

Learning Resources

Addictions And Mental Illness

The Doctor Is In Series

This program profiles a woman with manic depressiveness and alcoholism, and a schizophrenic man, who is also alcoholic. Dr. Fred Goodwin, director of the U.S. National Institute of Mental Health, explains research that could help identify and treat adolescents before they start to have problems.

Adult, Professional
28 minutes, order 2-3120-IN

NEW RELEASE

Are The Kids Alright?

With unprecedented access to families, the courts, and psychiatric and correctional institutions, this searing documentary examines the crisis in mental health care for children and adolescents at risk in the state of Texas.

Nine year old Cesar is severely depressed and has threatened to kill himself. His mother is afraid to take him home, but there is no treatment bed available. Raised by her grandmother, teenager Antonia tried to cut her wrists after her mother failed to appear for a Mother's Day visit. Jeremy, also a teen, has threatened his stepmother and injured his younger brother. Unable to afford psychiatric placement, his father seeks to relinquish parental rights so the state will be responsible for Jeremy's care, but the judge refuses.

Adult
57 minutes, order 9-7399-IN

Backstroke

Tough Times Series

Adolescent suicide is a sensitive but crucial issue. This program explores and dramatizes many of the symptoms of suicidal adolescents and demonstrates ways for peers to effectively intervene.

A presenter's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-9111SG.pdf>

Please be patient - the download time depends on the speed of your Internet connection. Need help? Email us at info@canlearn.com

Ages 15 to 18
18 minutes, order 1-9111-IN

NEW RELEASE

Bad Hair Life: Trichotillomania

This unusual documentary is a personal exploration of *trichotillomania*, also known as compulsive hair-pulling. It is estimated that 1.5 percent of men and 3.5 percent of women experience it at some time in their lives, but those seeking treatment are overwhelmingly women.

In seeking an answer, the film explores broader issues of sexuality, beauty, identity and the boundaries of self-control. The search for an answer

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info@canlearn.com

Check out our internet web page at:

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Selecting the tab 'online catalog' will take you to a complete listing of every title available from us.

to why people pull out their own hair takes us to the crossroads of biochemistry, psychology and genetics.

Adult, Professional
57 minutes, order 9-7379-IN

Between The Lines: Women Who Cut Themselves

This visually lyrical experimental documentary looks at women who cut themselves. The film explores the gray areas in women's relationships to their bodies in the context of deliberately self-inflicted injury. The women in this video negotiate the fine line between self-destructive behaviour and self-preserving coping mechanisms.

Adult
27 minutes, order 9-7323-IN



Learning Resources

Biological Time Clocks

The Doctor Is In Series

Do you want to hibernate in the fall and winter? Do you have trouble changing shifts at work? This video shows you how to help your body adapt to changes in weather, light and time.

People working night shifts can reduce the risk of accidents and illness by changing their exposure to light and dark. Cancer patients do better when chemotherapy is delivered at night. Adults and children with seasonal affective disorder (SAD) can deal with the depression caused by the shorter days of winter with light therapy.

Adult, Professional
28 minutes, order 2-2137-IN

NEW RELEASE

Bundle Of Blues

Women who experience postpartum mood disorders can feel that they are all alone, but postpartum depression may actually affect as many as one in five new mothers.

Janice first experienced extreme anxiety attacks about three months after her delivery. "I felt like a freight train came through the house and knocked me down," she says. Monique didn't share her feelings with her family, and felt that it was unacceptable in the black community to seek therapeutic help.

Thomas recalls that after a difficult birth and recovery his wife Carol grew distant

and seemed uninterested in her baby. But neither he nor the professionals they consulted realized that she had become suicidal.

This quiet, thoughtful documentary stresses that PPD can happen to any new mother, but that it can be managed. cc.

Adult
13 minutes, order 9-6102-IN

Childhood Depression

The Doctor Is In Series

Learn about childhood depression as children reveal in their own words how they are coping with depression. Four to eight percent of children experience bouts of major depression with the rate for teenage girls as high as 16 percent. Early treatment makes a big difference for these children, interrupting potential patterns of repeated depression later in life, improving school performance and socialization and preventing substance abuse and suicide. This film also includes interviews with David G. Fassler, MD, a child psychiatrist and author of *Help Me, I'm Sad*, and noted psychologist Steven Atkins.

Adult
28 minutes, order 2-3133-IN

Children Of Divorce

Heart-felt examination of marriage breakdown from teen's perspectives. Encourages teens to express their thoughts and feelings as one of the most therapeutic ways to accept their difficult situation and get on with their lives.

Ages 16 to Adult
18 minutes, order 1-8915-IN

NEW RELEASE

The Culture Of Emotions

Designed to address some of the cultural shortcomings of DSM-IV, this is an urgently needed resource for training in psychiatry, psychology, social work, counseling, medicine and nursing.

Culture and ethnicity play multi-dimensional roles in the ways we experience and understand our own psychological states and those of others. This program explores some of the ways the diverse cultures of North America understand mind and body and the disorders to which they are subject. It is designed to introduce cultural competence and diversity skills to mental/behavioural health professionals and students who deal with multicultural client population.

Clinicians and researchers from a variety of cultural backgrounds contribute their personal and professional perspectives, and introduce the Outline for Cultural Formulation (OCF) a diagnostic system for the assessment and treatment of psychiatric

disorders across cultural boundaries and diagnostic categories. The OCF offers a conceptual bridge between western diagnostic concepts and explanations, and traditional world views of health and pathology from a variety of societies.

Professional
60 minutes, order 9-7359-IN

The Dark Side Of The Moon

This moving documentary weaves together the stories of three mentally disabled men, formerly homeless, who have overcome despair, stigma and isolation to become valued members of their community.

Joe, diagnosed as paranoid schizophrenic, now provides peer counseling and manages an apartment complex for homeless men.

After years of hospitalization, Ron now advocates for patients' rights and is raising his six-year-old son as a single parent.

John still struggles with paranoia, but now lives independently and works as an artist and poet.

Following years of feeling hopeless and helpless, through their relationships with understanding friends and community resources, they now help others.

Adult, Professional
25 minutes, order 9-7308-IN



Learning Resources

Depression

The Doctor Is In Series

As many as 15 percent of us suffer from depression at least once in our lives with women twice as likely as men to be diagnosed with it. This timely video introduces viewers to a woman who dealt with the death of her young son, a young woman still in conflict with her childhood experiences, a suicidal teenager and an elderly woman who has faced a lifetime of depression.

Learn about the effectiveness of psychotherapy, or talk therapy, new drug treatments, the revised form of electroconvulsive therapy and depression therapy for children and the elderly. See people in a national depression support group talking about their lives and how to live with a depressed person.

Adult, Professional
28 minutes, order 2-3122-IN

Depression And Manic Depression

The Doctor Is In Series

This award-winning film examines the troubling reality that stigma and fear prevent the vast majority of manic depressives from getting any treatment. As a result, the high number of suicides have made this disorder a public epidemic and as fatal as many other illness.

Get an up close personal look at the disease from several people, including reporter Mike Wallace of 60 Minutes fame; psychiatrist and author of a book on life with manic depressive illness, Kay Redfield Jamison; artist Lama DeJani and government official Robert Boorstin. Learn how medications and therapy have helped them and others deal with this misunderstood illness.

Adult, Professional
28 minutes, order 2-3123-IN

Depression In The Long Term Care Setting

A thorough overview of depression for nurses working with elderly patients in all healthcare settings with a focus on the origin, causes and symptoms of depression and the nurse's role in assessing and treating depressed patients.

The informative video also shows the impact of depression on physical health; how to distinguish between depression and dementia; clarifying medical illness or

medication as a primary cause; the role of psychotherapy and drug therapy and drugs used in treatment.

A study guide is available in PDF format from the CLC website for those purchasing or previewing this video. To download the guide, from your Internet browser enter the following URL:

<http://www.canlearn.com/guides/1-2225SG.pdf>

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Professional
25 minutes, order 1-2225-IN

Depression In Older Adults: The Right To Feel Better

See patients who have experienced or are experiencing depression in their later years in this thoughtful analysis of depression as it affects older people.

Dan Blazer, author of *Depression in Late Life*, offers his insights on this important issue.

Professional
30 minutes, order 9-7409-IN

NEW RELEASE

Different From You: Unfulfilled Promises To The Mentally Ill

As a family physician at the City of Angels Hospital in Los Angeles, Milt Kogan is responsible for the medical

management of mentally ill patients who are living on the streets or in the city's inadequate board and care facilities.

This unflinchingly honest documentary follows his medical rounds as he tends to the needs of clients with schizophrenia, bipolar disorder and other major mental illnesses. Through his compassionate interactions, and through the testimony of the mentally ill homeless themselves, the film vividly illustrates how patients cope with their psychiatric symptoms, as well as with drug abuse and society hostility - yet still struggle to maintain their self-respect and their hopes and aspirations.

Kogan also visits some successful self-help programs as well as a few better financed and staffed board and care facilities. Interviews with concerned mental health professionals offer additional perspective. This video will foster understanding of the mentally ill, living both on an off the streets, and will stimulate discussion among professionals and students of psychology, sociology, mental health, medicine and public policy.

Adult
60 minutes, order 9-7390-IN



Learning Resources

The Drop In Group

This timely video offers guidelines for preparing and facilitating one-hour drop-in group sessions on AIDS education and prevention for the mentally challenged.

Ideal for clinicians who work within a variety of settings serving special populations at risk of AIDS.

Adult
22 minutes, order 9-7099-IN

Emotions

The Doctor Is In Series

Women with incurable breast cancer who have been through psychotherapy to deal with their emotions lived twice as long as women without this therapy. People have lowered blood pressure and decreased medication by dealing with stresses that cause anger and depression. While researchers have been reluctant in the past to link emotions to physical health, new work in immunology proves they indeed play a role. This video takes you inside the subject - to classes for people under stress, in hospital cancer wards and to a support group for breast cancer patients. Revealing interviews are also conducted with psychologists, psychiatrists and the founder of a Mind-Body Institute.

Adult, Professional
28 minutes, order 2-3124-IN

Forgiveness

How To Make Peace With Your Past And Get On With Your Life

Forgiving remains the hardest job in the whole business of human relationships.

Losses, unfinished business and unresolved issues permeate relationships with our parents, children, students, clients, other key individuals and even ourselves.

We can all learn to forgive, which we can do without condoning the actions we are forgiving. To move ahead with our lives, we have to put the past behind us.

Adult
90 minutes, order 5-4481-IN

Four Lives: A Portrait Of Manic Depression

Share perspectives on manic depression - an illness affecting millions - with four patients, their families, and their psychiatrists. Witness the patients' exaggerated feelings of hopelessness, sadness, and anxiety when depressed. Then the extreme feelings of ambition and self confidence when manic. If the high escalates, they may become dangerously extravagant, incessantly talkative and socially uninhibited. If untreated, one in six may commit suicide.

Though illness can recur throughout a patient's life, effective treatments are now available. This film explores both medical and psychotherapeutic approaches, as well as the more controversial electro convulsive therapy (ECT).

Ages 15 to 18, Post Secondary - Introductory, Adult, Professional
60 minutes, order 9-3015-IN

How To Talk To Your Doctor

The Doctor Is In Series

Do you become overwhelmed when you see your doctor? Forget to ask the right questions? Don't know what kind of doctor to call? This informative program follows several people through the medical system, from the emergency room, to a regular clinic visit, to the

intensive care unit, to provide tips for finding the right physician and communicating your needs.

Doctors offer advice on helping your children through the medical world, while another explains the new videodisc program he's developed that gives patients more information about their treatment.

Adult
28 minutes, order 2-2155-IN

Is There A Doctor In The House?

The Doctor Is In Series

What is the best doctor for the normal, everyday care we all need? Who is the first person we should see if we suspect a more serious problem? Who can refer us to specialists when needed and help supply background information? This video offers the answer to all these questions - the family practitioner.

Spend a day with two of them and meet a young woman with a high risk pregnancy, an elderly woman with a sleep disorder, an elderly man who cannot afford to take medication to reduce his high blood pressure and a family dealing with a mother's heart attack.

Along this eye-opening journey learn about the inequities in the medical system that result in lower salaries for family practitioners and fewer



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people going into this specialty. Also discover how the poor and patients in rural areas need this kind of care most of all.

Adult
28 minutes, order 2-2156-IN

NEW RELEASE

Isn't She Lovely?

Coping With A Parent's Mental Illness

This moving personal documentary is a brave attempt to understand a childhood profoundly affected by a parent's severe mental illness.

When the filmmaker was twelve, her mother began showing signs of mental illness, but when she was a junior in high school the illness appeared to be stabilizing. But then her mother stopped answering the teenager's phone calls. When Kerry went to see her and demanded that she open the door, the response was "I love you, but I can't be with your right now." "I think I knew," Kerry says fifteen years later, "that she was never coming back."

"Schizoid personality, bipolar type, bipolar disorder with psychotic features?", the filmmaker struggles to reach the person behind the shifting diagnoses, but ultimately has to accept that she can't "fix" it, and that perhaps the best she and her brother can do is to enjoy their mother when they can. This is less a film about Lynn's mental illness than it is about the courage and resilience that

has enabled Kerry and Rob to create independent lives for themselves despite their feelings of loss and abandonment.

Adult, Professional
23 minutes, order 9-7383-IN

NEW RELEASE

Live And Let Go

When 76-year-old Sam Niver learned that his prostate cancer was terminal, the last thing he wanted was to die in a hospital, as his wife had recently done. Fiercely independent, he wanted to die as he had lived his life - on his own terms. In constant pain, and tired of a seemingly endless round of drug and radiation treatments, Sam did his research, made his own plans, approved his obituary, and asked his son Jay to document his final days. The resulting film is a moving tribute to a life lived well and ended with dignity.

Sam Niver was a proud WWII veteran; a hometown newspaperman and civic leader; a loving husband, father, and friend. Having decided to take his own life, he was careful to explain the decision not only to his family but also to the world, through the press and through this film. Jay and his sister, Gretchen, supported Sam's decision, and, when he told them he would have a friend sit with him at the end, they insisted on being the ones to share his final moments. Another son chose not to participate.

Issues related to assisted suicide, or the more general questions surrounding an individual's right to choose a death with dignity, are being hotly debated today in our legislatures, by our civic and religious organizations - and at the family dinner table. This film offers a powerful and provocative context for such discussions. Discussion leaders should be aware that the scene in which Sam takes his life, using sedative drugs in a method advocated by the Hemlock Society, is quite peaceful but may be difficult for some viewers to watch. Closed captions. ISBN 1-57295-381-0

Adult
56 minutes, order 9-7389-IN

Living With Parents Who Drink Too Much

Three children aged eight to 12 help themselves and one another by participating in a Children of Alcoholics group.

Ages 9 to 11, Ages 12 to 14
18 minutes, order 1-8200-IN

Me Depressed? Don't Make Me Laugh!

Meet Belinda, Michael, Ray, and Sally, who all learned simple, effective strategies to beat depression, in this award-winning production hosted by Spike Mulligan.

Cognitive therapy is an educational treatment. Once you've learned the techniques and how it works, you can apply it yourself. It's something you carry with you all the time and you can use in any situation."

Adult, Patient Education, Professional
46 minutes, order 9-1207-IN

The Other Side Of Blue: The Truth About Teenage Depression

Learn how to remove the stigma of depression and how to overcome the toughest part about this illness for most young people - getting timely assistance. Hear four young people tell their stories about depression and attempted suicide - now the second highest cause of death among Canadian teenagers.

Dr. Elyse Dubo, co-producer of this timely video, and her colleagues of the Youth Psychiatry Mood Disorders Program at Sunnybrook Hospital in Toronto help make this a valuable resource in dispelling myths about depression such as seeking assistance being a sign of weakness.

Ages 15 to 18, Adult
31 minutes, order 9-2200-IN



Learning Resources

NEW RELEASE

Packrat

Filmmaker Kris Montag's father chained a row of shopping carts to the front-yard fence of the family's home. He piled stacks of old newspapers in the kitchen until it became impossible to use the sink; when his wife threw them away, he became furious. The father of cinematographer and co-producer Jessica Jennings lives on a farm, so his "collecting" is less obvious, until he takes you into his enormous barn, filled to the ceiling with items he thinks might be useful someday.

This compelling personal documentary takes us inside two families whose lives have been shaped by parents who are "packrats," and have trouble balancing their love for their spouses and children with the obsessive accumulation of things.

It also looks at what we know about the causes and progression of this odd but by no means uncommon phenomenon. Many clinicians and researchers now believe that hoarding behaviour is related to Obsessive Compulsive Disorder (OCD), or OCPD (Obsessive Compulsive Personality Disorder), though it may also sometimes be a symptom of Alzheimer's or other dementias. Montag interviews a social worker who talks about the difficulty of dealing with elderly hoarders in a hospital environment, and

with Randy Frost, a leading clinician and researcher, who addresses the hope of treatment for the disorder. She also introduces the owner of Disaster Masters, a company specializing in crisis management for hoarders whose collections have created serious health and safety problems in their homes.

Adult
28 minutes, order 9-7388-IN

NEW RELEASE

Panic Attack

A compelling portrayal of a young man's struggle and ultimate success in coping with a debilitating form of panic disorder. See how he comes to grips with crippling panic attacks that date back to his childhood, triggered in the past by such common activities as school dances or simply walking through the school halls.

Watch as he regains control of a life once dominated by a disorder that threatened to leave him a powerless victim. A gripping film replicating the experience of these attacks through creative audio-visual techniques, it shows him today as a teacher in control and suffering from fewer attacks. An optimistic view of one person's triumph over adversity.

Patient Education, Adult
14 minutes, order 9-7353-IN

Post Traumatic Stress Disorder

The Doctor Is In Series

While the term post traumatic stress disorder (PTSD) was first used for Vietnam veterans who came home from the war suffering from depression and rage, it is not confined to just those involved in wars. Anyone who has lived through an extremely traumatizing event can experience PTSD.

Treatment techniques developed for Vietnam veterans are now being used for these people. The earlier the treatment, the better the chance for recovery. Follow a Vietnam veteran to a support group and at home with his wife and children. Spend time with an adult woman who is an incest survivor, and two people who survived the 1989 California earthquake.

Adult, Professional
20 minutes, order 2-2140-IN

Shattered Dishes

Picking Up The Pieces Of Our Parents Divorce

This video helps children recognize, articulate and deal with the effects of their parents' divorce on their lives. An important resource on understanding the impact of divorce on child development.

Ages 16 to Adult
28 minutes, order 9-7091-IN

Starting Over: Healing Single Families

This video shows in one story how unmarried or divorced families, with one custodial parent, have unique challenges. See how the single parent must learn to become self-sufficient and focus on personal emotional health for the family to be healthy and functional.

Adult
20 minutes, order 8-1243-IN

Stress

The Doctor Is In Series

Take a look at stress through the eyes of doctors, patients and everyday people. Learn how uncontrolled stress can adversely affect our health but how many have learned to cope with the pressures of life. Follow a young mother and career-driven businessman. Discover a new program to help school children deal with stress and the effectiveness of biofeedback in controlling stress. An internal medicine specialist explains how stress can make us physically ill while another doctor shows the impact of stress on the immune system. A cancer patient tells us how she believes her ability to deal with stress affected her disease.

Adult, Professional
28 minutes, order 2-3126-IN



Learning Resources

Stress Management: A Practical Approach

Using real life employees, this insightful video shows us how to deal effectively with the new stress that technology has brought into the workplace.

While we are striving for greater productivity, that has often meant working longer hours. This film will help viewers learn to make positive choices for themselves that will result in greater personal satisfaction and productivity.

A presenter's guide is available as a PDF file from the CLC website for those purchasing or previewing the video. To download the PDF guide, from your Internet browser enter the following URL:

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Adult
18 minutes, order 1-9118-IN

Stress Relief: The Heimlich Method

Causes, symptoms, and strategies for cooling off a stressful situation, and strategies for changing habits that allow stress to rule... "assume personal responsibility for emotional health".

Ages 16 to Adult
16 minutes, order 1-9719-IN

Surviving High School, Fitting In, Working Together

The Teen Files Series

Breaking down the barriers that separate teens, this thought provoking video tackles the stress that high school kids experience as they try to fit in and be accepted by their peers - no matter what the cost.

This video unfolds like a real life version of the movie *The Breakfast Club* as 11 teens struggle to "fit in" against a backdrop of isolation, bullying, depression, and thoughts of suicide.

Viewers get an in-depth look at these teens' lives, seeing them reveal their true selves to each other. The teens are dared to define what it means to "survive" in their own school by finding a solution to the bullying, harassment, and exclusion that has been tearing their school apart.

By urging teens to make positive changes in how they perceive themselves and how they treat others, this is a compelling and invaluable resource for kids, teachers and parents alike.

A presenter's guide is available as a PDF file from the CLC website

<http://www.canlearn.com/guides/1-2542ATM.pdf>

Ages 15 to 18
45 minutes, order 1-2544-IN

Twice A Victim

See how a young female college student who is raped at the end of a date by a fellow student becomes a victim twice because of her reluctance to seek counseling and provide the police with her attacker's identity.

While she takes the proper action of being examined by a doctor, she tries to ignore the fact that the rape has affected her life. Haunted by the episode, fear and depression begin to rule her life.

Watch the powerful closing scene where she finds the strength to go to a support group after she accidentally encounters her attacker on campus and suffers an emotional breakdown.

Ages 16 to Adult
23 minutes, order 1-8791-IN

We Don't Live Under Normal Conditions

Impassioned discussion drives this stylistically groundbreaking groundbreaking documentary which questions the origins of despair.

With hard to find facts disputing the alleged biological basis of depression, this video raises complex issues about how our society is handling depression and other mental "disorders".

A stunning collage of the personal and political, this surprisingly inspirational film will change the way you think about "normal".

"This is, along side "Dialogues with Madwomen", among the best work on the subject." Edward Crouse, The San Francisco Bay Guardian

Adult
59 minutes, order 9-7341-IN

When The Brain Goes Wrong

Learn about Schizophrenia, manic depression, epilepsy, head injury, headaches, and addiction and visit physicians who describe each disorder and how to treat them. *Close Captioned.*

Curriculum Correlations:

ON Healthy Active Living Education Gr 11 Health Living - Mental Health: "describe the impact of mental health disorders (e.g. schizophrenia)".

Ages 15 to 18, Adult, Closed Captioned
52 minutes, order 9-7188-IN

Women & Depression

The Doctor Is In Series

Learn the good news about clinical depression affecting 19 million Americans, two-thirds of them women - it's a diagnosable and treatable illness.

Women and their families talk about their experiences. A valuable resource tool with input from a therapist and research psychiatrist whose practice is solely dedicated to women and a noted physician and researcher.

Adult
28 minutes, order 2-3138-IN



Learning Resources

Youth Suicide And Prevention - Choices

CHOICES is a comprehensive Suicide Prevention program that empowers individuals to help those around them by breaking the silence that surrounds suicide.

The program was created by the Crisis Intervention and Suicide Prevention Centre for Greater Vancouver. It will:

- * Break the silence that typically surrounds the subject of suicide
- * Help youth at risk realize that they are not alone
- * Identify the warning signals of a youth at risk
- * Offer tools to understand youth suicide
- * Help youth at risk find other choices
- * Know that support is available

A facilitator manual is available from our website as a PDF document, upon purchasing the video. To download and print, enter the following URL in your web browser:

<http://www.canlearn.com/guides/9-4112.pdf>

In order to open and read this PDF you will be asked for a PIN number. Enter "9-4112" (without quotation marks).

You will need to have the latest version of Acrobat PDF Reader available free from [HTTP://www.adobe.com](http://www.adobe.com). Be patient - the download

time depends on the speed of your Internet connection. Need help? Email us at info@canlearn.com.

Curriculum Correlations:

AB Career and Life Management Senior High - Personal Choice: *"discuss possible consequences of not constructively dealing with emotions - anger, depression, suicide."*

BC Career and Personal Planning Gr 8-12 Personal Development - Mental Well-Being: *"to develop in students an appropriate sense of personal worth, potential, and autonomy, as well as a sense of their relationships with others; identify factors that contribute to their emotional health and well-being."*

ON Health & Physical Education Gr 11 and 12 Healthy Active Living Education - Healthy Living: Mental Health: *"demonstrate an understanding of specific mental health issues (e.g. depression and suicide); describe the importance of relationships and communication with others to mental health; identify sources of information on, and services related to mental health."*; **AND Guidance and Career Education - Leadership and Peer Support:** *Interpersonal Knowledge and Skills: Communication Skills: "demonstrate an understanding of how to respond appropriately to peers' disclosures of serious personal matters..."*

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1994 25 minutes, order 9-4112

Ages 16 to Adult
25 minutes, order 9-4112-IN

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