

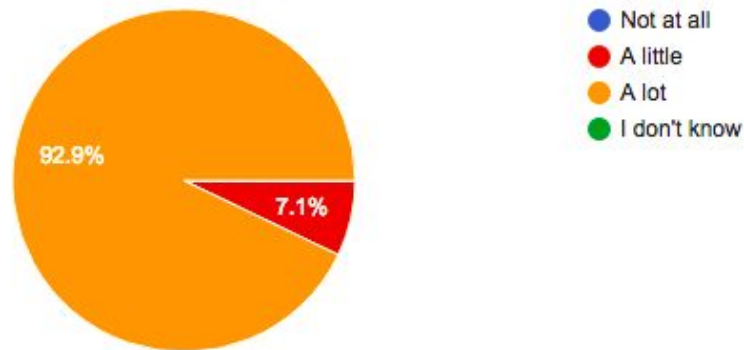
Movies for Mental Health Bakersfield College

February 1, 2017

n=15 (~55 total attendees)

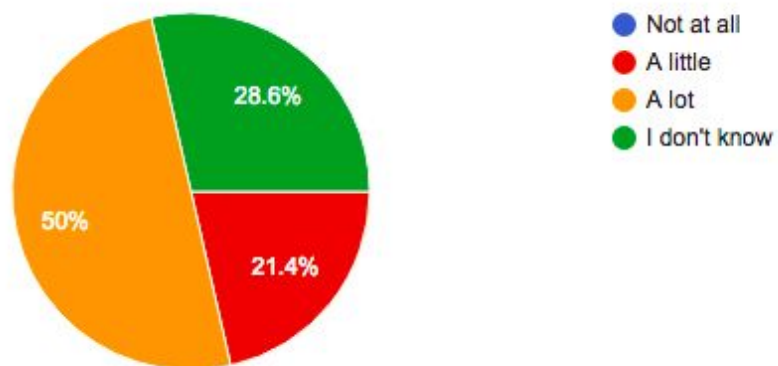
In your opinion, did this event create awareness of mental health issues?

(14 responses)



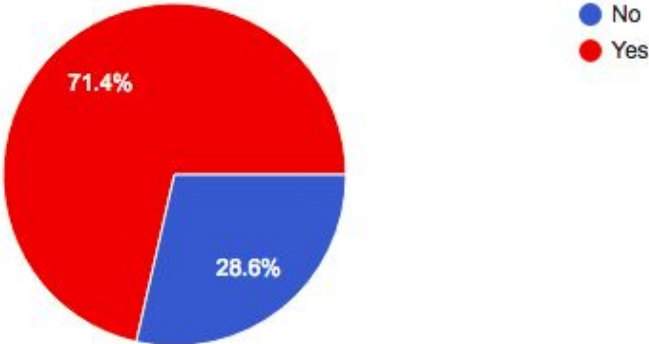
In your opinion, did this event reduce stigma related to mental illness?

(14 responses)



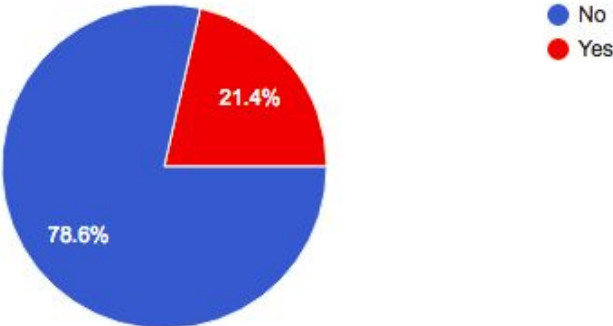
Did you know about your school's counseling services before this event?

(14 responses)



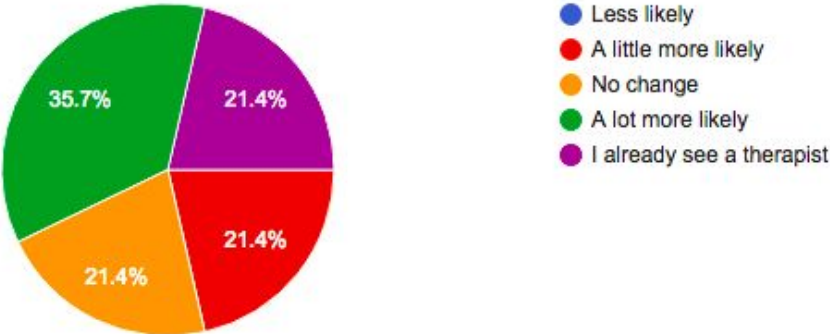
Did you know about Prop 63/ the community-based mental health resources before this event?

(14 responses)



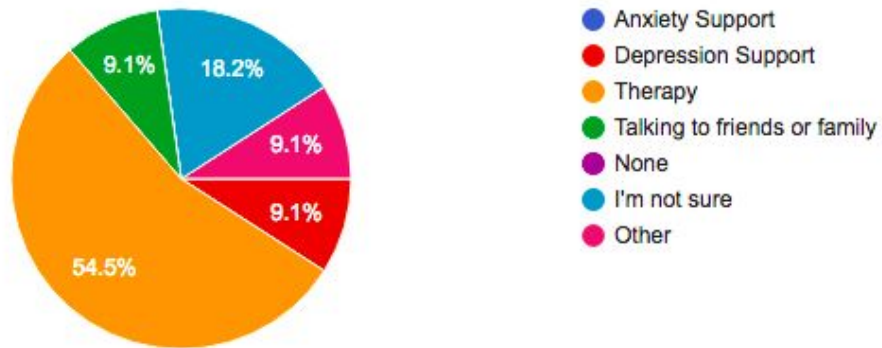
After this event, are you more or less likely to seek support for your mental health?

(14 responses)

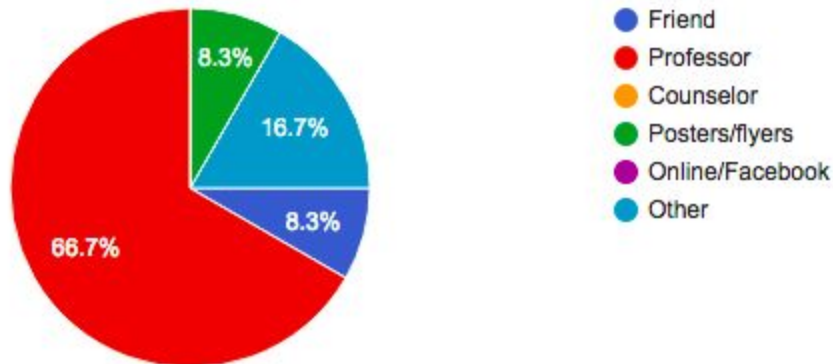


What type of mental health support do you think would be most useful to you?

(11 responses)



How did you hear about this event? (12 responses)



What was your main takeaway?

- Depression
- I am not alone
- I am not alone and there is help
- The videos were a great way to communicate the dynamics of family and mental illness, communicating emotions for those suffering
- There is a lot of help
- I don't know.
- The videos
- I think it was great!! It help me to make some decisions. It was to build hobbies to put my mind away from my problems.
- That I'm not alone and it's okay to seek help.
- It's okay.
- Where to get help
- It was very important to understand a mental illness to be able to help those with mental illness.

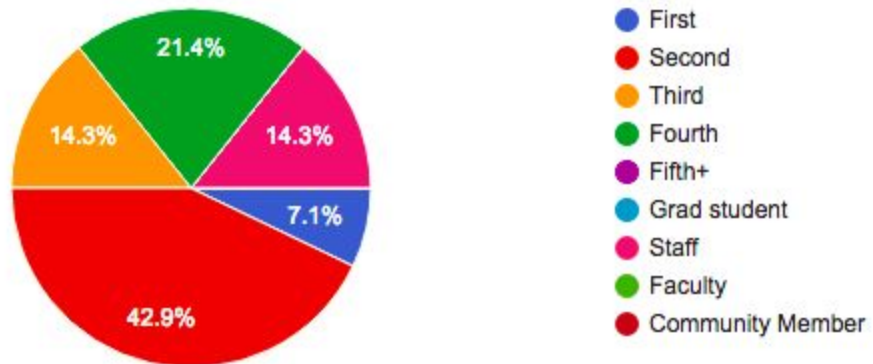
How would you describe this event to a friend?

- Intriguing films addressing mental illness
- Very informative
- Mental health gathering
- It's helpful
- There is more than meets the eye and this event shows you exactly what you don't see behind the doors
- Informative; you'll feel less alone
- Boom!
- I would describe it as a help support event.
- A open discussion that involves mental health
- As a therapy session
- As something they should attend in order to gain understanding of others more than they already do.
- Important
- Yes
- An informational event about mental illness + support info

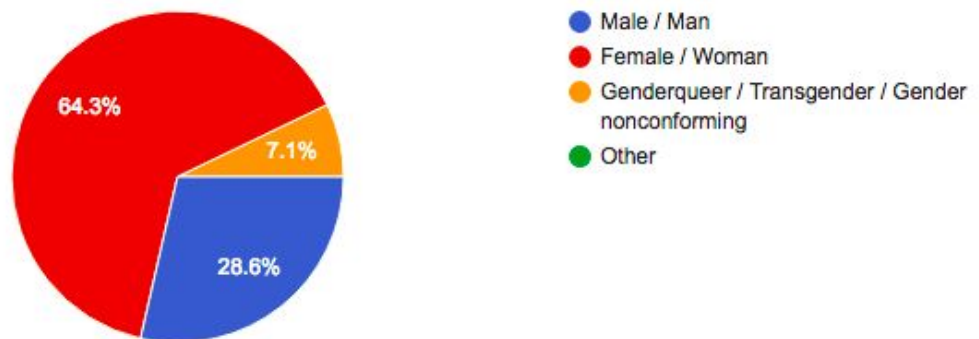
How can we improve this event in the future?

- More films
- It could be improved by having other therapists share their experiences and advice
- More descriptions on what people stress about
- Pick people at random for certain questions
- Bring people in who have gone through depression etc and have done things to themselves or seen things we can relate to.
- Talk more about why people sometimes cannot do normal things, how different depression is for everyone and the different types of depression
- You can improve it by having more fruit.
- More videos
- By giving us names and numbers of the facilities where we could get help.
- Have sign ups for programs offered for example on site counseling.
- I think a little more emphasis on the ways we can help.

Year (14 responses)



Sex/Gender (14 responses)



Ethnicity

Black / African American	White / Caucasian	Hispanic / Latinx	Multi-Racial
0	5	7	2
0%	36%	50%	14%

Anything else we should know?

- Doing a great job. Keep it up!