

# You're **NOT** Alone

## Video Zone

### You can make a difference.

Students can now share video content to raise awareness about mental health.

Videos should not exceed seven minutes in length and should fall under one of three categories:

1. **Students Making a Difference** – A video documenting a project the student has initiated to help people affected by mental illness. Example: **Share Your Soles**
2. **Peer to Peer Education** – A video presentation that informs young people about mental illness and encourages them to speak out. Example: **Stomping Out Stigma**
3. **Creative Expression** – A slideshow, song or short documentary that expresses a student's understanding of mental health and related issues. Example: **Bullying**

Teachers can submit student videos to be considered for the **You're Not Alone Video Zone**, by sending video links by e-mail to [communications@ontarioshores.ca](mailto:communications@ontarioshores.ca).

Selected videos will be featured at [www.ontarioshores.ca/notalone](http://www.ontarioshores.ca/notalone)



**Ontario Shores**  
Centre for Mental Health Sciences

*Discovery. Recovery. Hope.*



**Questions?** Call 905-430-4055, ext. 4001 or  
e-mail [communications@ontarioshores.ca](mailto:communications@ontarioshores.ca).