

Mental Health Awareness

2013 Spring DVD & Streaming Catalogue



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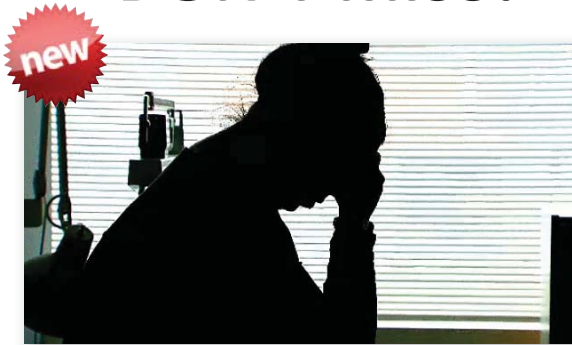
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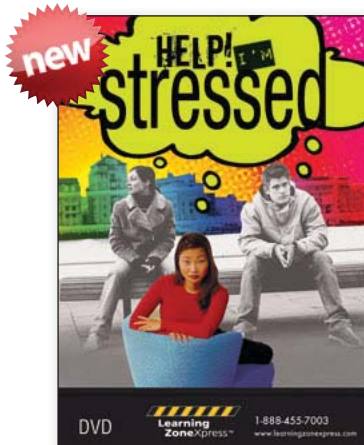
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Mental Health in the Workplace



Help! I'm Stressed



Offside: Embracing Our Gay Children

Visit our website...



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Elder Abuse & Nursing Home Abuse

new



Crisis in Care: W5

Grades 11-Adult 2013 40 min CTV

W5's Sandie Rinaldo uncovers horrific and shocking stories of abuse inside long-term care facilities out of Toronto and Burnaby, B.C. In this investigation, a family fights for justice after 68-year-old Frank Piccolo was brutally attacked by a fellow resident in a Toronto long-term care facility. It's estimated there are more than 10,000 resident-on-resident altercations in a year and there's no apparent justice for helpless victims.

Are nursing homes dangerously understaffed? Two personal support

workers say they are and how there's no guarantee seniors won't be harmed.

#CTV583DV-MH3 \$99.95: DVD

new



Senior's Moments: W5

Grades 11-Adult 2012 20 min CTV

Resident-to-resident abuse in long-term care is far more common than you might think. Through access to information, W5 obtained the number of resident-to-resident assaults in Ontario nursing homes. There were 1,788 incidents in 2010. Canada's long-term care facilities are no longer the exclusive domain of the elderly, becoming a dumping ground for a new wave of younger, potentially violent residents. Patients with mental conditions that make them violent used to reside in psychiatric hospitals. But dealing

with these patients has become the new norm at Canadian nursing homes.

#CTV548DV-MH3 \$99.95: DVD



Help Me: Elder Abuse: W5

Grades 11-Adult 2005 20 min CTV

The elderly: they are among the most vulnerable in our society. Many are unable to care for themselves and live in nursing and retirement homes. But as W-5's exclusive hidden camera footage reveals, the care seniors receive inside those homes is not always up to par. In fact, for some seniors, the "golden years" are actually filled with pain, cruelty and a loss of dignity.

#CTV005DV-MH3 \$99.95: DVD



Purchase a Digital Streaming Package for these 3 titles. Students & staff can access them 24/7.



Mental Health in the Workplace: Let's Talk Day

Adult 2013 approx 45 min CTV

How healthy is your workplace when it comes to mental health? It's one of the top reasons for disability claims, absenteeism and lost productivity. It affects one in five Canadians, mostly in their prime working years, and has a major impact on workplaces and the bottom line. Mental illness is something businesses cannot afford to ignore.

A psychologically healthy work environment supports

employee engagement, worker health and well-being, recruitment and retention, productivity, effective risk management and corporate social responsibility. 20 per cent of Canadians deal with mental health problems at some point in their lives. Reducing stigma in the workplace and ensuring there are policies to support them and their co-workers is critical.

Mental health is a significant issue that requires the attention of organizations. People who experience mental health issues face incredible challenges in the workplace. Many are misunderstood, shunned and underutilized. Bringing mental health into the open in offices, plants and other work sites is necessary to change both attitudes and company policies. Now is the time to address Workplace Mental Health. The following is a compilation of interviews and expert commentary from CTV's Let's Talk Day.

#CTV592DV-MH3 \$99.95: DVD



Teens and Depression: Let's Talk Day

Grades 7-Adult 2012 67 min (10 segments) CTV

The stigma around mental illness remains the greatest challenge to moving Canadian mental health forward and often the reason why those who suffer from mental illness don't seek treatment.

This 67 minute chaptered program is a compilation of segments from CTV's Canada AM Let's Talk Day broadcast. The program focuses on teen mental health

and is an enlightening combination of interviews with Canadian mental health experts interspersed with teens who share their poignant struggles with depression. Viewers will get helpful advice not only from the experts but more importantly from their peers on how to reach out for help, how to deal with the struggle, and how to begin the healing process. Included are special segments containing interviews with Canadian Olympian Clara Hughes, Off the Record host Michael Landsberg, and Margaret Trudeau who share their own journeys with the audience.

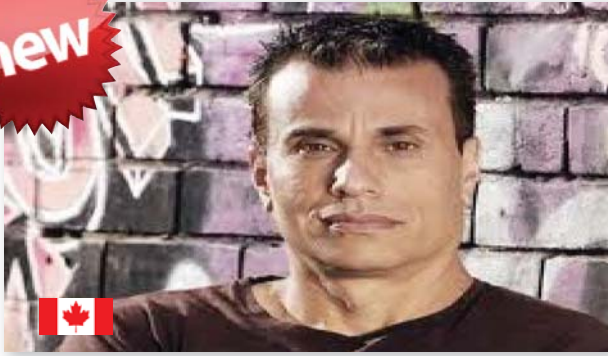
Segments include: 1. Youth Mental Health with Dr. Raj Bhatla 2. Caitlin's Story 3. Alyssa Logan's Story 4. Coughlin Family: Dealing with Depression as a Family 5. Getting Help with Mental Health Experts Dr. Marshall Korenblum and Dr. Ian Manion 6. Kids Help Phone 7. Town Hall Panel Q & A

Bonus Segments: 1. Interview with Clara Hughes, Margaret Trudeau and Michael Landsberg 2. Power Play Interview with Clara Hughes 3. Interview with Michael Landsberg

#CTV542DV-MH3 \$159.95: DVD, resource guide



new



Darkness and Hope: Depression, Sports and Me

Grades 9-Adult 2012 44 min

See See Three Entertainment Inc.

TSN Broadcaster and OFF THE RECORD host Michael Landsberg guides viewers on the journey from depression to recovery and hope in the context of the world of sports. The documentary features candid interviews with Olympian Clara Hughes, two-time Stanley Cup champion Stéphane Richer, and four-time World Series winner Darryl Strawberry as they all discuss their personal battles with depression.

Within the first minutes of *Darkness and Hope*, the affable talk show host recalls how depression manifested itself in his late teens and early twenties, culminating in something every person suffering from mental illness experiences: rock bottom. As *Darkness and Hope* suggests, an integral facet of healing is talking about it. Richer, Hughes and Strawberry do just that, relating that the highest points of their athletic careers — whether it be a Stanley Cup, Olympic medal or World Series Championship — meant nothing to them and their mental illness.

Landsberg points out that one in nine people suffer from depression. That means the person you share a subway bench with, the person who works 10 feet away from you, or the person nestled up in bed next to you could be wearing a mask, and pretending that everything is okay when it really isn't. It's time to talk about how we're feeling. "I want people who suffer from depression to feel less lonely," Landsberg emphasizes.

SST001DV-MH3 \$159.95: DVD



new



An examination of OCD

The Obsession: W5

Grades 9-Adult 2012 20 min CTV

For Canadians with obsessive-compulsive disorders, these thoughts get stuck, playing over and over in the mind like a broken record. And the only way to lower the volume is to perform "rituals" -- behaviours such as constant checking, excessive washing or extreme hoarding to control the unwanted thoughts. Symptoms can be so severe that that some patients are unable to hold down jobs, go to school or even leave their homes.

#CTV552DV-MH3 \$99.95: DVD



new



Offside: Embracing our gay children-W5

Grades 9-Adult 2013 25 min CTV

With statistics showing that one in three gay youth attempt suicide, W5's "OFFSIDE" illustrates the critical need for support from family and friends for gay teens. Ottawa teen Scott Heggart is a typical hockey jock. At 6'4" with a tough athletic build, he grew up competitive, confident, and outgoing. He also knew at an early age that he was gay. Fearing rejection from his family and teammates, Heggart instead turned to the online community for support. Scott Heggart's struggle to reveal his homosexuality to his family, friends, and hockey teammates put him in a life or death situation. With the help of his supportive family and online community, Scott came out in a YouTube video, inspiring those still in need of support.

Includes bonus segment with W5's Kevin Newman:

Kevin Newman talks about his own experiences with his son's coming-out process, as well as Scott's role as an equal rights crusader.

#CTV582DV-MH3 \$129.95: DVD

new



When You Feel Left Out

Grades 3-5 2012 CC 18 min Human Relations Media

All kids feel hurt when they are ignored or excluded whether at home, at school, on the sports field, or within a group. This engaging video and print curriculum explores true-to-life scenarios in which upper elementary students experience the disappointment and sadness of being left out. It teaches students specific skills to use when they feel left out, how to express their emotions using "I" statements and how to take positive actions to help them feel better. The program includes a comprehensive Teacher's Resource Book written by a certified Special Education teacher. The guide includes a Differentiated Lesson Plan and extension activities to accompany the video.

600609DV-MH3 \$189: DVD, teacher's resource book with differentiated lesson plan, student handouts and pre/post test in digital format.

"Upbeat background music and colorful sets add interest and provide transitions. A valuable 52-page teacher's guide is included with resources, lesson plans, and extension ideas. School counselors and teachers will find this useful." - School Library Journal

Words that Hurt

Grades 3-5 2012 CC 18 min Human Relations Media

Sticks and stones may break my bones, but words will never

hurt me! Every kid knows this old nursery rhyme is just not true. Words do hurt.

This age-appropriate program shows students how powerful words can be and what

they can do when someone uses words that hurt. Viewers watch engaging, true-life scenarios about three students who feel sad and angry because of others' hurtful words. Viewers are given point-by-point instructions on what each child does to remedy the situation. Students see that expressing their feelings and taking action helps them feel better. The program includes a comprehensive Teacher's Resource Book written by a certified Special Education teacher. The guide includes a Differentiated Lesson Plan and extension activities to accompany the video.

#600608DV-MH3 \$189: DVD, teacher's resource book with differentiated lesson plan, student handouts and pre/post test in digital format

"A good classroom resource and discussion prompt."
- Booklist



new

new



Frenemies: Unhealthy Friendships & What You Can Do About Them

Grades 3-5 2012 CC 18 min

Human Relations Media

What is a frenemy? How can you recognize a frenemy? How can a frenemy hurt you? Can you fix a relationship with a frenemy? When do you walk away from a friendship? This 18-minute video and print curriculum explores friendships gone awry and provides elementary students with strategies for coping with difficult friendships. True-to-life scenarios help kids identify when a friendship has turned negative and clearly demonstrate proven, constructive actions that work. The program includes a comprehensive Teacher's Resource Book written by a certified Special Education teacher. The guide includes a Differentiated Lesson Plan and extension activities to accompany the video.

#600610DV-MH3 \$189: DVD, teacher's resource book with differentiated lesson plan, student handouts and pre/post test in digital format

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“Realistic situations and excellent explanations, devoid of scare tactics, characterize this helpful video.” - Booklist

“This tool pragmatically addresses the tough topic with sensitivity and clarity.” - Barbara Gruener, Counsleor adn Character Coach, From the Corner on Character Blog

Healthy Touch, Good Boundaries, Safe Kids

Grades 2-5 2012 34 min Rising Star Education

It's time to start teaching kids about safe boundaries and what to do when they are made to feel uncomfortable. *StarShine Workshop: Healthy Touch, Good Boundaries, Safe Kids* is an introductory video for children to learn what to do and how to get help, and for adults to learn the likely warning signs indicating that a child may be a victim of sexual abuse.

Features segments for children and parents/teachers, plus 3 situational segments

#100030DV-MH3 \$59.95: DVD, resource guide, fact sheet, resources, and letter to inform parents of the video content



Gum in My Hair : How to Cope with Bullying (VERSION 2.0)

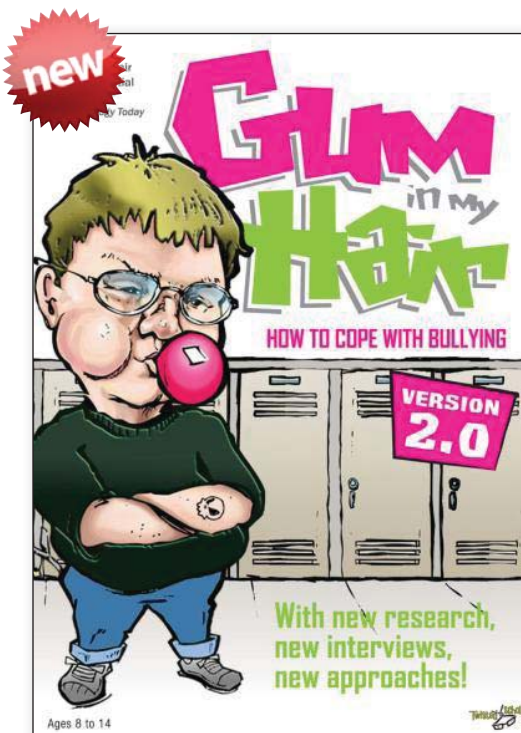
Grades 5-9 2012 CC 20 min Twisted Scholar

One of the first and most popular anti-bullying videos, *Gum in My Hair* is back with a comprehensive update. *Gum in My Hair Version 2.0* includes new research, all new interviews and a new approach to tackling the age-old problem of bullying in schools. *Gum in My Hair* incorporates new research that emphasizes:

- The role of the bystander in fueling or defusing a bullying incident;
- Empathy, and how teaching it can prevent bullying in the hallways;
- Why it's important to focus on “bullying” rather than just the bully;
- And the fact that having one or two friends or allies significantly reduces a child's chances of being bullied.

#GUM002DV-MH3 \$75 :DVD, resource guide.

“This resource supports teachers in delivering a powerful message – bullies will not be tolerated, and a student is never alone if he or she is bullied. I recommend it.” – Professionally Speaking - The Magazine of Ontario School Teachers



Life at 7: Temperament

Adult 2012 52 min Films for the Humanities

Focusing on 11 children as they cross the 7-year age threshold, this program shows how each subject's inherent temperament shapes his or her ability to deal with the pressures of the schoolyard, family breakdowns, and other hurdles.

#394390DV-MH3 \$179.95: DVD

Life at 7: Peers

Adult 2012 52 min Films for the Humanities

While parent-child bonding is obviously crucial early on, the ability to interact with peers is perhaps the greatest skill a young person can learn in the years following kindergarten. This program delves into the complex, rapidly evolving social lives of a group of 7-year-olds who have been part of a longitudinal study conducted since they were born.

#394391DV-MH3 \$179.95: DVD

new



Stress: The Good, the Bad and the Healthy

Grades 7-Coll/Univ 2012 CC 20 min
Human Relations Media

One-third of all teens feel some negative stress on a daily basis. But not all stress is bad. A young gymnast describes how a certain amount of stress helps him perform better. Peter Montminy, a child psychologist and wellness coach, explains how too little stress makes us bored and listless, whereas too much stress can lead to burnout and exhaustion. The program shows students the importance of achieving the right stress balance.

Real teens talk about the types of situations that cause them to become too stressed. These include academic pressures, family pressures, financial worries, social pressures, and self-imposed pressures to excel. They also describe their experience with the harmful effects of stress including headaches, anxiety, depression, and strained relationships with family and friends. Dr. Montminy and a group of teens talk about how to successfully manage stress with every day activities. A 15-year-old rap artist describes how he finds relief from stress by performing on stage—an activity that others might find stressful.
#600598DV-MH3 \$189: DVD, teacher's resource book, student handouts and pre/post test in digital format



CTV
CANADA
am

SPEAK OUT ON SUICIDE



Grades 7-Adult 2010 120 min (25 segments) CTV
SPEAK OUT ON SUICIDE was a special 2+ hour Canada AM special dedicated to Mental Illness Awareness Week (MIAW), an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness. You will hear stories of heartbreak told from the perspective of people who have dedicated themselves to saving the lives of others, including a military family who lost a loved one; an NHL enforcer who was almost driven to suicide; and a mother who shares her loss. Leading experts discuss what we know about suicide and what needs to be done to save more lives.

#CTV523DV-MH3 \$159.95: DVD, PDF resource guide.

It is estimated that approximately eighty percent of teens have gambled at least once before they finish high school; that's one in twenty. Five percent are at risk of developing a gambling problem risk; and the younger a teen starts, the greater the risk.



Gambling Boys

Grades 10-Adult 2010
42 min EyeSteelFilm

"This is the first generation that will grow up their entire lives when gambling is not only legal, but endorsed, supported and even owned by the state."

Jeffrey Derevensky, International Center for Youth Gambling and High Risk Behaviors, McGill University.

Gambling Boys delves into the world of teen gambling, a world that offers excitement, the potent allure of making big money, and as many are discovering, the potential for serious addiction problems. And with the barrage of marketing campaigns, television coverage of poker tournaments, and easy access to online gaming, it is no surprise that teens are increasingly affected. Experts are finding that the rate of problem gamblers among young people is two to four times higher than for adults. Gambling Boys offers a poignant and lively picture of teens' fascination with gambling and the harsh consequences of getting hooked.

#ESF000DV-MH3 \$199: DVD, resource guide.

new



SextEd: W5 (Educator’s Package)
Inside the sexting subculture of teens

Grades 7-Adult 2012 20 min CTV

In “Sext-Ed”, W5 goes inside the sexting sub-culture of teens, and reveals the devastating consequences that can occur when teens share explicit photos online. W5 examines the issues, what teens are being taught about the consequences, and how they should be punished for maliciously disseminating naked photos of their peers. W5 exposes the exploding problem that is challenging educators, police, and parents, and all too often spirals into the newest and most insidious form of cyber-bullying.

Educator’s Package Includes:

Part 1 (15:10 min) - Teens are being left humiliated and overexposed by sexting.

Part 2 (7:32 min) - Are teens aware of the legal ramifications of sharing such sensitive photos?

W5 Extended: Policing kids on social media (1:52 min)
Interview with Detective Randy Norton

W5 Extended: Getting educated about sexting (20:53 min)
Christ the King Secondary Principal Cairine Macdonald speaks to Sandie Rinaldo about how the school is developing awareness of sexting and other social media trends. For principals, teachers and administrators.

Resource Guide (20 pages)

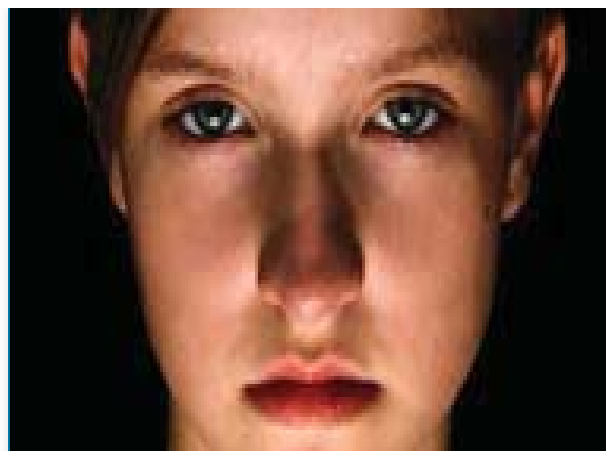
Includes information about the program, information for teens, teachers and parents.

Posters (6) – Safe Texting Series (see www.jaguard.ca)

Encourage students to think twice about how they communicate when it comes to matters like safe driving, privacy, sexting, and harassment. Set of six 18” x 24” posters (plain).

#CTV559DV-MH3 \$249.95: DVD (4 parts), resource guide, 6 posters.

Video Only (Parts 1 & 2 only)- \$129.95 #CTV558DV



Stopping The Pain:
Teenage Self-Injury

Grades 9-Adult 2009 CC 20 min
Human Relations Media

The number of adolescents who participate in acts of self-injury is growing exponentially. The forms and severity of self-injury can vary, although the most commonly-seen behaviours are cutting, burning, and head-banging. At the core of the behaviour is the overwhelming need for relief from extreme tension or anxiety, or overwhelmingly painful feelings. In this program, several teens describe what led them to self-injury, how they got help, and how they found healthy ways to deal with their problems. Emphasizes that it is possible for self-injurers to address their problems in more healthy ways and to learn coping skills.

#600508DV-MH3 \$189: DVD, PDF Resource Guide with student activities.

Coping with Disruptive
Life Changes

Grades 7-Adult 2010 CC 20 min
Human Relations Media



This program showcases the stories of several teens who coped with major disruptions in their lives. The

program emphasizes the importance of being patient, having realistic expectations and seeking out people who can provide help and support. On-screen experts provide creative tips for adapting, coping and growing.

#600542DV-MH3 \$189: DVD, PDF Resource Guide with student activities.

"Starred Review. Both programs have an excellent, extensive teacher resource guide that contains a pre- and post-test, activities, and fact sheets. These productions can be used successfully in health or psychology classes and can be shared with parents by guidance counselors or school psychologists." - *School Library Journal*



Who Needs Therapy? Treating Psychological Disorders

*Grades 9-Adult 2010 CC 20 min
Human Relations Media*

This video answers many common questions that teens may have about mental health treatment. What is therapy? What kinds of therapy are available? How do I know if I need therapy? In the video, several therapists address these and other questions as the camera observes various teens with common disorders interacting with their therapists. The video's message is clear: seeking therapy is not a sign of weakness, but a sign of bravery and courage for those who choose to address issues that may be holding them back.
#600554DV-MH3 \$189: DVD, PDF Resource Guide with student activities.



Common Psychological Disorders of Adolescence

*Grades 7-College/Univ 2010 CC 20 min
Human Relations Media*

This reassuring video focuses on several teens who are struggling with some of the most common psychological problems that occur in adolescence: anxiety disorders, depression, eating disorders, attention deficit hyperactivity disorder (ADHD) and substance abuse disorder. Are these disorders hereditary? How do they develop, and why? How common are they among teens? What can a person do to cope with them? This eye-opening program answers these questions and many others.
#600541DV-MH3 \$189: DVD, PDF Resource Guide with student activities.



Hallmarks of Good Mental Health

Grades 7-12 2010 CC 16 min Human Relations Media

This program helps viewers recognize the six key qualities that define good mental health in adolescence—having satisfying relationships, being happy with one's academic achievements, maintaining clear and achievable goals, being capable of delaying immediate gratification, making good choices and resisting unhealthy peer pressure. Having a strong sense of self-esteem is especially highlighted: The peer-to-peer approach focuses students' attention on the key qualities that they should acquire as they make their

way through adolescence.

#600547DV-MH3 \$189: DVD, PDF Resource Guide with student activities.



Blow Ups and Rages: Learning to Manage Your Anger

Grades 7-Adult 2010 CC 20 min Human Relations Media

Anger is a natural response to many of life's most troubling situations, but all too often explosions of teen anger can be harmful and hurtful. Hostility and anger can devastate a teen's life, destroy relationships, cloud effective thinking, impact school performance, affect physical health and ruin future career plans. This program uses dramatic, thought-provoking interviews with teenagers to demonstrate that, although it is easy to lose emotional control

in school, at home and with friends, there are ways to resist exploding in anger or defiance. An adolescent psychologist offers viewers a wealth of common sense tips and advice that will help them more confidently cope with their emotional or angry responses to daily stresses.

#600538DV-MH3 \$189: DVD, PDF Resource Guide with student activities.



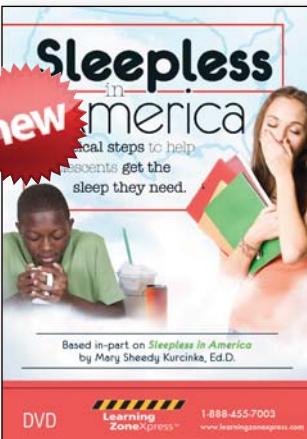
Am I Normal? Teens and Emotional Health

Grades 7-Adult 2008 CC 20 min Human Relations Media

Today's students face an enormous range of emotional issues-worries about academic performance, anxiety about how peers view them, problems with parents and teachers, concern over physical appearance, and much more. Using a combination of real kids talking about their problems, two teen hosts plus an adolescent psychologist, the program explores coping with anxiety, dealing with anger and rage, and experiencing sadness or depression. A psychologist presents common problems and points out the

differences between "normal" reactions to stressors and situations, and when it might be necessary to get help. The video also covers the basics of good mental health, emphasizing what to do when ordinary anxiety deepens, or when worries become too overwhelming to handle without intervention.

#600412D-MH3 \$189: DVD, PDF Resource Guide with student activities.



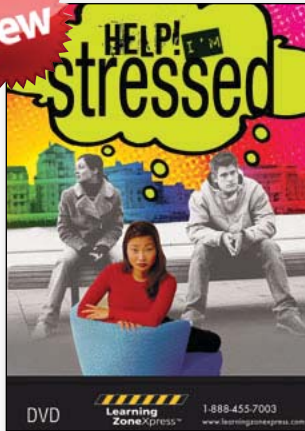
Sleepless in America

Grades 6-Adult 2013 CC 32 min LearningZoneXpress

It is estimated that 85 percent of adolescents are sleep deprived, compromising their academic performance and putting them at higher risk for accidents and health related issues. With the proper amount of sleep, adolescents report feeling better and are less stressed. Their grades and

athletic performance improve, they experience fewer sick days and are less prone to obesity and type 2 diabetes. As renowned sleep expert and author Mary Sheedy Kurcinka, Ed. D reports, getting enough sleep optimizes your performance across the board and its free!

#430179DV-MH3 \$89.95: DVD, teaching materials online.



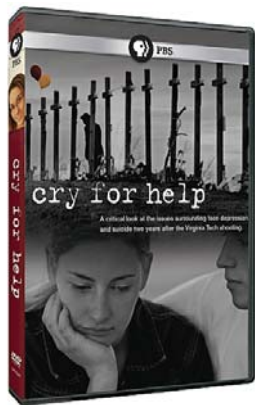
Help! I'm Stressed

Grades 6-12 2012 CC 26 min LearningZoneXpress

Are you stressed out? The students at Martindale High School are. They don't like feeling tense and they don't know what to do about it. But help is coming and you're invited to go along. Learn exactly what stress is and discover that there is both bad stress and good

stress. Not everyone experiences stress the same way. You'll understand the many symptoms of stress. Then you'll uncover all kinds of strategies to keep stress levels in balance. When you know what stress is, what the symptoms are and how proven strategies can work, you'll be able to handle whatever life brings you!

#430158DV-MH3 \$89.95: DVD, teaching materials online.

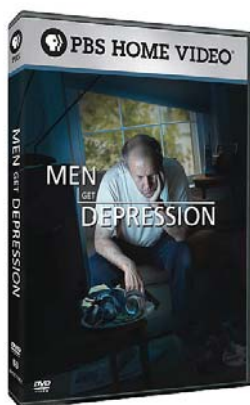


Cry For Help

Grades 9-Adult 2009 CC
60 min PBS

This primetime special features first-person stories from adolescents who are confronting depression, anxiety and mental illness. From depressed, suicidal teens to parents unaware of what may be troubling their own children to those on the front lines of prevention and care, CRY FOR HELP provides a rare and important look at mental illness among young adults.

#041125DV-MH3 \$64.99: DVD

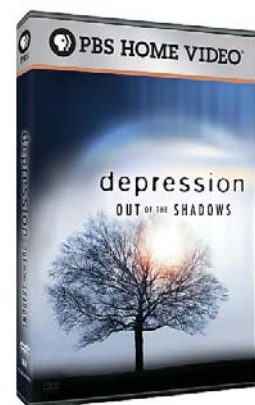


Men Get Depression

Grades 9-Adult 2007 CC
60 min PBS

Men get depression is a one hour documentary that explores the corrosive effect of depression on the self, relationships and careers through the intimate profiles of real men including a former NFL Quarterback, a Fortune 100 CEO, an Iraq War veteran and others. It features revealing scenes of psychotherapy, interviews with therapists, and offers commentary by leading medical authorities on the causes, symptoms and treatments of depression.

#040987DV-MH3 \$64.99: DVD



Depression: Out of the Shadows

Grades 9-Adult 2008 CC
120 min PBS

Many people are keeping an important, possibly deadly secret: depression. Millions of people live with this devastating disease which affects all age, race, gender, and socioeconomic groups. Through the voices and stories of people living with depression and interviews with scientists, Depression: Out of the Shadows provides a portrait of the disease never before seen on television.

#041023DV-MH3 \$59.99: DVD



Stress Through The Ages: Canada AM

Grades 9-Adult 2010 CC
25 min CTV

Canada AM's "Stress Through The Ages" series will offer viewers helpful advice on identifying and coping with stress at different stages of our lives. Examines childhood stress, adolescent stress, emerging adulthood stress, midlife stress and stress suffered by the elderly and their caregivers.

#CTV479DV-MH3 \$99.95: DVD

A Girl's Life with Rachel Simmons

Grades 9-Adult 2009 CC
60 min PBS

Researcher and author Rachel Simmons examines the challenges facing young women as they surf the waves of 21st century adolescence. She also talks with four very special girls who tell their own deeply personal tales of dealing with issues like cyber bullying, body image, and violence.

#041190DV-MH3 \$82.95: DVD

This Emotional Life

Grades 9-Adult 2009 CC
360 min/3 discs PBS

Hosted by Dr. Daniel Gilbert, Harvard psychologist and author. The series addresses issues organized around: improving social relationships, resolving negative feelings (depression, anxiety, etc.), and searching for greater happiness. By the end, viewers will have a deeper sense of what makes us tick and insights into how to use that information to improve their own emotional and social well-being.

#041194DV-MH3 \$64.99: DVD

Pardon My Postpartum:

The Depression You're Not Supposed to Have
Featured screening at the 2012 American Psychological Association Annual Convention

Grades 9-Adult 2010 48 min Films for the Humanities

In candid interviews as well as dramatized blog entries, women and men from around the world speak out with rage, uncertainty, and even levity on sleep deprivation, the difficulties of breast feeding, medication challenges, and more. Expert commentators include Dr. Lori Ross, a research scientist at the University of Toronto-affiliated Women's College Hospital Research Institute, and Karen Liberman, executive director of the Mood Disorders Association of Ontario.

#394040DV-MH3 \$179.95: DVD

Diagnosis Bipolar: Five Families Search for Answers

Adult 2009 49 min Films for the Humanities

Suicidal impulses, hyper-sexuality, recurring nightmares—these are only a few of the symptoms of bipolar disorder. But what is it like for families of bipolar children and teens? This documentary takes viewers inside five households ravaged by the illness, revealing painful dilemmas over medication, school, and family dynamics.

#394122DV-MH3 \$179.95: DVD

Bipolar: Life Between Two Extremes

Adult 2010 45 min Films for the Humanities

This program examines the lives of people who have struggled for decades with bipolar disorder, once known as manic depression. Through case studies and discussions of recent research, the film shows how each patient has overcome the grip of debilitating despair and hyperactive euphoria, and how advances in psychology and neuroscience are helping such individuals lead better, more productive lives.

#394250DV-MH3 \$179.95: DVD

Love, Hate, and Everything in Between:

A Film on Empathy

Adult 2010 45 min Films for the Humanities

Drawing upon the work of psychologist Simon Baron-Cohen, neuroscientists Vittorio Gallese and Simone Shamay-Tsoory, futurist Jeremy Rifkin, and numerous other experts and researchers, this documentary analyzes empathy as it explores its extraordinary relevance in today's increasingly interconnected world.

#394398DV-MH3 \$179.95: DVD



Decoding Autism: Canada AM

Grades 9-Adult 2010 38 min CTV

In this 5-part program, two autism experts discuss early diagnosis and intervention and the huge impact it can have on an autistic child's long-term progress. They examine different issues, treatments, perspectives and resources for Canadian families. The 5 segments include: The Value of Early Diagnosis; Therapy; Day in the Life; Adults with Autism; Canada a Leader in Autism Research.

#CTV472DV-MH3 \$99.95: DVD

Haywire: Children Living with Schizophrenia

Featured screening at the 2012 American Psychological Association Annual Convention

Grades 9-Adult 2010 41 min Films for the Humanities

This ABC News program goes inside the homes of children living with severe mental illness, sharing the stories of three young girls whose schizophrenia commands them to harm themselves—or their younger siblings. Brutally honest and emotionally charged, *Haywire* sheds light on a disorder that is often misdiagnosed and misunderstood.

#394249DV-MH3 \$179.95: DVD

Case Studies in Childhood Obsessive-Compulsive Disorder

Recommended by Science Books & Films.

***"This is an excellent, top-quality documentary. Viewers will be informed and inspired as they watch the progress and personal stories in this year-long journey. Highly recommended."* —Educational Media Reviews Online**

Grades 9-Adult 2009 38 min Films for the Humanities

This edition of Primetime tracks the treatment of Bridget, Rocco, and Michelle as they attempt to reclaim their lives and overcome the stigma associated with the disorder.

#393894DV-MH3 \$159.95: DVD



The Medicated Child: Frontline

Grades 9-Adult 2008 CC 60 min PBS

"This is an excellent resource for parents, children, and anyone teaching courses related to childhood mental disorders." - MentalHelp.net

With over four million children now on behaviour modifying medications, some starting as young as two years old, FRONTLINE continues its investigation into the controversial practice of medicating kids. FRONTLINE investigates the risks and benefits of prescription drugs for troubled children.

#040975DV-MH3 \$82.95: DVD

Minds on the Edge: Facing Mental Illness

Grades 9-Adult 2009 56 min Films for the Humanities

Led by veteran broadcast journalist Frank Sesno, the program features hypothetical scenarios that challenge prominent mental health professionals, policymakers, and legal luminaries to confront the situations and stigma facing Americans with mental illness.

#393834DV-MH3 \$189.95: DVD

The Long Goodbye: Facing Dementia

Grades 9-Adult 2010 55 min Films for the Humanities

Filmed over a three-year period, this program follows the journeys of three families living with Alzheimer's or dementia. Each caregiver describes for the camera what it is like to provide aid and comfort in even the smallest task while still trying to help a spouse or parent maintain a sense of dignity. Produced in Australia.

#394251DV-MH3 \$179.95: DVD

Alzheimer's Disease: Facing the Facts

Grades 9-Adult 2009 CC 60 min WGBH

Alzheimer's Disease is a progressive and ultimately fatal brain disorder that ravages a person's memory and identity, and can cripple the families left as caregivers. Millions suffer from Alzheimer's, but those numbers are about to rise dramatically, and a frightening public health crisis now looms, threatening to bankrupt the American health system, economy, and spirit.

#WG0327DV-MH3 \$44.95: DVD



The Alzheimer's Project Series

Grades 9-Adult 2009 Films for the Humanities

"A powerful, heart-wrenching cinéma vérité portrait of lives devastated by Alzheimer's disease.... this timely, awareness-raising series is highly recommended." —

Video Librarian

Alzheimer's Disease affects millions in North America—and as the Baby Boomer generation moves through retirement, that number could more than double. While there is not yet a cure for this disease—more feared than any other except cancer—this four-part series shows there is now genuine reason to be optimistic about controlling and, eventually, eliminating it.

The Memory Loss Tapes

This program puts a human face on the progression of Alzheimer's Disease as it profiles seven people, ages 63 to 87, at different stages of the illness. (84 min)

#393835DV-MH3 \$99.95: DVD

Grandpa, Do You Know Who I Am? with Maria Shriver

Based on the book *What's Happening to Grandpa?* by Maria Shriver, this program tells the stories of five children, ages 6 through 15, who are confronted by the effects of Alzheimer's Disease on their grandparents. (31 min)

#393836DV-MH3 \$139.95: DVD

Momentum in Science, Parts 1 and 2

This program goes inside the labs and clinics of 25 leading scientists and physicians who are seeking to discover how to better detect and diagnose the disease, and ultimately prevent the disease altogether. (120 min)

#393837DV-MH3 \$349.95: DVD

Caregivers

Through five intimate portraits, this program illustrates the stages of Alzheimer's while documenting the sacrifices and successes, and frustrations and triumphs of caregivers.

(49 min)

#393838DV-MH3 \$179.95: DVD

Alzheimer's Disease: Facing the Facts	14	Life at 7: Peers	7
Alzheimer's Project, The	14	Life at 7: Temperament	7
Am I Normal?	11	Long Goodbye, The: Facing Dementia	14
Bipolar: Life Between Two Extremes	13	Love, Hate and Everything in Between	13
Blow Ups and Rages	11	Medicated Child, The	14
Case Studies in Childhood Obsessive-Compulsive Disorder	13	Memory Loss Tapes, The	14
Common Psychological Disorders of Adolescence ..	10	Men Get Depression.....	12
Coping with Disruptive Life Changes	9	Mental Health in the Workplace	4
Crisis in Care: W5.....	3	Minds on the Edge: Facing Mental Illness	14
Cry For Help.....	12	Momentum in Science, Parts 1 and 2.....	14
Darkness and Hope	5	Obsession, The	5
Decoding Autism: Canada AM.....	13	Offside	5
Depression: Out of the Shadows	12	Pardon My Postpartum	13
Diagnosis Bipolar: Five Families Search for Answers.....	13	Senior's Moments: W5.....	3
Frenemies.....	6	SextEd.....	9
Gambling Boys.....	8	Sleepless in America.....	11
Girl's Life, A	12	Speak Out on Suicide.....	8
Grandpa, Do You Know Who I Am?	14	Stopping the Pain	9
Gum in My Hair, Version 2.....	7	Stress Through the Ages.....	12
Hallmarks of Good Mental Health.....	10	Stress: The Good, the Bad and the Healthy.....	8
Haywire: Children Living with Schizophrenia.....	13	Teens and Depression.....	4
Healthy Touch, Good Boundaries	7	This Emotional Life	12
Help Me: Elder Abuse: W5	3	When You Feel Left Out.....	6
Help! I'm Stressed	11	Who Needs Therapy?	10
		Words That Hurt.....	6

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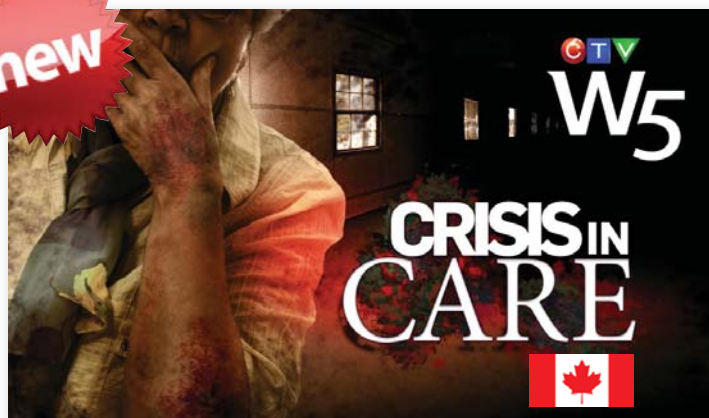
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