

Video Resources for Take Your Heart to Work

<http://bit.ly/YT-PeerSupportPlaylist> (YouTube)

Title	Link
Peer Support Specialists for Mental Health Recovery 1:55	https://www.youtube.com/watch?v=U2VIU2YTAR4&index=16&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&t=0s
My Story: Phil The Peer Support Worker 1:36	https://www.youtube.com/watch?v=NNvv5EZ37Hs&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&index=34&t=34s
What is Peer Support? 2:46	https://www.youtube.com/watch?v=iUS4CYM_V2A&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&index=33&t=8s
Steven Morgan: Intentional Peer Support 22:02	https://www.youtube.com/watch?v=JE0bofujN78&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&index=17&t=25s
Understanding Recovery 4:18	https://www.youtube.com/watch?v=GYNzBTnsgal&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&index=61&t=8s
Taking Care of Yourself 5:15	https://www.youtube.com/watch?v=S1QsdnxWQ4U&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&index=7&t=0s
Break the Stigma 2:17	https://www.youtube.com/watch?v=49mfPFTZsHs&index=29&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&t=0s
Eliminating Stigma Faced by Peer Support Staff 7:24	https://www.youtube.com/watch?v=jZ08zCaKmlQ&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&index=59&t=61s
Brene' Brown: What to do when you Struggle with Trust 1:23	https://www.youtube.com/watch?v=vn5gZjli0AA
Thoughts on the Anatomy of Trust 7:46	https://www.youtube.com/watch?v=O1vqxHMwIRI&t=1s

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6 Tips for Active Listening 2:14	https://www.youtube.com/watch?v=oWe_ogA5YCU&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&index=39&t=0s
Brene' Brown on Empathy 2:54	https://www.youtube.com/watch?v=1Evwgu369Jw&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&index=38&t=8s
Johari Window 2:52	https://www.youtube.com/watch?v=vj4hvpLYZ6M&t=6s
Johari Window 2 3:50	https://www.youtube.com/watch?v=EsKtOAPAy_k
Brene' Brown: The Power of Vulnerability 20:50	https://www.youtube.com/watch?v=iCvmsMzIF7o&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&index=65&t=0s
Bullycide – Understanding Self-Harm: Jarryd Willis TEDx UTA 5:11	https://www.youtube.com/watch?v=3PFdhDKhEuc&index=90&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&t=0s
Sharing Your Story 3:04	https://www.youtube.com/watch?v=mFBwWTg-N2g&index=2&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&t=0s
What is Recovery? HOPE 5:21	https://www.youtube.com/watch?v=4S_7pVT0yAI&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&index=60&t=2s
Madea – Let them go 5:25	https://www.youtube.com/watch?v=CTPzXwNVc9g&index=86&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&t=0s
Shake on It – Peer Support Specialist Advocacy Video from Cooper Riis 6:26	https://www.youtube.com/watch?v=IPxmwSVzPEU&index=14&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&t=0s

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Trauma Informed Care 4:01	https://www.youtube.com/watch?v=6BdW6tAb-5M&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&index=23
A Call to Connection: Making Childhood Trauma Personal 9:58	https://www.youtube.com/watch?v=-HG8H4n2j9I&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&index=24
What are Affirmations? How Daily Positive Affirmations Can Change Your Life 6:15	https://www.youtube.com/watch?v=JmWgUN8CU_I&t=171s
You is Smart, You is Kind, You is Important 0:25	https://www.youtube.com/watch?v=3H50llsHm3k&index=96&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&t=0s
30 Affirmations for PTSD, Trauma Relief, Recovery, Spiritual 5:50	https://www.youtube.com/watch?v=-y8mj8Vg9qE&t=88s
Second Chance: Successful Strategies for Community Reintegration – Success Stories 9:25	https://www.youtube.com/watch?v=F0zhRIIhuUA&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&index=87&t=0s
Homeless guy spits some truth (One Man’s Story) 6:04	https://www.youtube.com/watch?v=RfU8TUZRtZg&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&index=88&t=0s
Spotlight on Health “NC Harm Reduction Coalition” 28:54	https://www.youtube.com/watch?v=tnM873cNrdY&t=37s

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The Kevin Hines Story 13:42	https://www.youtube.com/watch?v=loiGNZTfu6g&index=58&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&t=388s
The Fight Against Teen Suicide Begins in the Classroom Brittni Darras TEDxMileHigh 13:22	https://www.youtube.com/watch?v=ofjRnIpXBF0&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&index=11&t=2s
Everything You Think You Know About Addiction Is Wrong Johann Hari 14:42	https://www.youtube.com/watch?v=PY9DcIMGxMs&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&index=34&t=0s
Veterans Peer Support 6:37	https://www.youtube.com/watch?v=FVxm0KKIMj4&t=71s
Peer to Peer 3:11	https://www.youtube.com/watch?v=zRWcSBZVJZ4&list=PLOJoQfkvPB5TG4USwix9wsLKzjlh7x8zx&index=105