



YOUTH CREATING CHANGE

Directing Change  
Program & Film Contest



## Selection of Directing Change Suicide Prevention PSAs

(60-second films, updated May 2026)

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## 2026 Films



### THE NOISE

Warren High School, Los Angeles County  
A youth struggling with persistent negative thoughts finds hope when he realizes that he doesn't have to believe those thoughts and that he is loved and supported by those who care about him.

[\(view/download\)](#)

### Sparks

Upland High School, San Bernardino County  
This film spreads awareness of signs of suicidal thoughts, reminding viewers to pay close attention to their friends – and to speak up if they are ever struggling or worried about someone close to them. [\(view/download\)](#)





### **Without the Piece**

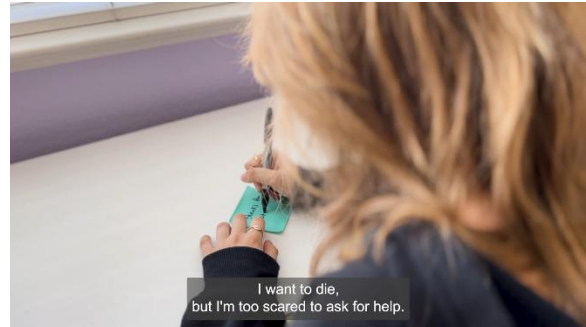
Johansen High School/Viking Production Network, Stanislaus County

Using puzzle pieces as a metaphor, this film reminds struggling youth that they matter and can always find hope by reaching out for support. ([view/download](#))

### **Hear My Song**

Franklin High School, Sacramento County

In “Hear My Song,” a youth recognizes that her friend is using songwriting to express painful emotions and share her experience with suicidal thoughts; as a result, she helps connect her with resources. ([view/download](#))



### **Trust Your Gut**

Pleasant Valley High School, Butte County

“Trust Your Gut” shares the message that reaching out to a friend can save a life, encouraging viewers not to hesitate when it comes to starting conversations about suicide and mental health. ([view/download](#))

### **You are More than Your Expectations**

Redding School of the Arts, Shasta County

This film reminds youth not to overextend themselves or tie their self-worth to external markers of success. ([view/download](#))





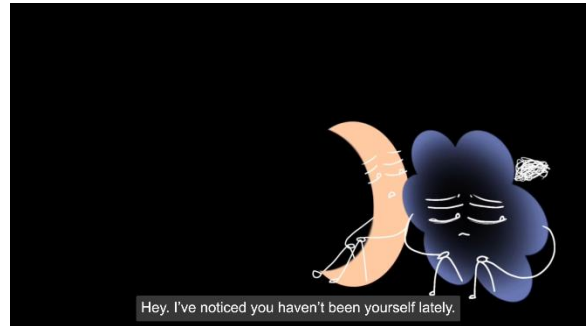
### **Puzzled**

Sanger West High School, Fresno County  
After youth confronts her friend directly after noticing signs of suicidal thoughts.

[\(view/download\)](#)

### **I am Seen**

Southwest High School, Imperial County  
This animated film reminds youth of the importance of supporting peers, reminding them that they are seen, heard, and not alone in their struggles. [\(view/download\)](#)



### **Break the Silence**

Claremont High School, Tri-City  
(Los Angeles County)  
In this film, a youth experiencing depression and suicidal thoughts finds hope when a concerned friend encourages him to speak up about what he is going through and seek support from trusted adults. [\(view/download\)](#)

## 2025 Films



### **Right Now**

Redding School of the Arts, Shasta County  
This film educates youth on steps they can take in the moment to combat negative thoughts and stay connected to those who care about them. [\(view/download\)](#)

### **Light Beyond the Shadows**

Pleasant Valley High School  
Butte County

“Light Beyond the Shadows” addresses how the pressures of school, work, and other activities can build up, leading some youth to a dark place. The film also demonstrates the power of hope and reaching out to friends.

[\(view/download\)](#)



### **The Elephant in the Room**

Terra Linda High School, Marin County

Using a common figure of speech as a powerful visual metaphor, “The Elephant in the Room” encourages youth to speak openly about suicide and reach out to their peers.

[\(view/download\)](#)

### **The Conversation**

SAY San Diego, San Diego County

When a youth recognizes signs of suicidal thoughts in her friend, she talks herself into taking action and confronts him directly, reminding youth that reaching out is crucial to supporting mental health. [\(view/download\)](#)



### **On the Line**

Acalanes High School, Contra Costa County

This film dramatizes a phone call between a youth and her friend struggling with thoughts of suicide, showing others what to do in that situation, and providing tips for helping others.

[\(view/download\)](#)

### **We All Noticed!**

John F. Kennedy Architecture/Digital Design/Filmmaking Magnet, Los Angeles County

Centered on the relationship between two sisters, this sweet film models how to help others and reminds us to pay attention to changes in their behavior.

[\(view/download\)](#)



### **There is HOPE**

Warren High School, Los Angeles County

This visually striking film is told from the perspective of a struggling youth whose life is transformed when a peer tells him to reach out to counselor or trusted adult.

[\(view/download\)](#)

### **Capture a Life**

Ramona High School, Riverside County

“Capture a Life” shows how one youth’s passion for photography (and all the memories her camera holds) serves as a vital source of hope and helps combat suicidal thoughts.

[\(view/download\)](#)



### **Birthday Blues**

Buena Park High School, Orange County

Centered on a youth struggling with suicidal thoughts at his own birthday party, “Birthday Blues” is a powerful reminder to youth to reach out for help if they ever need it.

[\(view/download\)](#)

### **Brothers**

Terra Linda High School, Marin County  
“Brothers” addresses the stigma around talking to family members about mental health while also educating viewers on some of the signs of depression and suicidal thoughts.  
([view/download](#))



### **Talk to Me**

Heartland Charter School, Kern County  
When a struggling youth has a panic attack, he finds himself overwhelmed by his own thoughts. Then, a friend reaches out, showing him that there is hope.  
([view/download](#))

### **Healthy Questions**

Redding School of the Arts, Shasta County  
Centered on two friends, “Healthy Questions” provides youth several, practical examples of ways they can talk to peers who are struggling to help support their mental health.  
([view/download](#))

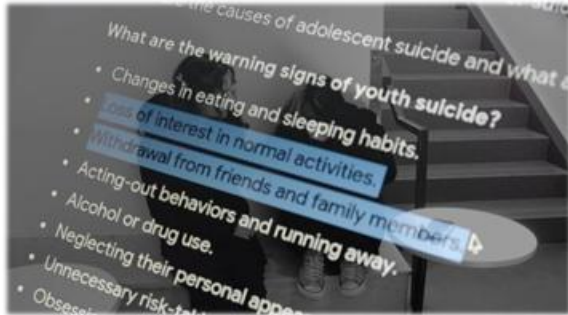


### **The Signs**

Dinuba High School, Tulare County  
This film seeks to educate youth on some of the signs that someone is struggling with their mental health or thoughts of suicide and shares 988 as an important resource.  
([view/download](#))

### **In My Head**

Woodside High School, San Mateo County  
“In My Head” explores how thoughts of suicide can make someone feel isolated and trapped. The film also shares 988 as a resource for those who are struggling and reminds youth that there is always hope. ([view/download](#))

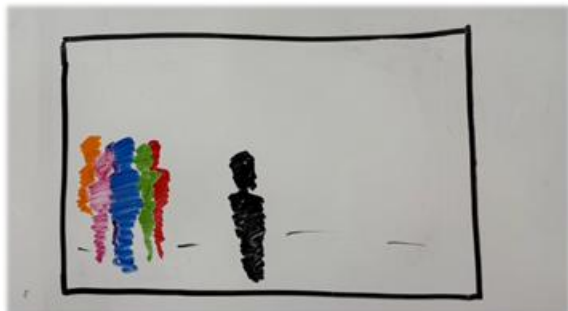


### **Know the Signs**

Terra Linda High School, Marin County  
After noticing signs of suicidal thoughts in a friend, a youth reaches out and helps her get support. ([view/download](#))

### **The Choice**

El Camino Real Charter High School, Los Angeles County  
In this film, a young man struggling with his mental health makes the powerful decision to open up and seek help. ([view/download](#))



### **See the Signs**

San Marino High School, Los Angeles County  
This stop-motion film shares information about signs of suicidal thoughts, including insomnia, mood changes, and isolation. The film also encourages viewers to seek support. ([view/download](#))

## 2024 Films

### Subtle Change

Fontana High School, San Bernardino County  
"Subtle Change" is about how seemingly simple changes in someone can lead to something bigger and that no one should be afraid to ask for help if they need it.

[\(view/download\)](#)



### Never a Bother

San Diego Met High School, San Diego County  
This film highlights the internal struggle of a teenager grappling with mental health issues and encourages youth to reach out to friends, teachers, and family for support.

[\(view/download\)](#)

### Speaking Up

Eleanor Roosevelt High School,  
Riverside County

The filmmakers behind "Speaking Up" wanted to tell a relatable story about the power of reaching out, thereby encouraging others to be open if they are ever concerned about a friend.

[\(view/download\)](#)



### Every Breath Matters

Valencia High School, Los Angeles County  
The filmmakers behind "Every Breath Matters" seek to bring awareness to the often-unseen struggles individuals face concerning mental health, as well as the massive importance of reaching out when it comes to suicide prevention. [\(view/download\)](#)

### **The Stop Sign**

Diamond Technology Institute,  
Santa Cruz County

In this film, a simple stop sign causes a youth struggling with mental health to stop and reflect until a friend comes along to help him talk about his feelings.

[\(view/download\)](#)



### **The Race**

Pleasant Valley High School, Butte County

“The Race” highlights the silent struggles many teenagers face and the profound impact that awareness, open conversations, and support can have when it comes to suicide prevention.

[\(view/download\)](#)

### **Stay Open**

West High School, Kern County

The filmmakers behind “Stay Open” wanted to help break down the stigma around discussing mental health challenges and suicide prevention. Their film also uses closed and open doors as a metaphor for finding help.

[\(view/download\)](#)



### **Thanks for Everything**

Terra Linda High School, Marin County

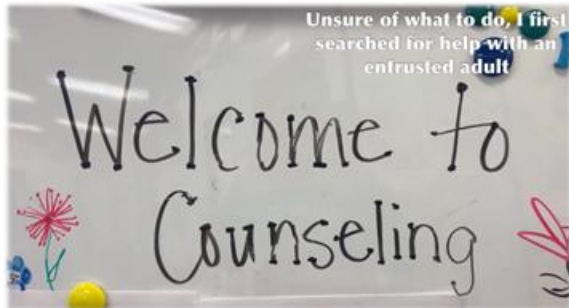
When his friend begins exhibiting warning signs for suicide, a high school student reaches out and convinces him to visit the counselor for help. [\(view/download\)](#)

### Family Matters

After School Arts Academy/Fremont Academy of Engineering and Design, Tri-City (Los Angeles County)

This film depicts mental health challenges and the process of getting help from the perspective of a foster youth.

[\(view/download\)](#)



### See the Signs

Mira Mesa High School, San Diego County  
"See the Signs" sheds light on some possible warning signs for suicide and offers support to those struggling with depression and suicidal thoughts.

[\(view/download\)](#)

### Reach Out

Mission Hills High School, San Diego County  
This film combines archival footage and visual effects to tell a story about the value of a life. The film also spreads awareness of available resources and encourages those struggling with suicidal thoughts not to lose hope.

[\(view/download\)](#)



## 2023 Films



### Behind the Smile

Eleanor Roosevelt High School, Riverside County

This film encourages youth to check in with their friends and loved ones and to educate themselves on mental topics to reduce stigma. [\(view/download\)](#)

### **Conversations**

Redding School of the Arts, Shasta County  
This film provides viewers with a variety of ways to talk to someone who might be thinking about suicide. ([view/download](#))



### **Helping Hands**

Terra Linda High School, Marin County  
A youth notices signs of suicidal thoughts in a friend, asks her about her mental health directly, and helps connect her to support resources. ([view/download](#))

### **The Reflections Upon a Picture**

Valley View High School, Riverside County  
This film uses photos to illustrate some of the signs of suicidal thoughts and educates viewers on ways to get support. ([view/download](#))



### **Stage Fright**

Pleasant Valley High School, Butte County  
A youth uses stage fright as a metaphor for experiencing suicidal thoughts in isolation and encourages those who are struggling to be courageous and reach out for help. ([view/download](#))

### That's What Friends Are For

Woodbridge High School, Orange County  
When a student notices concerning changes in a friend's personality and behavior, she takes action and connects her with a trusted adult who can help. ([view/download](#))

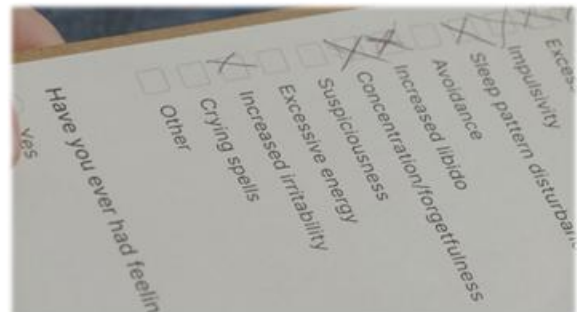


### Trusting My Instincts

Dougherty Valley High School,  
Contra Costa County  
This film encourages youth to trust their instincts and reach out to those who seem like they might be thinking about suicide. ([view/download](#))

### Truth Heals

San Diego Met High School, San Diego County  
This film encourages youth to be honest about their mental health struggles and symptoms and shows how it can be an important first step to getting help. ([view/download](#))



### We've Never Been Closer

Claremont High School,  
Tri-City (Los Angeles County)  
A youth reflects on how he realized his friend needed help and discusses his decision to reach out to his friend's mom about his concerns. ([view/download](#))

### **Your Friend, Avery**

John F. Kennedy High School,  
Los Angeles County

A girl struggling with depression and suicidal thoughts describes her experience and reaches out to a friend for help and hope.

[\(view/download\)](#)



## 2022 Films



### **Breaking Your Trust**

Murrieta Valley High School, Riverside County

A girl who suspects her friend is thinking of suicide decides to break her friend's trust and tell an adult. [\(view/download\)](#)

### **A Call to Macy**

Hilda Solis Learning Academy,  
Los Angeles County

“Our film is a powerful representation of being an advocate for the people around you, and how being aware of these signs can save lives.” [\(view/download\)](#)



### **Dandelion**

Hilda Solis Learning Academy,  
Los Angeles County

This mixed media film shows viewers that someone will be there to listen if they're struggling. The narrator is persistent about getting help because she knows her life is important. [\(view/download\)](#)

## Labels

Pleasant Valley High School, Butte County  
This film is about the expectations and pressure put on youth and about how labels should not define whether someone gets help. ([view/download](#))



## The Light in the Darkness

Eleanor Roosevelt High School, Riverside County  
In the style of a vlog, a student talks about the support he received from friends when dealing with thoughts of suicide. ([view/download](#))

## Serenity

Saugus High School, Los Angeles County  
After a student distances herself from others, she learns about available resources and decides to get help. ([view/download](#))



## 2021 Films



## I Am Not Alone

California Polytechnic University, Pomona, Tri-City (Los Angeles County)  
A girl who is struggling reaches out for help and gets the support that she needs. The film reminds viewers that they never have to deal with suicidal thoughts alone. ([view/download](#))

### **The Promise**

Murrieta Valley High School, Riverside County  
This film shows how to empathetically start a conversation with a friend and connect them to the National Suicide Prevention Lifeline. ([view/download](#))



## **2020 Films**



### **An Awkward Conversation**

Valencia High School, Orange County  
In a voicemail, a boy shares his concerns with a friend and asks him directly if he is thinking of suicide. Afterward, the friend decides to reach out to a crisis line for help. ([view/download](#))

### **By Your Side**

Rancho Bernardo High School, San Diego County  
When boy notices his friend is showing some of the warning signs of suicide, he starts a conversation with her. He says it isn't her fault and that can't stand by and watch her go through her struggle alone. ([view/download](#))



### **Reach Out**

Burlingame High School, San Mateo County  
Distracted by the stress of daily life, boy has trouble concentrating while hanging out with his friend. His friend notices and asks him directly if he's thinking of suicide. ([view/download](#))

## 2019 Films



### **I Love You So Much It Hurts**

Orange Coast College, Orange County

This powerful film shares the thoughts someone has about their friend who is thinking of suicide, which show how deeply they care for the friend. ([view/download](#))

### **Direct Message**

Encore High School, Riverside County

This film conveys that it's okay to break a friend's trust to get them help. A girl texts her friend that she's thinking of suicide and another friend tells her how to reach out to the Crisis Text Line. ([view/download](#))



### **A Journey You Don't Fight Alone**

Eleanor Roosevelt High School,  
Riverside County

The film features spoken word of a girl addressing her friend, talking about the pain she sees her friend is dealing with and offering her comfort and support. ([view/download](#))

### **Reaching Out**

Mission San Jose High School,  
Alameda County

A girl is aware of the subtle changes in her friend and how they may be warning signs of suicide, so she asks him about it directly and connects him to help. ([view/download](#))





### **Summit**

Pleasant Valley High School, Butte County  
A boy leaves a message for his friend asking if he's thinking of suicide. The film talks about the beauty and hope that the future holds, despite difficult times. ([view/download](#))

## **2018 Films**



### **Dear Friend**

Foothill High School, Orange County  
This film features a compassionate letter to a girl from her friends asking if she's been thinking of suicide and telling her how they will be there to get her the help she needs. ([view/download](#))

## **2017 Films**



### **All That Matters**

Pleasant Valley High School, Butte County  
This film tells an inspiring story about the special bond between two brothers and how recognizing the warning signs of suicide and reaching out to help a loved one in distress can save a life. ([view/download](#))

### **The Empty Seat**

Murrieta Valley High School, Riverside County  
Friends recognize warning signs in a friend and reach out to support her. Together, they connect her to help. ([view/download](#))



### **Speak Out**

Boys & Girls Club San Geronio Pass,  
Riverside County

Friends notice the warning signs for suicide in a friend and seek the advice of their basketball coach, a trusted adult who reaches out and follows up with their friend. ([view/download](#))

### **This Isn't the End**

Whitney High School, Placer County  
A girl who experienced thoughts of suicide reflects on how her friends noticed the signs and reached out to help her when she needed them most. ([view/download](#))



## **2016 Films**



### **Leap of Faith**

Murrieta Valley High School, Riverside County  
This film tells a story of two best friends and how one notices the warning signs for suicide, confronts the other directly, and reaches out to connect him to help. ([view/download](#))

### **This is Claire**

UC Davis, Yolo County

This film is about a female college student who begins experiencing depression and finds a support system at her college campus Active Minds chapter.

[\(view/download\)](#)



## 2015 Films



### **The Signs**

Canyon High School, Orange County

This film educates viewers about the warning signs for suicide using an easy to remember metaphor of a car and traffic signs.

[\(view/download\)](#)

### **There is Always Hope**

Franklin High School, Sacramento County

This animated film about two girls illustrates the warning signs for suicide and the importance of reaching out to an adult if someone might be thinking about suicide.

[\(view/download\)](#)



## 2014 Films



### **A New Tomorrow**

Analy High School, Sonoma County

When a youth begins showing warning signs for suicide, a friend notices and seeks the help of a school counselor.

[\(view/download\)](#)

### **Never Underestimate the Power of Friendship**

Whitney High School, Placer County

When a young girl feels alone and is in crisis, her three friends notice the signs, quickly drive to her house, and come together to support her. [\(view/download\)](#)



### **Pain Never Lasts**

UC Riverside, Riverside County

This spoken word/poetry film is about the struggles young men face. The narrator reminds young people that pain is temporary.

[\(view/download\)](#)

## 2013 Films



### **Tell Someone**

Del Norte High School, San Diego County

When a girl experiences thoughts of suicide, friends and family notice the warning signs and encourage her to call the National Suicide Prevention Lifeline for help.

[\(view/download\)](#)