depression Clip titled "Early signs of depression" Clip titled "Breaking down" Other clips available (pay per view) "Diagnosis" – the impact of diagnosis is discussed "Defining depression" – participants define depression "Impact on lifestyle" "Suicidal tendencies" "Family & relationships" "Study and employment" "Professional Support" "Other management techniques" – other approaches to managing depression "Closing thoughts" – words of wisdom and positive messages for people with depression |

Clips about depression and related issues²

| MENTAL HEALTH ISSUE | TYPE | TYPE OF CLIENT/ SETTING | SOURCE | COUNTRY | SOURCE LOCATION |
|--------------------------------|------|---------------------------------------|----------------------|---------|--|
| Depression | Clip | Doctor talking about 45 y.o. woman | Youtube | US | https://www.youtube.com/watch?v=KSn3xmg3b2s https://www.youtube.com/watch?v=aI513UvKPKI&feature=channel |
| Depression | Clip | Male adult | Youtube | US | https://www.youtube.com/watch?v=O8KmthbsKHM |
| Depression | Clip | Various | Freedom From Fear | US | https://www.youtube.com/watch?v=x_rg_WOp-k0 Various clips - Alice is particularly good |
| Depression and chronic pain | Clip | Doctor talking about topic | YouTube - Health.com | US | https://www.youtube.com/watch?v=b3fX96OugmA |
| Depression | Clip | Doctor talking about topic | Monkeysee.com | US | http://monkeysee.com/what-is-depression/ search "depression" for additional videos |

Clips about eating disorders

| MENTAL HEALTH ISSUE | TYPE | TYPE OF CLIENT/ SETTING | SOURCE | COUNTRY | SOURCE LOCATION |
|---------------------|------|--|---|---------|--|
| Eating disorders | Clip | Various | Eating Disorder Foundation of Victoria (via Real Time Health) | AU | http://portal.realtimehealth.com.au/conditions/eating-disorders/getting-there Clip titled "Introductions" Clip titled "Letting Go" Other clips available (pay per view) "Holding On" – a discussion of the personal emotional background to eating disorder "On the way" – recovery from an eating disorder begins with the support of friends, family and medical professionals |
| Eating disorders | Clip | Narrator talking about major types of eating disorders | Monkeysee.com | US | http://monkeysee.com/what-eating-disorders-exist/ Clip titled "What eating disorders exist?" |
| Eating disorders | Clip | Narrator talking about eating disorders | Monkeysee.com | US | http://monkeysee.com/who-has-eating-disorders-and-why/ Clip titled "Who has eating disorders and why?" |

Clips about obsessive compulsive disorder (OCD)

| MENTAL HEALTH ISSUE | TYPE | TYPE OF CLIENT/ SETTING | SOURCE | COUNTRY | SOURCE LOCATION |
|---------------------|------|-------------------------|----------------|---------|---|
| OCD | | | RealTimeHealth | AU | http://portal.realtimehealth.com.au/conditions/obsessivecompulsivedisorder Clip titled "Early signs" Clip titled "Diagnosis and reaction" Other clips available (pay per view) "The symptoms of OCD" "Understanding OCD" "Other mental health issues" – dealing with other mental health issues along with OCD "Impact on life" "Family and relationships" "Telling other people" "Treatment and support" "Recovery" "Closing thoughts" |
| OCD | Clip | Informational Clip | YouTube | US | http://www.youtube.com/watch?v=tPFQMRx2I3Y&feature=related |

Clips about various mental health issues and related issues¹

| MENTAL HEALTH ISSUE | TYPE | TYPE OF CLIENT/ SETTING | SOURCE | COUNTRY | SOURCE LOCATION |
|---------------------------------|-------|---|----------------------------|-------------|---|
| Alzheimer's Disease | | | RealTimeHealth | AU | http://portal.realtimehealth.com.au/conditions/dementia/alzheimersdisease Clip titled "Early signs" Clip titled "Telling people about Alzheimer's Disease" Other clips available (pay per view) "Diagnosis" "What next?" Shared views on what to do as Alzheimer's disease progresses. "Feelings of loss" "Family and friends" "Life now" – Surviving Alzheimer's today – some coping strategies "Closing thoughts" |
| Experience of family and carers | 5 min | Various - focus group style discussion | SANE | AU | https://www.youtube.com/watch?v=U7Q_hELGTIE |
| Carers | | Aimed at carers | BeyondBlue | AU | http://www.youtube.com/playlist?list=PLm88fe1MluDZN8AI1NvEbaF3mfPs_RX-W Carers stories of hope and recovery |
| Mental Illness | AD | Partner with mental illness | YouTube | NZ, 2007 | https://www.youtube.com/watch?v=pBQgyC_azjg Clip titled "Commitment" |
| Mental Illness | AD | Friends of personal with mental illness | YouTube | NZ, 2007 | https://www.youtube.com/watch?v=DJY_BAhd_xl Clip titled "Mates" |
| PTSD | Clip | Doctor talking about PTSD | Monkeysee.com | US | https://monkeysee.com/what-is-ptsd/ |
| Stigma | Clip | Male – Humorous personal experience | Stand Up for Mental Health | CA, 2000-09 | http://www.standupformentalhealth.com/videoclips.shtml Clip titled "SMH Founder David Granirer's take on public stigma people with mental illness face" (very clever) |

Clips about various mental health issues and related issues²

| MENTAL HEALTH ISSUE | TYPE | TYPE OF CLIENT/ SETTING | SOURCE | COUNTRY | SOURCE LOCATION |
|---------------------|--------|--|-------------------------|---------|---|
| Schizophrenia | 5 min | Various - focus group style discussion | SANE | AU | http://portal.realtimehealth.com.au/conditions/dementia/alzheimersdisease Clip titled "Early signs" Clip titled "Telling people about Alzheimer's Disease" Other clips available (pay per view) "Diagnosis" "What next?" Shared views on what to do as Alzheimer's disease progresses. "Feelings of loss", "Family and friends" "Life now" – Surviving Alzheimer's today – some coping strategies , "Closing thoughts" |
| Schizophrenia | Clips | Various | SANE via RealTimeHealth | AU | http://portal.realtimehealth.com.au/conditions/schizophrenia-programs Clip titled "What's going on?" Clip titled "Seeing, hearing and believing" Other clips available (pay per view) "Diagnosis", "Treatment and trust", "Family", "Stigma", Living with Schizophrenia", "Words of Wisdom" |
| Grief | | Grief and older people | RealTimeHealth | AU | http://portal.realtimehealth.com.au/conditions/grief/griefandolderpeople Clip titled "We're not invisible" Clip titled "Closing thoughts" Other clips available (pay per view) "My loss" – personal stories of loss and grief as an older person "Living with loss" – learning to come to terms with loss "Growing old" – the concept of 'growing old' is discussed "Family ties" – the importance and impact of family |
| Grief | | Grief and victims of crime | RealTimeHealth | AU | http://portal.realtimehealth.com.au/conditions/grief/grieftraumaandvictimsofcrime Clip titled "Why me"; "Thoughts for other victims" Other clips available (pay per view) "The crime" victims of crime discuss their stories "Immediate impact" – the emotional impact of becoming a victim of crime "Consequential impact" – the impact over time "People's reactions" – discussing the crime with others, and reactions "Ways of coping" – coping strategies are discussed "Counselling" – the benefits of counselling "The search for justice", "Feelings about the perpetrator" "Recovery" – the process of recovery |
| Schizophrenia | 25mins | Range of clients with schizophrenia | YouTube | US | https://www.youtube.com/watch?v=48YJM0cykvc |