

Movies for Mental Health

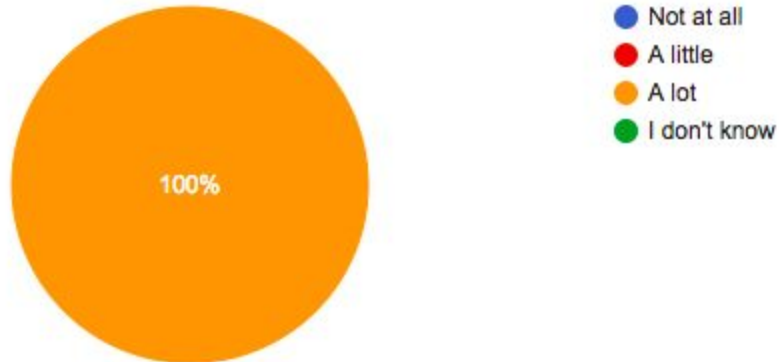
Beloit College

October 2, 2017

n=12 (~40 total attendees)

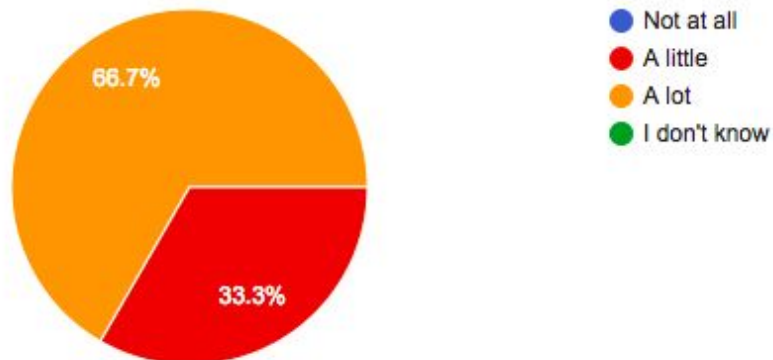
In your opinion, did this event create awareness of mental health issues?

12 responses



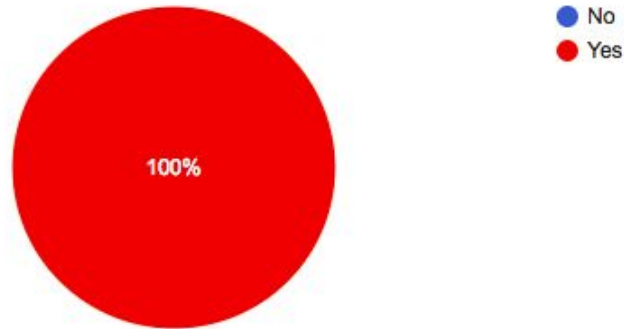
In your opinion, did this event reduce stigma related to mental illness?

12 responses



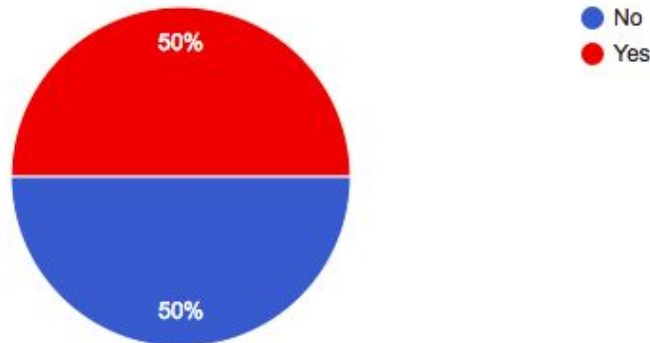
Did you know about your school's counseling services before this event?

12 responses



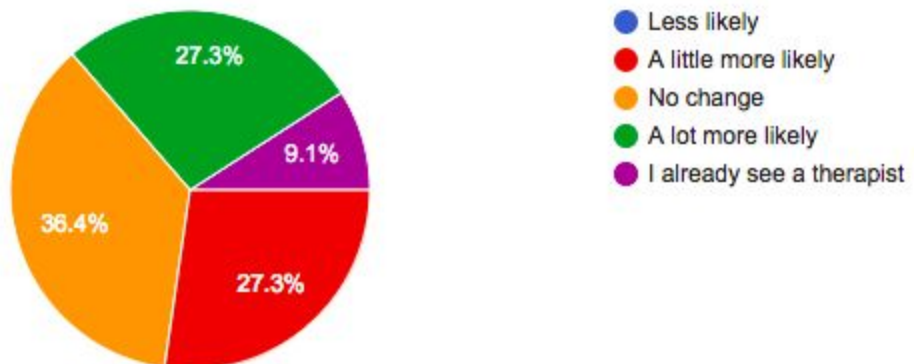
Did you know about Prop 63/ the community-based mental health resources before this event?

12 responses



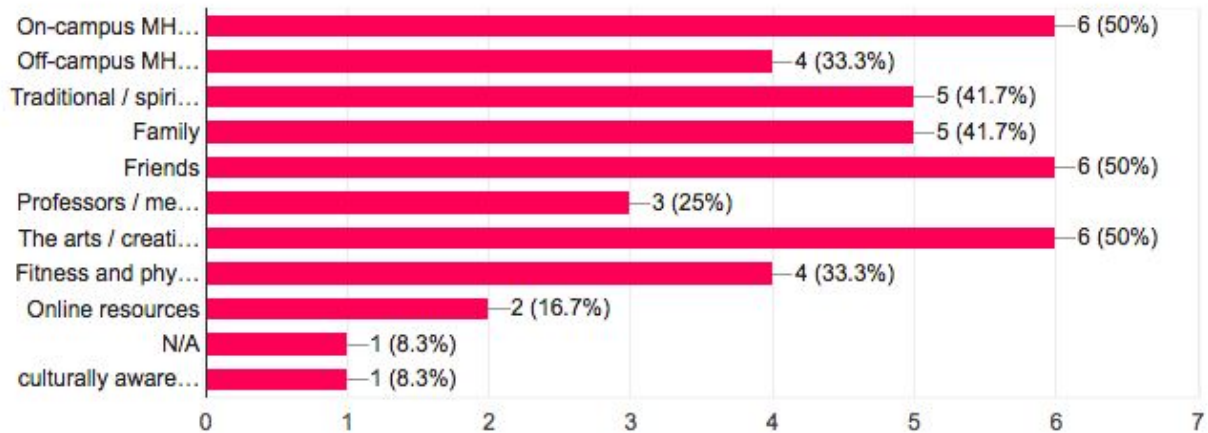
After this event, are you more or less likely to seek support for your mental health?

11 responses



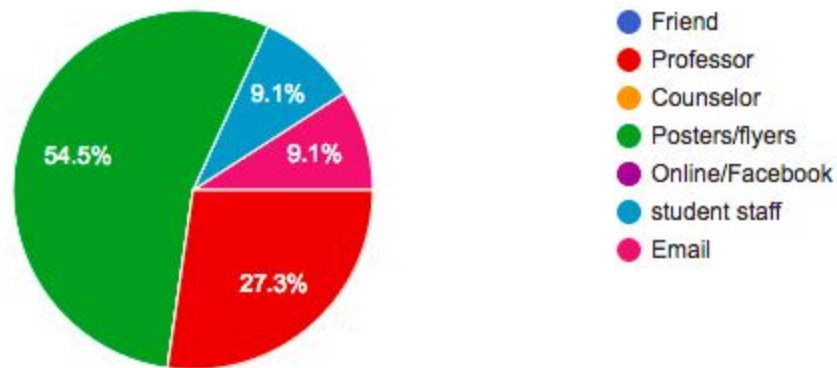
What type of mental health support do you think would be most useful to you?

12 responses



How did you hear about this event?

11 responses



What was your main takeaway?

- Ways I can help other students
- Mental health is portrayed in a negative light.
- The impact of mental illness is different to everyone. There are a good number of Beloit students who really want to be a part of conversations regarding mental health.
- That mental health awareness is important.
- Panelists' experiences and student created films
- That there are stereotypes on mental illness too that I had that have been broken (for ex: Bipolar Disorder-A Film About Love)
- Everyone has a story.

- Awareness of mental health/stigma
- It is ok/encouraged to reach out.
- Be aware of mental illnesses among your peers.
- Mental illness isn't just negative, it's important to get help.

How would you describe this event to a friend?

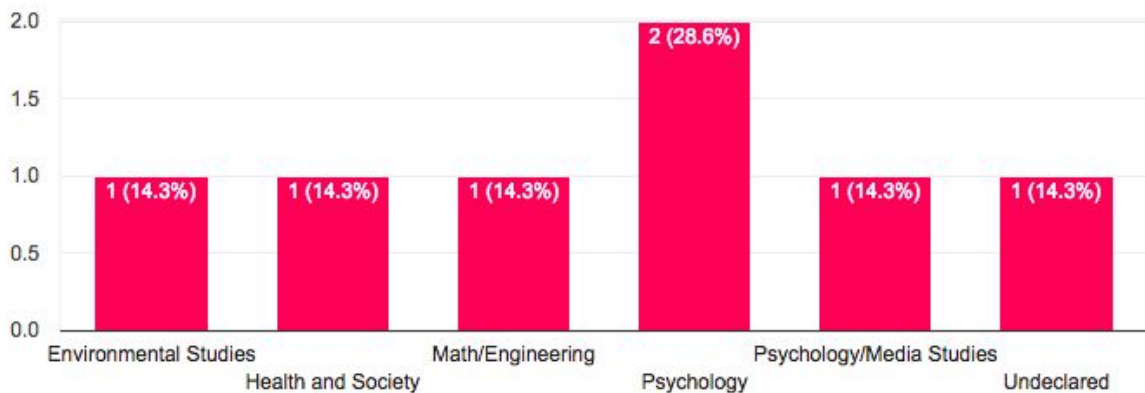
- Meaningful
- Really impactful
- An event to learn about mental health and the stigma behind it.
- An open conversation that takes a brief glimpse into some people's specific stories via the films with time to process in small and large groups. People sharing their real stories in a new way.
- A community awareness of mental illness.
- Short films and discussion, friendly and inclusive-ish
- Really informative
- Awareness to mental health
- An informative/intimate discussion on mental health
- Discussion around mental health awareness.
- A very informal event for on-campus/off-campus organizations.
- Educational, eye opening

How can we improve this event in the future?

- I'm not sure
- Other than the final video, I don't understand the connection of art and creativity to the workshop or to practices for mental health in general. This wouldn't have been as striking to me if it hadn't been a survey question.
- Do it early afternoon rather than late night.
- More small group discussion
- Biology
- Add more films

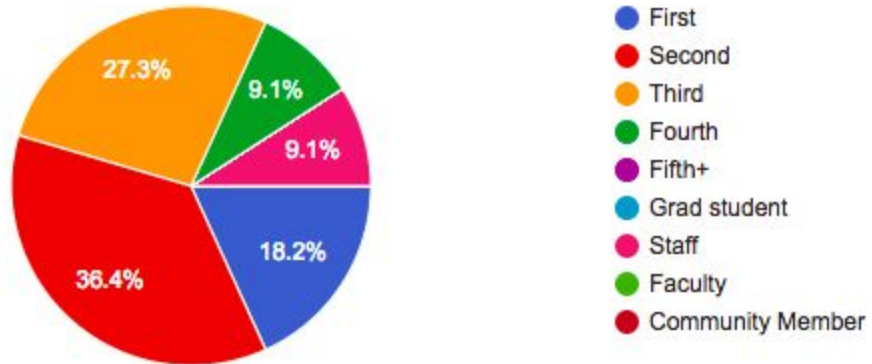
Major?

7 responses



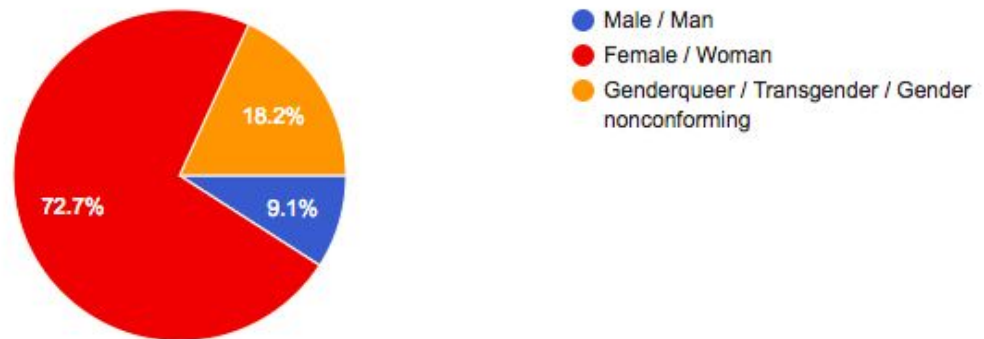
Year

11 responses



Sex/Gender

11 responses



Ethnicity

Black / African American	White / Caucasian	Hispanic / Latinx	Asian / Asian American	Multi-Racial
1	4	2	2	2
9%	36%	18%	18%	18%