

Movies for Mental Health

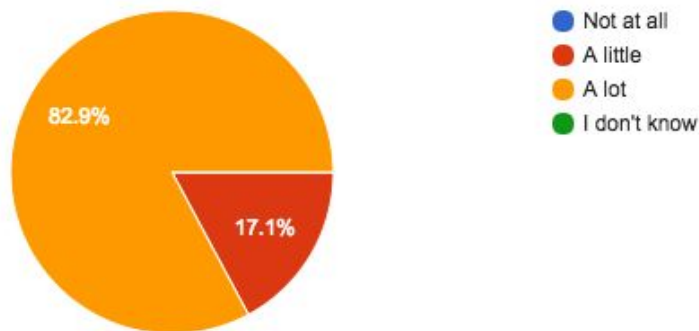
Colby College

November 20, 2017

n=35 (~45 total attendees)

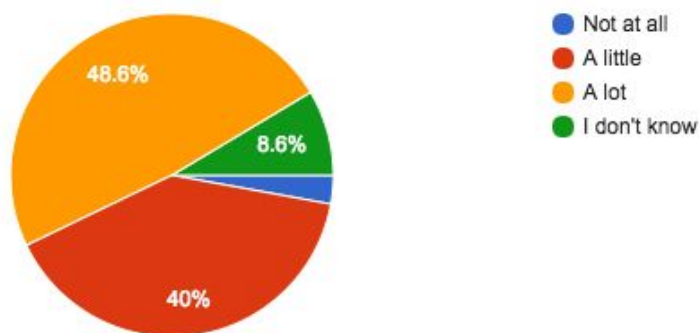
In your opinion, did this event create awareness of mental health issues?

35 responses



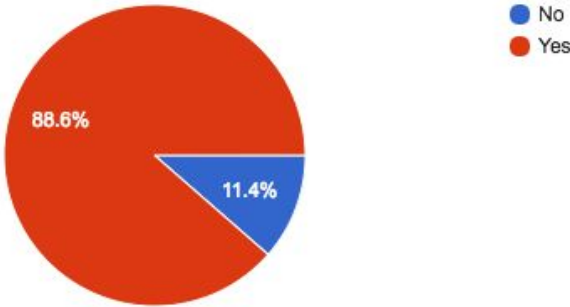
In your opinion, did this event reduce stigma related to mental illness?

35 responses



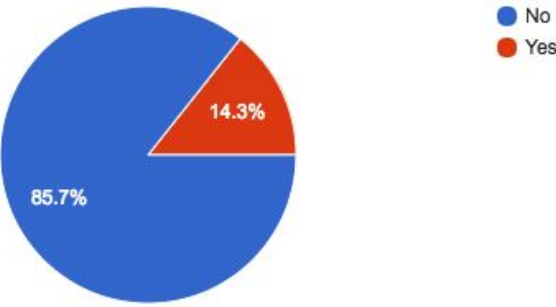
Did you know about your school's counseling services before this event?

35 responses



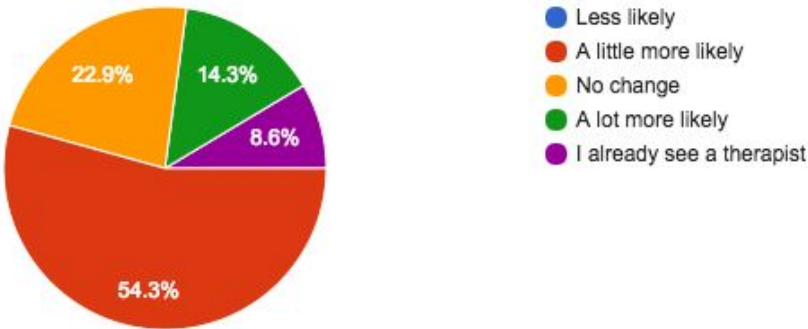
Did you know about the community-based mental health resources before this event?

35 responses



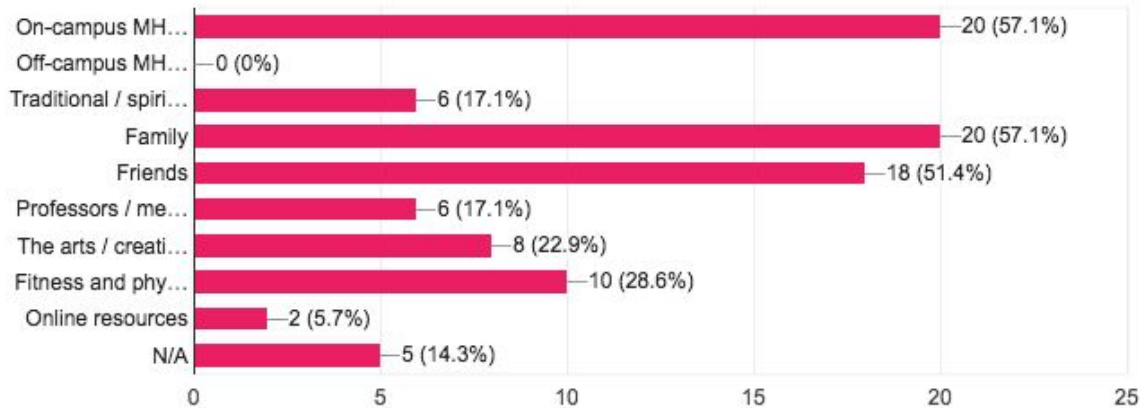
After this event, are you more or less likely to seek support for your mental health?

35 responses



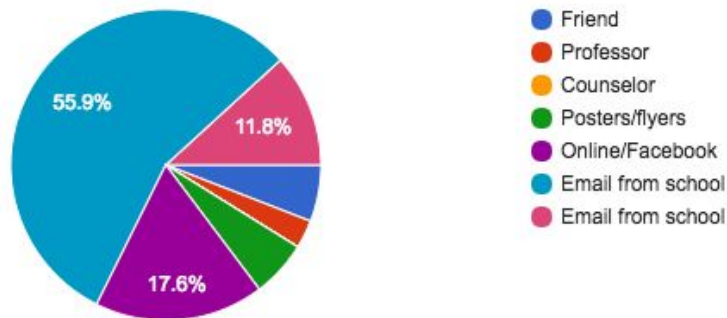
What type of mental health support do you think would be most useful to you?

35 responses



How did you hear about this event?

34 responses



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

- Info about resources/opportunities
- Mental illness is common, reduce the stigma
- It's okay to not be okay
- Class deans are a great resource
- Just how mental illness feels
- Don't isolate people who have mental illness - talk about it
- It is important to speak up and reduce stigma around mental illness
- That mental illness is way more common and less uniform than people think
- It's okay and I have more support than I thought I did
- Mental wellness and mental illness are very important subjects
- There's a lot more to mental illness than I first realized
- There is available help on and off campus

- Easy to get support and resources
- We all have a mental health story

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

- Interesting, thought-provoking, creative
- Definitely should go!
- Very insightful, give insight about mental health
- Useful
- Moving
- Enlightening
- Interesting
- An interactive event
- Really great
- A relaxed environment to learn more about mental illness
- You can learn a lot about mental health through film and discussion
- Eye-opening
- Educational
- Inspiring
- Stereotype breaking

How can we improve this event in the future?

- Make it shorter (x6)
- It was great - no improvements necessary (x4)
- More films (x2)
- Go more in-depth
- Higher quality videos
- More facts
- Quicker intro and discussions between films. I like small groups
- Maybe watch more short films
- More fast-paced
- More interactive
- It was too long and it could have been made a little more interesting

Major?

- Undecided (x8)
- Psychology (x3)
- Geology (x2)
- Computer Science (x2)
- Religion
- Neuropsychology
- Environmental Science
- Art, History
- Physics and Computer Science
- Chemistry
- Physics
- STS

Year

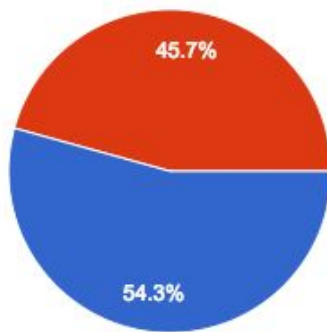
35 responses



- First
- Second
- Third
- Fourth
- Fifth+
- Grad student
- Staff
- Faculty
- Community Member

Sex/Gender

35 responses



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

Ethnicity

Black / African American	White / Caucasian	Hispanic / Latinx	Indian / South Asian	Asian / Asian American	Multi-Racial
3	17	2	1	3	6
9%	53%	6%	3%	9%	19%