



CAN Video Series

The **CAN** campaign will feature five videos throughout its 10-week span. As part of the **CAN** Events, the **CAN** Video Series will be featured at public libraries across the province for community members to access. Please contact your local participating public library for more information regarding the **CAN Video Series** show times.

Week 1/2: September 10th - 24th, 2016

Themes: Casting a Suicide Prevention Net on Nova Scotia | Language & De-stigmatization

Video: [Let's end the silence around suicide \[58:48\]](#)

Link: https://www.ted.com/playlists/296/let_s_end_the_silence_around_s

It's easy to suffer in silence, not knowing what to say to whom. These brave, honest talks suggest ways to open up, talk about it and seek help - as well as ways to offer it. *Let's end the silence around suicide* is a four-part TED Talk series:

Part 1: The bridge between suicide and life (Kevin Briggs) - For many years Sergeant Kevin Briggs had a dark, unusual, at times strangely rewarding job: He patrolled the southern end of San Francisco's Golden Gate Bridge, a popular site for suicide attempts. In a sobering, deeply personal talk Briggs shares stories from those he's spoken — and listened — to standing on the edge of life. He gives a powerful piece of advice to those with loved ones who might be contemplating suicide. [14:13]

Part 2: Break the silence for suicide attempt survivors (JD Schramm) - Even when our lives appear fine from the outside, locked within can be a world of quiet suffering, leading some to the decision to end their life. At TEDYou, JD Schramm asks us to break the silence surrounding suicide and suicide attempts, and to create much-needed resources to help people who reclaim their life after escaping death. [4:14]

Part 3: Confessions of a depressed comic (Kevin Bree) - Kevin Bree didn't look like a depressed kid: team captain, at every party, funny and confident. But he tells the story of the night he realized that — to save his own life — he needed to say four simple words. [11:00]

Part 4: Depression, the secret we share (Andrew Solomon) - "The opposite of depression is not happiness, but vitality, and it was vitality that seemed to seep away from me in that moment." In a talk equal parts eloquent and devastating, writer Andrew Solomon takes you to the darkest corners of his mind during the years he battled depression. That led him to an eye-opening journey across the world to interview others with depression — only to discover that, to his surprise, the more he talked, the more people wanted to tell their own stories. [29:21]



Week 3/4: September 25th - October 8th, 2016

Themes: Aboriginal Awareness | Mental Illness Awareness

Video: [All kinds of minds \[130:00\]](#)

Link: https://www.ted.com/playlists/9/all_kinds_of_minds

These powerful stories shatter preconceived notions about mental illness, and pose the provocative question: What can the world learn from different kinds of minds? *All kinds of minds* is a nine-part TED Talk series:

Part 1: A tale of mental illness (Elyn Saks) - "Is it okay if I totally trash your office?" It's a question Elyn Saks once asked her doctor, and it wasn't a joke. A legal scholar, in 2007 Saks came forward with her own story of schizophrenia, controlled by drugs and therapy but ever-present. In this powerful talk, she asks us to see people with mental illness clearly, honestly and compassionately. [14:52]

Part 2: The world needs all kinds of minds (Temple Grandin) - Temple Grandin, diagnosed with autism as a child, talks about how her mind works — sharing her ability to "think in pictures," which helps her solve problems that neurotypical brains might miss. She makes the case that the world needs people on the autism spectrum: visual thinkers, pattern thinkers, verbal thinkers, and all kinds of smart geeky kids. [19:43]

Part 3: The voices in my head (Eleanor Longden) - To all appearances, Eleanor Longden was just like every other student, heading to college full of promise and without a care in the world. That was until the voices in her head started talking. Initially innocuous, these internal narrators became increasingly antagonistic and dictatorial, turning her life into a living nightmare. Diagnosed with schizophrenia, hospitalized, drugged, Longden was discarded by a system that didn't know how to help her. Longden tells the moving tale of her years-long journey back to mental health, and makes the case that it was through learning to listen to her voices that she was able to survive. [14:17]

Part 4: What's so funny about mental illness? (Ruby Wax) - Diseases of the body garner sympathy, says comedian Ruby Wax — except those of the brain. Why is that? With dazzling energy and humor, Wax, diagnosed a decade ago with clinical depression, urges us to put an end to the stigma of mental illness. [8:44]

Part 5: How electroshock therapy changed me (Sherwin Nuland) - Surgeon and author Sherwin Nuland discusses the development of electroshock therapy as a cure for severe, life-threatening depression — including his own. It's a moving and heartfelt talk about relief, redemption and second chances. [22:18]

Part 6: On being just crazy enough (Joshua Walters) - At TED's Full Spectrum Auditions, comedian Joshua Walters, who's bipolar, walks the line between mental illness and mental "skillness." In this funny, thought-provoking talk, he asks: What's the right balance between medicating craziness away and riding the manic edge of creativity and drive? [5:51]



Part 7: Strange answers to the psychopath test (Jon Ronson) - Is there a definitive line that divides crazy from sane? With a hair-raising delivery, Jon Ronson, author of *The Psychopath Test*, illuminates the gray areas between the two. (With live-mixed sound by Julian Treasure and animation by Evan Grant. [18:01]

Part 8: What hallucination reveals about our minds (Oliver Sacks) - Neurologist and author Oliver Sacks brings our attention to Charles Bonnet syndrome — when visually impaired people experience lucid hallucinations. He describes the experiences of his patients in heartwarming detail and walks us through the biology of this under-reported phenomenon. [18:48]

Part 9: Music is medicine, music is sanity (Robert Gupta) - Robert Gupta, violinist with the LA Philharmonic, talks about a violin lesson he once gave to a brilliant, schizophrenic musician — and what he learned. Called back onstage later, Gupta plays his own transcription of the prelude from Bach's Cello Suite No. 1. [9:26]

Week 5/6: October 9th - 22nd, 2016

Themes: Mental Health Education | Community Engagement

Video: [When you're having a hard time connecting with people \[92:39\]](#)

Link: https://www.ted.com/playlists/367/when_you_re_having_a_hard_time

Sometimes, relating to other people doesn't come naturally. These talks offer new insights into how to connect...and celebrate the ways we are more alike than you think. *When you're having a hard time connecting with people* is a seven-part TED Talk series:

Part 1: The power of vulnerability (Brené Brown) - Brené Brown studies human connection — our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity. A talk to share. [20:19]

Part 2: Why we all need to practice emotional first aid (Guy Winch) - We'll go to the doctor when we feel flu-ish or a nagging pain. So why don't we see a health professional when we feel emotional pain: guilt, loss, loneliness? Too many of us deal with common psychological-health issues on our own, says Guy Winch. But we don't have to. He makes a compelling case to practice emotional hygiene — taking care of our emotions, our minds, with the same diligence we take care of our bodies. [17:24]

Part 3: 10 ways to have a better conversation (Celeste Headlee) - When your job hinges on how well you talk to people, you learn a lot about how to have conversations — and that most of us don't converse very well. Celeste Headlee has worked as a radio host for decades, and she knows the ingredients of a great conversation: Honesty, brevity, clarity and a healthy amount of listening. In this insightful talk, she shares 10 useful rules for having better conversations. "Go out, talk to people, listen to people," she says. "And, most importantly, be prepared to be amazed." [11:44]



Part 4: The power of introverts (Susan Cain) - In a culture where being social and outgoing are prized above all else, it can be difficult, even shameful, to be an introvert. But, as Susan Cain argues in this passionate talk, introverts bring extraordinary talents and abilities to the world, and should be encouraged and celebrated. [19:04]

Part 5: Wisdom from great writers on every year of life (Joshua Prager) - As different as we humans are from one another, we all age along the same great sequence, and the shared patterns of our lives pass into the pages of the books we love. In this moving talk, journalist Joshua Prager explores the stages of life through quotations from Norman Mailer, Joyce Carol Oates, William Trevor and other great writers, set to visualizations by graphic designer Milton Glaser. "Books tell us who we've been, who we are, who we will be, too," Prager says. [6:01]

Part 6: Embracing otherness, embracing myself (Thandie Newton) - Actor Thandie Newton tells the story of finding her "otherness" — first, as a child growing up in two distinct cultures, and then as an actor playing with many different selves. A warm, wise talk, fresh from stage at TEDGlobal 2011. [13:55]

Part 7: Love letters to strangers (Hannah Brencher) - Hannah Brencher's mother always wrote her letters. So when she felt herself bottom into depression after college, she did what felt natural — she wrote love letters and left them for strangers to find. The act has become a global initiative, The World Needs More Love Letters, which rushes handwritten letters to those in need of a boost. [4:52]

Week 7/8: October 23rd - November 5th, 2016

Themes: Peer Support | Self-Care

Video: [The Importance of Self-Care \[127:48\]](#)

Link: https://www.ted.com/playlists/299/the_importance_of_self_care

Too busy to take care of yourself? These talks offer simple ways to stay healthy -- both emotionally and physically. *The importance of self-care* is a nine-part TED Talk series:

Part 1: Why we all need to practice emotional first aid (Guy Winch) - We'll go to the doctor when we feel flu-ish or a nagging pain. So why don't we see a health professional when we feel emotional pain: guilt, loss, loneliness? Too many of us deal with common psychological-health issues on our own, says Guy Winch. But we don't have to. He makes a compelling case to practice emotional hygiene — taking care of our emotions, our minds, with the same diligence we take care of our bodies. [17:24]

Part 2: The power of vulnerability (Brené Brown) - Brené Brown studies human connection — our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity. A talk to share. [20:19]



Part 3: All it takes is 10 mindful minutes (Andy Puddicombe) - When is the last time you did absolutely nothing for 10 whole minutes? Not texting, talking or even thinking? Mindfulness expert Andy Puddicombe describes the transformative power of doing just that: Refreshing your mind for 10 minutes a day, simply by being mindful and experiencing the present moment. (No need for incense or sitting in uncomfortable positions.) [9:24]

Part 4: Want to be happy? Be grateful (David Steindl-Rast) - The one thing all humans have in common is that each of us wants to be happy, says Brother David Steindl-Rast, a monk and interfaith scholar. And happiness, he suggests, is born from gratitude. An inspiring lesson in slowing down, looking where you're going, and above all, being grateful. [14:30]

Part 5: How to make stress your friend (Kelly McGonigal) - Stress. It makes your heart pound, your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Psychologist Kelly McGonigal urges us to see stress as a positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others. [14:28]

Part 6: In praise of slowness (Carl Honore) - Journalist Carl Honore believes the Western world's emphasis on speed erodes health, productivity and quality of life. But there's a backlash brewing, as everyday people start putting the brakes on their all-too-modern lives. [19:15]

Part 7: Got a meeting? Take a walk (Nilofer Merchant) - Nilofer Merchant suggests a small idea that just might have a big impact on your life and health: Next time you have a one-on-one meeting, make it into a "walking meeting" — and let ideas flow while you walk and talk. [3:28]

Part 8: Own your body's data (Talithia Williams) - The new breed of high-tech self-monitors (measuring heartrate, sleep, steps per day) might seem targeted at competitive athletes. But Talithia Williams, a statistician, makes a compelling case that all of us should be measuring and recording simple data about our bodies every day — because our own data can reveal much more than even our doctors may know. [17:03]

Part 9: Why dieting doesn't usually work (Sandra Aamodt) - In the US, 80% of girls have been on a diet by the time they're 10 years old. In this honest, raw talk, neuroscientist Sandra Aamodt uses her personal story to frame an important lesson about how our brains manage our bodies, as she explores the science behind why dieting not only doesn't work, but is likely to do more harm than good. She suggests ideas for how to live a less diet-obsessed life, intuitively. [12:42]



Week 9/10: November 6th - 19th, 2016

Themes: Student Mental Health Promotion | Resource Awareness

Video: [The Journey: A Story of Healing and Hope Series \[58:06\]](#)

Link: <https://afsp.org/find-support/ive-lost-someone/survivor-day/survivor-day-documentaries/>

Part 1: The Journey: A Story of Healing and Hope - American Foundation for Suicide Prevention's documentary *The Journey*, which was produced for Survivor Day 2014, tells the stories of a diverse group of suicide loss survivors. It's a compelling film that shows how each survivor is weathering the loss of a loved one, and how they are finding their way back to a life rich in meaning—and even joy. [27:30]

Part 2: Family Journeys: Healing and Hope after a Suicide - *Family Journeys* is the second in a series of documentaries on suicide loss produced by the American Foundation for Suicide Prevention. It traces the ripple effects of a suicide through the eyes and experiences of three families, and shows how the members of each family are weathering the loss of their loved one, how they're healing, and how they're finding meaning again after living through a suicide. The film was first screened on November 21, 2015, at over 300 Survivor Day events around the world. [30:36]