

# PSA Campaign

## #MindOurFuture PSA4 Videos

Let's create a movement that ends the fear, the shame, and the misunderstanding of mental health issues. The topic can be daunting and the unfamiliar makes many of us uncomfortable. So let's break it...



### #MindOurFuture 2 Minutes

Bring Change to Mind BC2M  
6,046 views • 1 year ago



### #MindOurFuture :30

Bring Change to Mind BC2M  
1,132 views • 1 year ago



### #MindOurFuture :15

Bring Change to Mind BC2M  
2,562 views • 1 year ago



### #MindOurFuture - Share Your Story :30

Bring Change to Mind BC2M  
1,895 views • 11 months ago

## How To

- Inquire if students want to start a PSA video campaign at your high school.
- Designate filming and editing responsibilities to students and start asking people to share their stories about mental health.
- Edit and share the video!

## Materials

A device that can shoot high quality video, students that are willing to share their stories or share why mental health is important to talk about, and you will need a computer to edit and upload the video.

## Budget

This is a low budget activity that could make a huge impact!

## Number of Students Reached

Making a PSA Campaign at your school has the potential to reach all the students at your high school and maybe even reach people outside of your school. Share to YouTube!

## Timeline

This activity has a large preparation time due to finding equipment, talking to students who are willing to be in the video, and editing process. You will need a few weeks of planning and another few weeks to produce the video.