

Name: _____

Date: _____

Mental/Emotional Health Video Clips

View and write a brief paragraph about the findings from each video clip listed below. (You will need to use a head set from the librarian if you will be proceeding with this during class.)

- Log in to a computer
- Go to the S drive
- Look for a folder titled Heierling
- Look for the folder that reads Mental Illness Video Clips

Mental Health Defined (3:17 minutes)1

Understanding Depression (4:49 minutes)2

Teen Depression (5:31 minutes)3

Obsessive Compulsive Disorder (6:20 minutes)4

Treating Obsessive Compulsive Disorder (2:29 minutes)5

Self Harming (2:06 minutes)6