

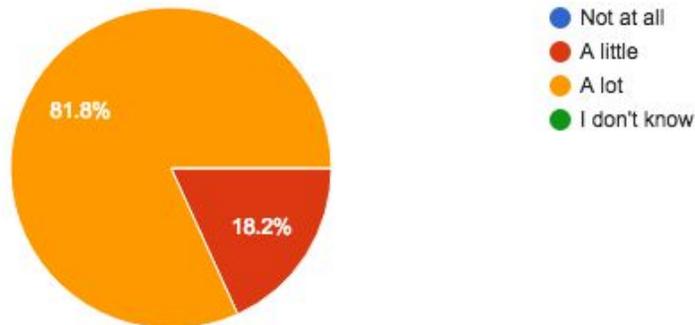
Movies for Mental Health Bucknell University

March 29, 2018

n=55 (~80 total attendees)

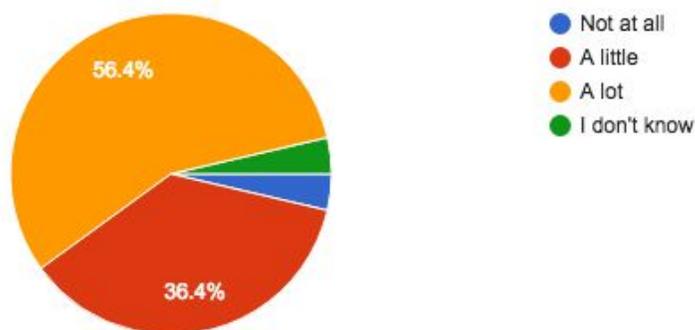
In your opinion, did this event create awareness of mental health issues?

55 responses



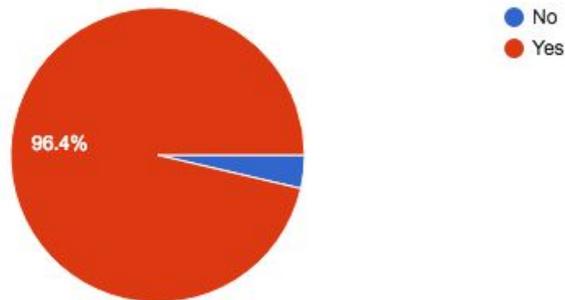
In your opinion, did this event reduce stigma related to mental illness?

55 responses



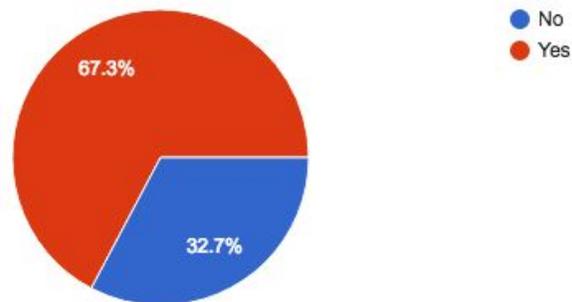
Did you know about your school's counseling services before this event?

55 responses



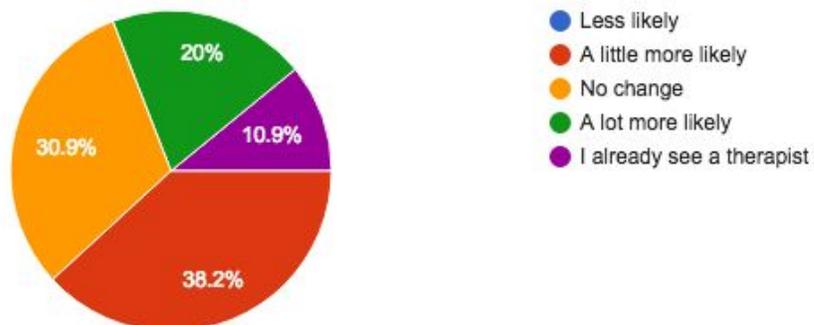
Did you know about Prop 63 / the community-based mental health resources before this event?

55 responses



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

55 responses



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

On-campus MH support	32
Off-campus MH support	9
Traditional / spiritual	10
Family	25
Friends	34
Professors / mentors	16
The arts / creativity	18
Fitness / physical activity	24
Online resources	1
N/A	1

How did you hear about this event?

Friend	7
Professor / class	4
Counselor / MH club	9
Online / Facebook / email	7
Posters / flyers	10
Panhellenic Council / Greek life	23

What was your main takeaway? (Highlights - see raw data for full list)

- This campus is better than I thought it was in terms of how we perceive mental illness
- We are surrounded by friends we were not aware who deal with mental health struggles
- Mental illness presents itself in different intensities, in different conditions, and it's important to be cognizant of the various and diverse struggles people face
- There are others
- Don't stigmatize; everyone is dealing with something
- Art can help express feeling
- Understanding mental health conditions I may not personally experience

- True understanding of each types of mental illness and how I can react properly to myself and people who suffer
- Know what you need for your mental health and take time to take care of yourself
- Learning about being more aware of stigmas and diversity among everyone's experiences and situations
- Being mindful of what you say and how to care for others
- Having conversations reduces stigma by spreading awareness
- A more "personal" understanding of mental illnesses
- Art is extremely influential
- There's no one definition of mental illness/wellness

How would you describe this event to a friend? (Highlights - see raw data for full list)

- An event to correct commonly misunderstood details about mental health
- Information as well as eye-opening to others' experiences
- Wonderful! Insightful!
- Open forum for anyone to learn about mental health and its portrayal in society vs. actual experiences
- Gain a deeper understanding of mental health issues
- Very impactful
- An event to learn more about personal experiences surrounding mental health through film
- Inspiring and awareness provoking event for mental health
- Interesting and important conversation around mental health awareness
- Enlightening, informative, important, beautiful, unique
- Well done, different than any other w/ videos so that you can understand how people feel
- Very detailed and comprehensive insight into mental health and stigma
- Watching films to better understand and empathize with mental health
- An event raising awareness, support, and offering guidance to all and awareness

What are the biggest barriers to your mental wellness and/or receiving mental health support?

Time	11
Money	3
Trouble finding a therapist	1
Stigma / Judgment	19
Fear	10
Pride	4
Myself	10
Not knowing how to open up	1
I don't know	4

None / N/A	2
Other	10

How can we improve this event in the future?

- More marketing (x5)
- Maybe next time you could have some brochures on the table
- More time and diversity in panel
- N/A
- Let people know this is ABOUT mental health, also more trigger warnings
- How do you inform someone who doesn't understand/relate to mental health issues?
- I felt this event was negative. Yes mental health is serious but it is not the end of the world. You can live with them.
- Explain more about certain disorders so people know what they are, don't assume people know how to define them
- Less formal/let us talk a bit more
- Presentation could be better, a little dry
- It was great!
- Have microphones when people are talking in the open discussions
- Define all the mental health disorders that we are about to discuss before starting the discussion
- More background information
- Put this in the orientation program at BU and RA training --this is important!!
- Reach out to more organizations. more advice on how to be an ally, how to support, what to say
- Give more advice on how to help
- N/A
- Less all group discussion
- Less large group discussion
- I didn't think the thoughts vs. feelings things was that effective
- It was great
- Make it more well known that it's happening but maybe different sessions, so there can still be the small group dynamic
- Comfier setting and less formal structure
- Make it longer to allow for more group discussion
- Get those who wouldn't volunteer to participate normally to come

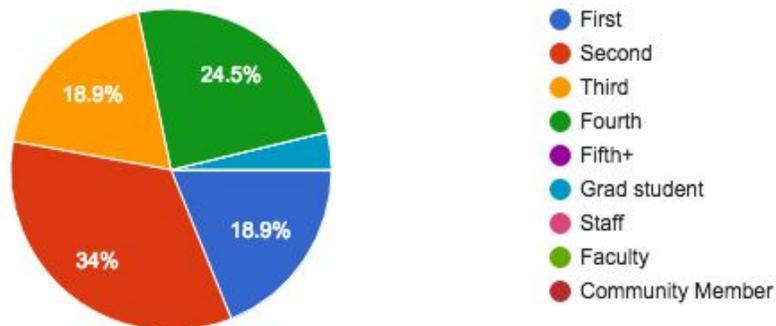
Major?

- Biology - 4
- Undeclared - 3
- Education - 3
- Early Childhood Education - 2
- Psychology - 2
- Sociology - 2
- English - 2
- Spanish - 2
- Chemistry - 2

- Physics - 2
- Managing for Sustainability - 2
- Neuroscience - 2
- Civil Engineering - 2
- Markets, Innovation, and Design - 2
- Education & Latin American Studies
- Africana Studies
- Philosophy & Sociology
- Psychology & Sociology
- Political Science & Spanish
- Psychology & Education
- Math
- Political Science & Sociology
- MIDE
- Environmental Studies & Economics
- Computer Science & Italian
- Chemical Engineering
- History
- Art History
- Anthropology
- Economics & Women's and Gender studies

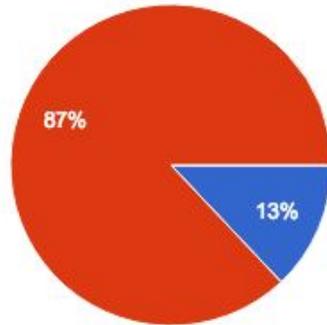
Year

53 responses



Sex/Gender

54 responses



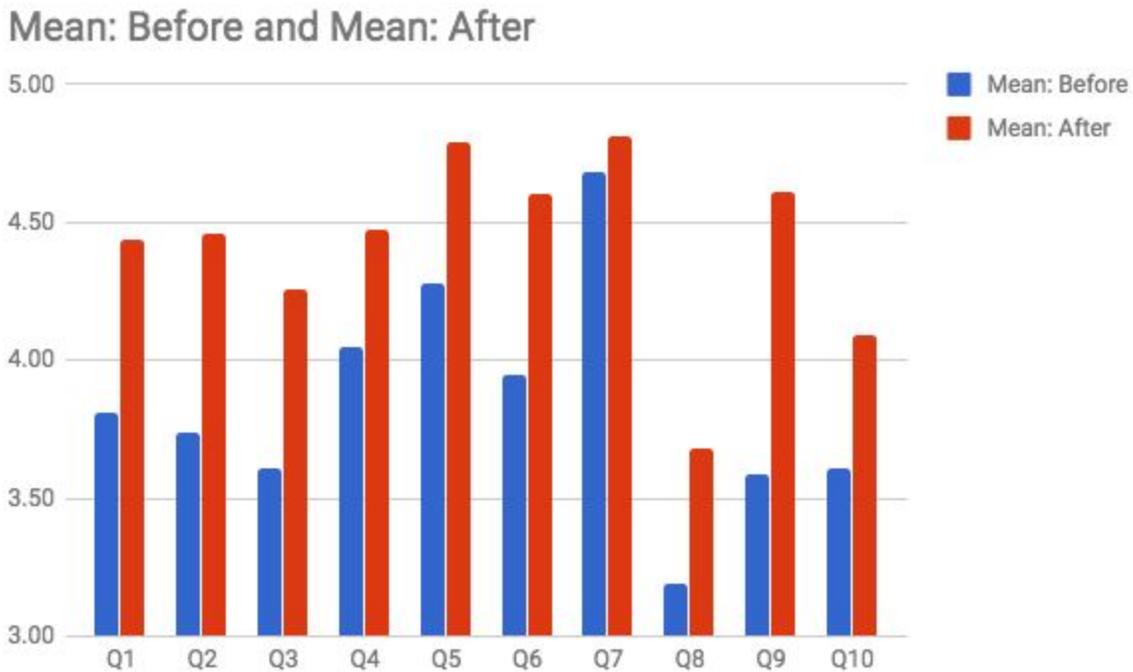
- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

Ethnicity

Black / African American	White / Caucasian	Hispanic / Latinx	Asian / Asian American	Multi-Racial
4	34	4	8	3
8%	64%	8%	15%	6%

Before / After Surveys

Students were asked to agree or disagree with the following statements on a scale of 1 (not at all) to 5 (absolutely). They did so before the workshop, and immediately after. The chart below demonstrates the average ratings students gave for each question, comparing their ratings before the workshop to their ratings after the workshop.



Q1: I would feel confident describing what "mental health" is to another person.

Q2: I have an understanding of what it might be like to live with a mental illness.

Q3: I know how to look for and identify signs that I or someone else might need mental health support.

Q4: I can name specific reasons why someone would choose to not get mental health support when they need it.

Q5: I can give examples of how mass media and popular culture influence the way people think about mental health.

Q6: I can explain what stigma is, and how it relates to mental health.

Q7: I know of at least one specific on-campus mental health resource available to me.

Q8: I know of at least one specific community / off-campus mental health resource available to me.

Q9: I know of specific ways that the arts and creativity can raise awareness about mental health issues.

Q10: I am likely to reach out for support for my mental health if / when I need it.