

Transcript: “Each Mind Matters – Many Sides” – English

Duration: 1 minute, 14 seconds

[VO]

On screen: [Young individuals looking at camera. Black and white.]

Speaker: Girl 1 - You think you know who I am.

Speaker: Girl 1 - But the truth is, there are sides of me you may have never seen.

Speaker: Boy 1 - The me I don't like to show people.

Speaker: Girl 2 - My feelings. My emotions. My challenges.

Speaker: Girl 3 - They're not black and white.

On screen: [Flashes of colorful doodles start to appear over the black and white faces.]

Speaker: Boy 2 - And I don't want to hide them anymore.

On screen: [Illustration of # Each Mind Matters over green mental health awareness ribbon]

Speaker: Girl 4 - I might be smiling.

Speaker: Boy 3 - I might be laughing.

Speaker: Girl 2 - You might think I've got it all figured out.

Speaker: Boy 4 - But there's more to my story. And I'm ready to share it.

On screen: [There is a flash and the video goes to color. Doodles continue.]

Speaker: Girl 1 - We're all ready to share.

Speaker: Girl 3 - We don't want to feel ashamed when we open up about our mental health.

On screen: [Artistic text: “Exhausted. Popular.”]

Speaker: Boy 3 - And by working together, we won't have to anymore.

On screen: [Artistic text: “Life of the party. Anxious.”]

Speaker: Girl 4 - Join us in showing those experiencing mental health challenges that it's ok to be you. All of you. Whatever it looks like.

On screen: [Artistic text: “Sports. Problems at home.”]

Speaker: Boy 3 - Create a TikTok or other social media video that expresses all sides of you and your story. And shows your support for others.

On screen: [Artistic text: "Gaming. Left out."]

Speaker: Boy 4 – Whatever it looks like is totally up to you.

On screen: [Artistic text: "Good student. Self conscious."]

Speaker: Girl 3 - These videos will empower those in need to reach out for the help they deserve and show you're here to support them when they're ready.

On screen: [Artistic text: "Love. Outcast. Uncomfortable."]

Speaker: Girl 1 - Together, we can help so many people feel seen and supported.

On screen: [Artistic text: "Funny. Misunderstood. Hashtag Many Sides To My Story."]

Speaker: Boy 1 – Post your video with the hashtag Many Sides To My Story, and visit Many Sides To My Story dot com to learn how you can help break the stigma of mental health forever.

On screen: [Express yourself. Hashtag Each Mind Matters.]

On screen: [Help break the stigma at Many Sides To My Story dot com.]

On screen: [Each Mind Matters logo with tagline California's Mental Health Movement and green mental health awareness ribbon graphic.]

End of transcript.

[Video hosted on Vimeo \(https://manysidestomystory.com/\).](https://manysidestomystory.com/)