

# Movies for Mental Health

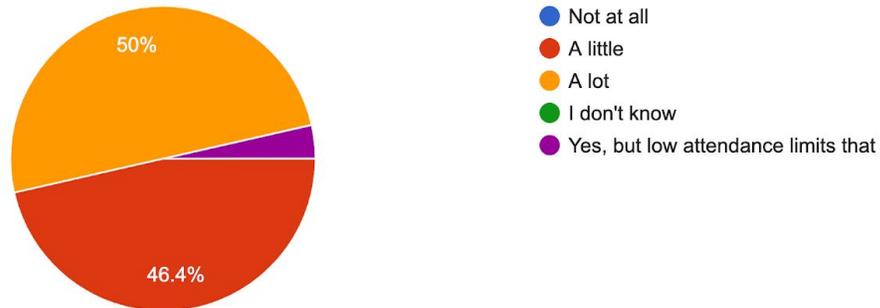
## Post-Workshop Evaluations

School: Carnegie Mellon University  
Date: January 28, 2020

Number of attendees: 42  
Number of evaluations: 28

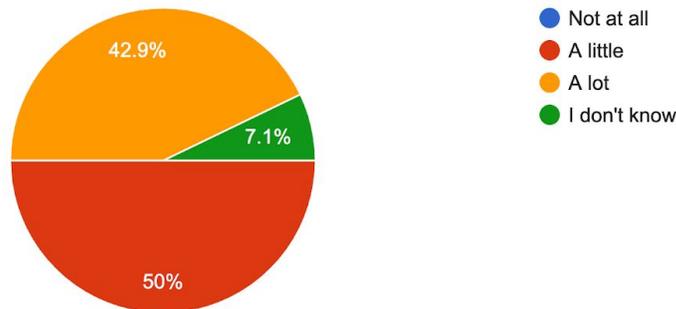
In your opinion, did this event create awareness of mental health issues?

28 responses



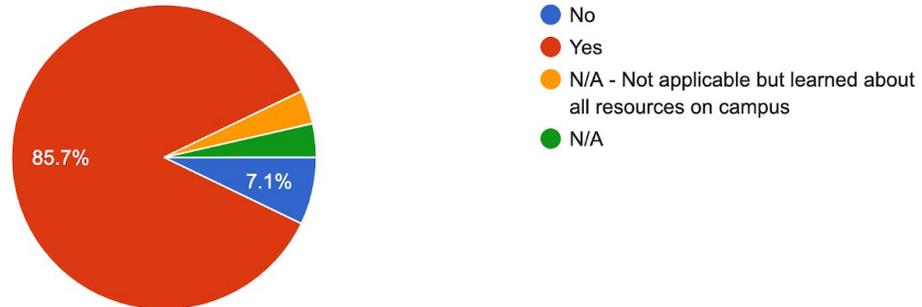
In your opinion, did this event reduce stigma related to mental illness?

28 responses



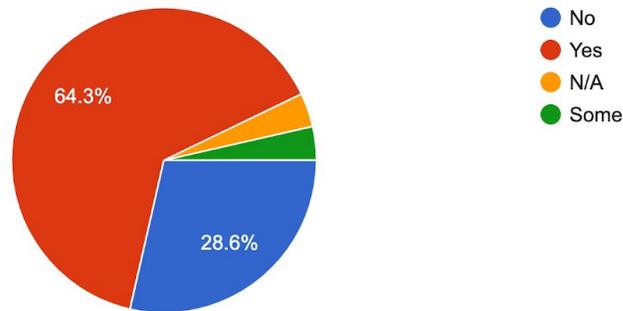
Did you know about your school's counseling services before this event?

28 responses



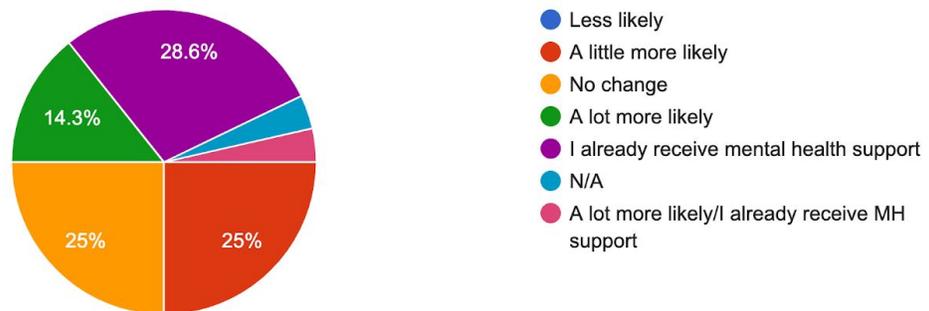
Did you know about the community resources before this event?

28 responses



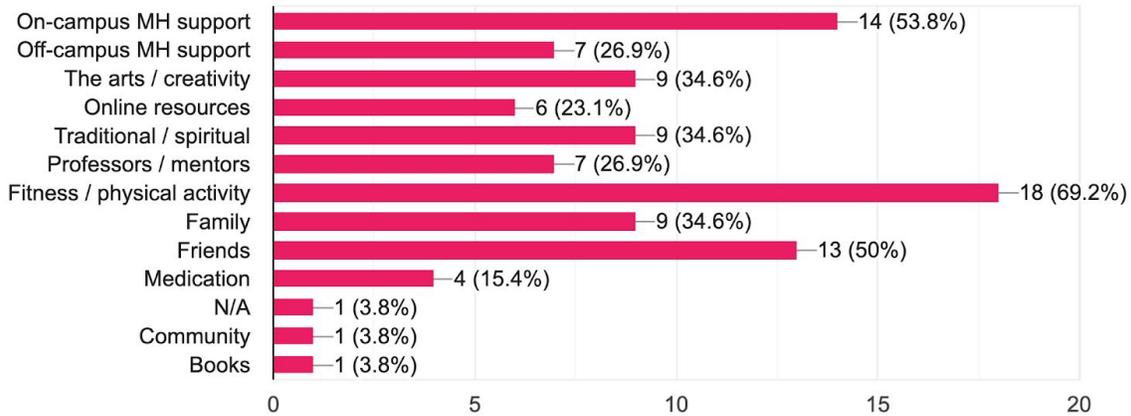
After this event, are you more or less likely to seek support for your mental health?

28 responses



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

26 responses



How did you hear about this event?	
Classmate / Organizer	3
Word of mouth / Walked by	2
MH/Wellness Groups / Student Group	2
Email	7
Online / Facebook	3
Posters / flyers	5
Other	4

What was your main takeaway? (Highlights: see raw data for full list)
<p>There's lots of negative ideas associated with mental illness, even though it affects a lot of people</p> <p>People pay little attention to mental health. Few people seek support</p> <p>We need to continue breaking down the stigma</p> <p>It's normal to struggle (x2)</p> <p>This seems poorly attended (?), so not sure what that means. I hope that it's not because of the stigma</p> <p>That mental illness has many faces. It can affect anyone. Stigma is negative. Stereotypes can be positive or negative, but even positive stereotypes can have a negative impact.</p> <p>This is a conversation that must continue</p> <p>Communicating and sharing stories is important for connection and reducing mental health stigma (x2)</p> <p>Though we all have our own ways of thinking about MH and different ways of processing, a lot is universal</p>

Community and love is a solution / compassion (x2)  
 A neat and different way to talk about mental health  
 Understand language around MH  
 People are very passionate about this (x2)  
 The world is not bright & happy, as much as I'd like to believe -- treat others with kindness & active listening  
 Find tools to care for your brain  
 Mental health issues are prevalent  
 Mental wellness is not the same as mental illness  
 To be more vulnerable and talk about mental health (x3)  
 Normalization, having an open dialogue

If you were telling a friend about this workshop, you would describe it as:  
 (Highlights: see raw data for full list)

A safe space to talk about and find a community around mental health (x2)  
 Amazing  
 An educational workshop on mental health (x4)  
 An enlightenment on mental health  
 An important topic and conversation  
 Conversational, people being open (x2)  
 Creative and inclusive / welcoming (x2)  
 Genuine, heartwarming  
 Group discussion about thoughts and feelings about MH, but not about how to deal with MH issues  
 Informative, perspective-changing  
 Long  
 Mental health movies and conversation  
 Understanding how portrayals of individuals with mental illnesses in the media can misrepresent reality  
 Very insightful / thoughtful (x4)

How might you use what you learned today?  
 (Highlights: see raw data for full list)

Continue to open up and talk / talk to my family (x2)  
 Really liked cultural understanding of mental health  
 I would talk about these movies in the presentations that I may do around campus  
 Be more understanding and open minded of difference mental illnesses (x2)  
 Speak to others/start the conversation  
 Learn to work with other to handle problems on campus  
 Avoid being judgmental or quick to make assumptions about behaviors I might find different or odd to me  
 To help others / reach out to others more (x2)  
 Share films  
 Lesson about stigma vs stereotype, talk to others about mental health and mental wellness  
 Encourage people to talk about their feelings / check on people (x3)  
 I was inspired by the bravery of the student panelists and want to make movies!  
 Made me reflect on my journey, reminded me of the importance of my MH and how normal it is to struggle  
 Understand language around MH  
 More insight in my job  
 To share empathy  
 A lot of mental wellness is "meeting people where they are"

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

(Highlights: see raw data for full list)

Belief that no one can help  
Busy, stressful / not having enough time (x3)  
Cultural stigma  
Difficulty finding appropriate therapist  
Don't want to admit to myself that I need help / avoidance/procrastination (x4)  
Fear of reprisal  
I am fine with seeking help (x2)  
I have the same issue mentioned a few times that if I'm not fully stressed out, I'm not trying hard enough  
Inflexible institutions (i.e. college) that try to serve everybody in the same way; need more flexibility to keep so many diverse people happy and healthy  
Lack of consistency (both of emotions/experiences and of timing/scheduling), its low prioritization when compared to other responsibilities (e.g. homework) and lack of pathway to communicate when I need support in the higher prioritized areas that become actionable  
Lack of social connection amongst PhD students, lack of diversity/inclusion for women in technical labs resulting in issues stemming from implicit bias. Grad students struggle with social connection as well as issues stemming from their relationships with advisors. We need more social events!  
Schoolwork, not enough support and means and info to find help  
Shame  
Stigma, pressure, push back (personal pushback)  
Understanding the importance/impact of mental health over my other obligations (x2)

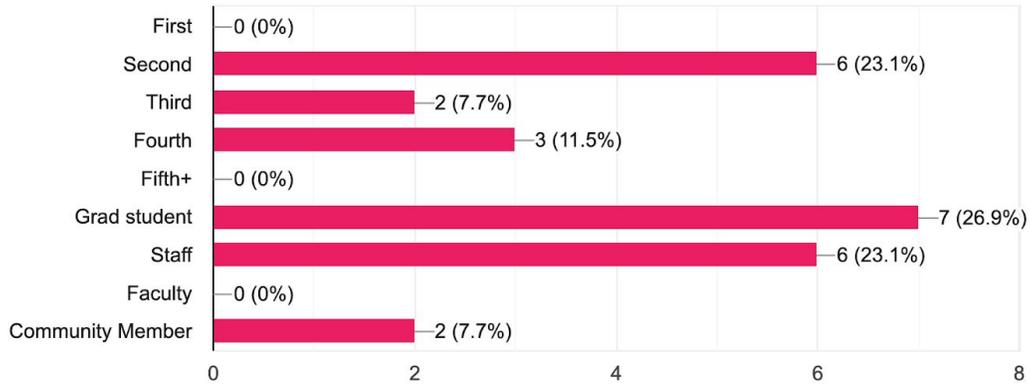
## How can we improve this event in the future?

Bring everyone to the front few rows / smaller space for easier conversation (x4)  
Better movies  
Get more people to come, so advertise it in GroupX or P.E. or Psych, etc. classes  
Shorter intro section / too long (x3)  
Hearing more student stories (with more detail)  
Allow audience to ask questions to the panel  
I think "Movies about Mental Health" may be a more accurate title  
Advertise more, have a happy hour to give students an opportunity to talk and support each other  
It's too bad you didn't have a huge roundtable to sit at and also watch movies  
More effective advertising, more short films  
Interactive  
I think it was great  
Address alienation  
More time, more speakers  
More talks in small groups - seemed as though lots of convos were to the host but not back to the audience  
Suggest how to explain mental health diagnosis to family  
Longer panel discussions, less dominated by the resource panelists  
Smaller venue, maybe roundtable discussions

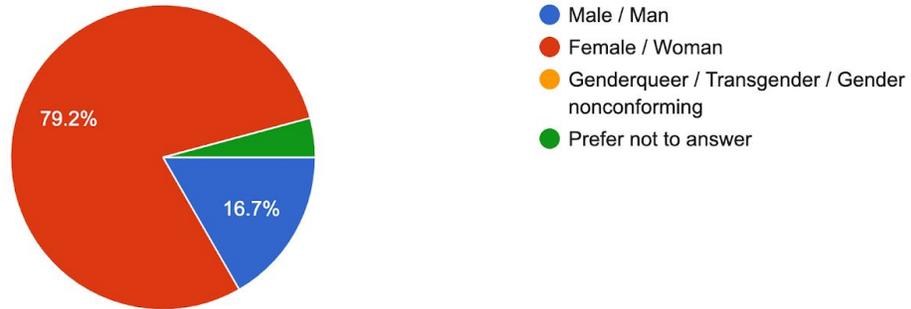
Major	
Biological Science	1
Business Administration / MBA	4
Chemical Engineering / Engineering / Mechanical Engineering	4
Cognitive Science	1
Computer Science	2
Early Childhood Education	2
Human-Computer Interaction	1
Information Systems	2
Neuroscience	1

Year

26 responses



Gender Identity  
24 responses



Race / Ethnicity		
Asian / Asian-American	7	27%
Black / African / African-American	0	
Hispanic / Latinx	2	8%
Indian / South Asian	2	8%
Middle Eastern	1	4%
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	14	53%
Multiracial	0	
Other	0	