



MHIS 'Wee Cinema Guide'

A big welcome to the “**Wee Cinema Guide**”, brought to you by the **Mental Health Information Station** team. Our guide lists some of the mental health information and media that we currently know about from the huge ocean of the internet.

It can be hard to make sense not only of categories of disease labels and therapies, but sometimes people can be labelled with several of these, creating lots of confusion. Our intention is to point out information that is helpful to you but please talk about your research with a caring friend or health professional if any of this makes you feel distressed.

The very nature of the subject of mental health is often not so easy to define as a measurable physical condition, so please use this guide to inform yourself and family but ask further questions of your health professional and/ or our team at MHIS.

We have started the list with links for anxiety and depression, as these challenges are present in many other more complex and longer term mental health challenges listed further down.

We are open to seeing new suggestions. Email MentalHealthInformation@nhslothian.scot.nhs.uk.



Anxiety

Our very own video to explain Anxiety and Stress and Fight/Flight/Freeze in a cartoon style, with some local help tips (some of which may be suspended during COVID restrictions):

'Anxiety Stress and Related Conditions' <https://vimeo.com/250623377>

'You are not your thoughts' video meant for children but good for anyone!

<https://youtu.be/0QXmmP4psbA>

The [Get Self Help website](#) is very accessible and lots of the worksheets and videos are free. Their anxiety self-help video explains Cognitive Behaviour Therapy (CBT) principles <https://youtu.be/ib0Mqc1joO8>

STOPP **'CBT in a nutshell'** <https://youtu.be/4x35DyHwfto>

'Fight/ Flight/ Freeze' reactions explained from [Anxiety Canada](#)

<https://youtu.be/rpolpKTWrp4>

Depression

[MIND Video](#) <https://youtu.be/m82jEQXRurg>

'What is depression?' <https://youtu.be/z-IR48Mb3W0>

Self-compassion is a major approach in the treatment of depression.

Introduction Video, 'Self-Compassion' <https://youtu.be/-kfUE41-JFw>

Tara Brach video meditation on **shame reduction** <https://youtu.be/xlyuGSwaZQ8>

'Kristen Neff mp3s Self-Compassion Exercises' by Dr. Kristin Neff

<https://self-compassion.org/category/exercises/>

Acceptance Commitment Therapy (ACT) is an interesting combination of various techniques

<https://youtu.be/kv6HkipQcfA>

Autism and ADHD

Neurodiversity and Autistic Spectrum

Very informative video from Oxford Health <https://youtu.be/u9ZOqSw9ZLc>

ADHD explanation <https://youtu.be/ouZrZa5pLXk>

Addiction

'How childhood trauma leads to addiction' by Gabor Mate

<https://youtu.be/BVg2bfqblGI>

'Does Alcoholics Anonymous Really Work?' https://youtu.be/IgMjTIwh_LA

SMART Recovery Video https://youtu.be/Dak_rPonSAA

Anger Management

'Anger management with breathing' https://youtu.be/BsVq5R_F6RA

Interesting view looking at too much optimism as the cause of anger <https://youtu.be/coiCkmcKjX8>

Bipolar Disorder

'What is bipolar disorder?'

<https://youtu.be/RrWBhVID1H8>

'Things not to say to a person with bipolar'

<https://youtu.be/JEiT0uXBWog>

Carers, Burnout and Compassion Fatigue

Ted talk on compassion fatigue

<https://youtu.be/IcaUA6A37q8>

VOCAL video

<https://youtu.be/3IQOYCg-VFs>

Eating Disorders

'Anorexia (What is anorexia?)'

<http://mindreel.org.uk/video/anorexia-what-anorexia>

'Binge eating disorder video from Beat' <https://youtu.be/cqoVtobf3lY>

Mindfulness

The Mental Health Information Station has produced a couple of useful digital animations on the subject of Mindfulness '**Jake does Mindfulness**' (6 minutes) (MHIS) <https://vimeo.com/250625732>

Jake learns to use Mindfulness in his recovery from anxiety and low self-worth.

'**Jake does CBT with a little Mindfulness**' (9 minutes)(MHIS) <https://vimeo.com/259880280>

Another illustration of mindful focuses on how to deal with anxious and negative thoughts

<https://youtu.be/vzKryaN44ss>

Personality Disorder

Emotionally Unstable Personality Disorders

International Classification of Disease (ICD 10) definition in this video 2 types: Borderline and Impulsive
https://youtu.be/vE2_3fz3WfQ

Borderline Personality Disorder

'Borderline Personality Disorder' Animated video
<https://vimeo.com/14791869>

'Borderline Personality Disorder What is It?' 3 minute video
<https://youtu.be/3Dt9xJGPQBk>

'What is Borderline Personality Disorder? '
<https://youtu.be/KSPhc2NJA2Q>

Dialectical Behavioural Therapy is a combination of therapeutic approaches in a package for BPD

'Marsha Linehan (DBT originator) explains DBT'
<https://youtu.be/IXFYV8L3sHQ>

'Various states of mind: Wise, Emotional and Reasonable'
https://youtu.be/MLnUvxg_9po

'Marsha Linehan explains Wise Mind'
https://youtu.be/X_BmPxd0Eiw

'Radical Acceptance is a key DBT concept of letting go of having to have what you want in the moment...' reality is what it is'
<https://youtu.be/OTG7YEWkJFI>

Podcast: Personality Disorder the new diagnostic criteria by Healthy Mind Tayside (anchor.fm) or
<https://anchor.fm/alba-tost/episodes/Personality-Disorder-the-new-diagnostic-criteria-e15qrok>

Self harm - an animated film by young people
<http://mindreel.org.uk/video/self-harm-animated-film-young-people>

Alumina Course online for teens <https://www.selfharm.co.uk> videos on their page

Psychosis

Psychotic Conditions

<https://youtu.be/WL5erfC4yE8>

Recovery

Recovery Approach for Long-Term Mental Health Conditions

'Scottish Recovery Network Peer support podcast The peer recovery hub' - Scottish Recovery Network
<https://www.scottishrecovery.net/peer-support/>

'Scottish Recovery Network peer video' <https://youtu.be/md7kA5lAxq8>

Relaxation

'Steps for Stress Progressive Relaxation' <https://youtu.be/QjP9UGWxTLM>

'Visualisation of a waterfall' <https://youtu.be/WBYFbStfHM>

Audios for Relaxation

Panic

'Having a panic attack?' - go to **'NoPanic'** website <https://nopanics.org.uk/panic-attack/>

'Get Self Help' audio <https://www.getselfhelp.co.uk/music/FirstAidPanicF.mp3>

Stress Control

Audios from Stress Control (Jim White)

'Relaxation Mindfulness - Stress Control': <https://stresscontrol.org/relaxation-mindfulness/>

'Mental Health Foundation Affirmation Exercise: Stress and the mind: quick-fix relaxation exercise'
<https://www.mentalhealth.org.uk/podcasts-and-videos/stress-and-mind-quick-fix-relaxation-exercise>

Tension Control

Tension Control audios from [Living Life to the Full](#) website

'Tension Control Training 1' (TCT 1) Dr Chris Williams voice)
<https://store.lltf.com/product/tension-control-training-1-act-1-dr-chris-williams-voice/>

'Tension Control Training 2' (TCT 2) Dr Chris Williams voice)
<https://store.lltf.com/product/anxiety-control-training-2-act-2-dr-chris-williams-voice/>

More NHS-recommended relaxation audios

'Relaxation techniques' - Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (cntw.nhs.uk)
<https://www.cntw.nhs.uk/resource-library/relaxation-techniques/>

Suicide

MIND video <https://youtu.be/yjPlTuhpgig>

Papyrus prevention of suicide organisation for young people <https://youtu.be/dKU1OLrvOn4>

Trauma

'Adverse Childhood Experiences' from NHS Scotland

<https://youtu.be/VMpli-4CZK0>

'Trauma and the Brain'

<https://youtu.be/4-tcKYx24aA>

USA Veterans stories of **post-traumatic stress disorder**

'STORIES OF THE MIND, SEASON 2: Soldiers' <https://vimeo.com/214250187>

Good summary video about people with **Complex PTSD**

https://youtu.be/LfU_UBdhiQc

'Is it Dissociation?' Kati Morton

<https://youtu.be/GSG09Zg32Ao>

'Abuse' Recording discussing the effects of childhood abuse by NHS psychologists

<https://web.nrw.nhs.uk/selfhelp/audio/Abuse.mp3>

Cumbria, Northumberland, Tyne and Wear NHS trust audios on many different mental health challenges

Audio files - Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (cntw.nhs.uk) or

<https://www.cntw.nhs.uk/home/accessible-information/audio/audio-files/>

Podcasts on Mental Health

Healthy Mind Tayside Healthy Mind Tayside

<https://anchor.fm/alba-tost>

'Feel Better, Live More with Dr Rangan Chatterjee'

<https://podcasts.apple.com/gb/podcast/feel-better-live-more-with-dr-rangan-chatterjee/id1333552422?mt=2>

'Fearne Cotton Happy Place Happy Place Podcast'

<https://www.officialfearnecotton.com/news/2018/2/26/happy-place-podcast>

An Oldie But A Goodie: Do Intrusive Thoughts Mean I'm Going Crazy?

<https://podcasts.apple.com/us/podcast/ep-234-an-oldie-but-a-goodie-do-intrusive/id1175495815?i=1000439668353>

The Anxiety Podcast by Tim JP Collins

<https://podcasts.apple.com/us/podcast/the-anxiety-podcast/id1031117023>