

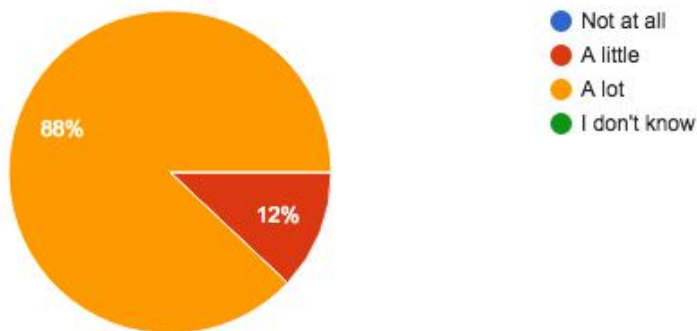
Movies for Mental Health College of Marin

March 7, 2018

n=50 (~100 total attendees)

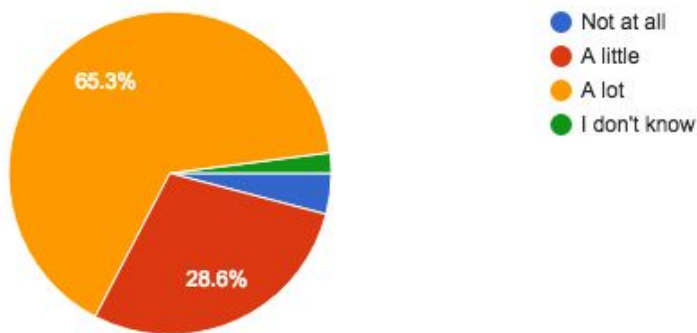
In your opinion, did this event create awareness of mental health issues?

50 responses



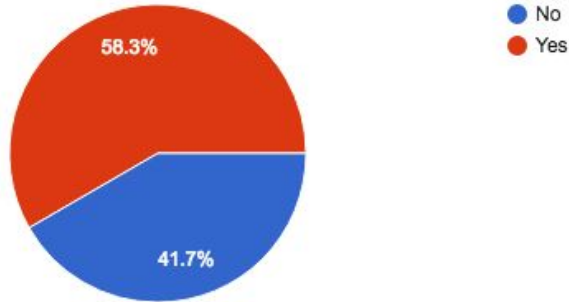
In your opinion, did this event reduce stigma related to mental illness?

49 responses



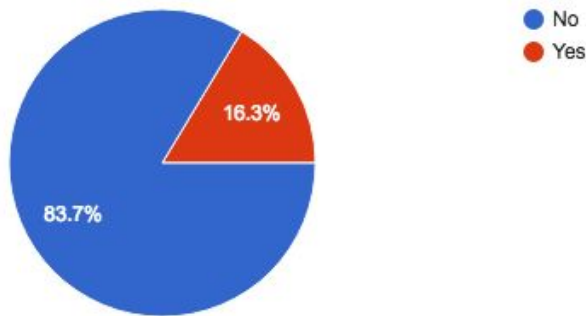
Did you know about your school's counseling services before this event?

48 responses



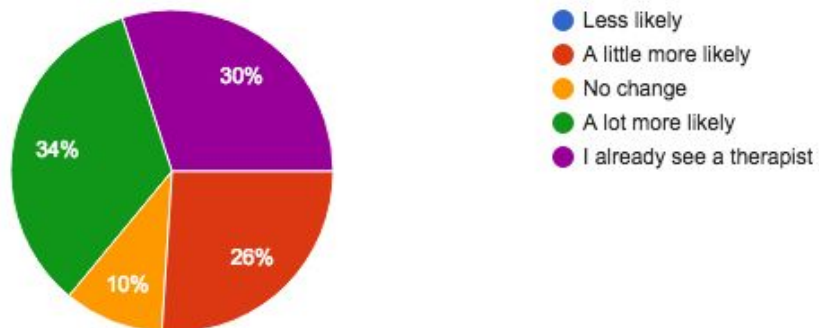
Did you know about Prop 63 / the community-based mental health resources before this event?

49 responses



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

50 responses



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

- On-campus MH support - 22
- Family - 22
- Friends - 22
- The arts / creativity - 18
- Professors / mentors - 16
- Fitness and physical activity - 16
- Off-campus MH support - 13
- Traditional / spiritual - 10
- Online resources - 8
- N/A - 5

How did you hear about this event?

- Professor / class - 26 (56.5%)
- Friend - 4 (8.7%)
- Posters / flyers - 11 (23.9%)
- Counselor / MH club - 2 (4.3%)
- Online / Facebook / Email - 1 (2.2%)
- Students for Social Justice - 1 (2.2%)
- Student Services - 1 (2.2%)
- NAMI Marin - 1 (2.2%)
- Outreach Office - 1 (2.2%)

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

- That we should teach people more about mental health
- I learned to understand people with mental illness
- We are surrounded with stigma that causes a lot of problems in society
- Walk with your weakness
- Mental illness comes in many forms
- That there's plenty of help available
- Mental Wellness should be more encouraged
- There are people raising awareness and that I can relate to and be safe around
- The conversation about mental health is just beginning
- Everyone can relate to this on some level
- I am not alone
- That we all have our own struggles, and to not be afraid to seek help
- Reach out to others, listen, empathize not sympathize
- LOVE YOURSELF
- We're in this together!
- To seek help when need and to never feel alone and unsupported

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

- Worthwhile
- Super helpful and empowering
- Informative
- Informative and supportive event discussing mental health
- An enlightening / empowering community talk
- Awesome, helpful, amazing
- Useful
- Inspiring
- Intriguing
- Practical Knowledge
- Informative and aware. I learned about others and ways they feel and cope. I felt supported
- An event that makes a space to hear, observe, and discuss different perspectives around mental health
- Cool event. Educational. Good example of people opening up
- Makes mental health more approachable
- Life-changing
- Real

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

- Stigma - 3
- Money and time - 2
- Still figuring it out
- I see a therapist weekly but barriers are my own thoughts or self talk.
- I bottle up my emotions
- My family
- Having to discuss my problem
- Fear of being seen as different
- Hard find support
- Wanting to just power through and be normal
- Not showing a weakness
- Looking for support
- Outside of COM, it would be cost
- Asking for help - first step
- Procedures
- Knowing who to talk to/trust
- Anxiety, depression
- Understanding what it is
- Not talking about feelings in a comfortable space
- Not knowing who to go to
- Don't have access to resources, fear of opening up

- None
- Time
- Myself
- I've lived with it for so long, I'm used to it
- Embarrassment
- Feeling alone
- Social Anxiety
- Busy life
- Guilt
- Support/help
- Laziness

How can we improve this event in the future?

- It was great!
- Time management
- I thought it was great.
- Just market it better.
- Show more videos and be more organize about kinds of feelings
- Consistency of holding events like these.
- Allow intersectionality among public
- N/A
- A short meditation would be great
- More time for the panel if possible
- Maybe have a postcard with link to the resources + movies
- Looking for help
- More group discussion
- More group discussions
- More food
- Make it longer
- Microphone
- Limit panelists so all have time to speak
- Shorter? A lot of people left
- Well I think it is already great
- No need

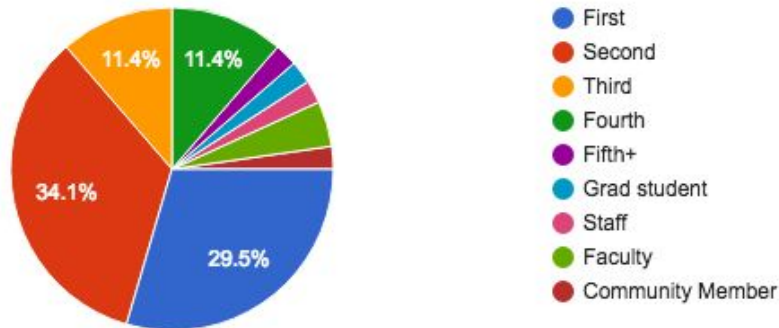
Major?

- Psychology - 14
- Nursing - 5
- Communications - 2
- Business Administration - 2
- Sociology - 2
- Behavioral Science
- Gender Studies
- Biology / Nursing
- Anthropology
- CS
- N/A

- Architecture
- Geology
- Accounting
- Material Science and Engineering
- Unsure still
- High school student

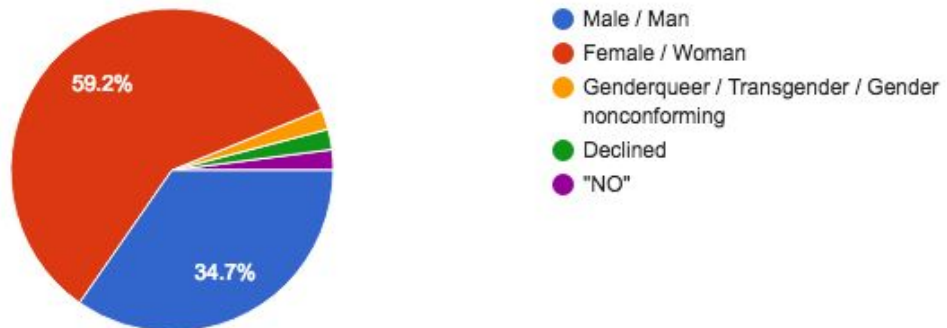
Year

44 responses



Sex/Gender

49 responses



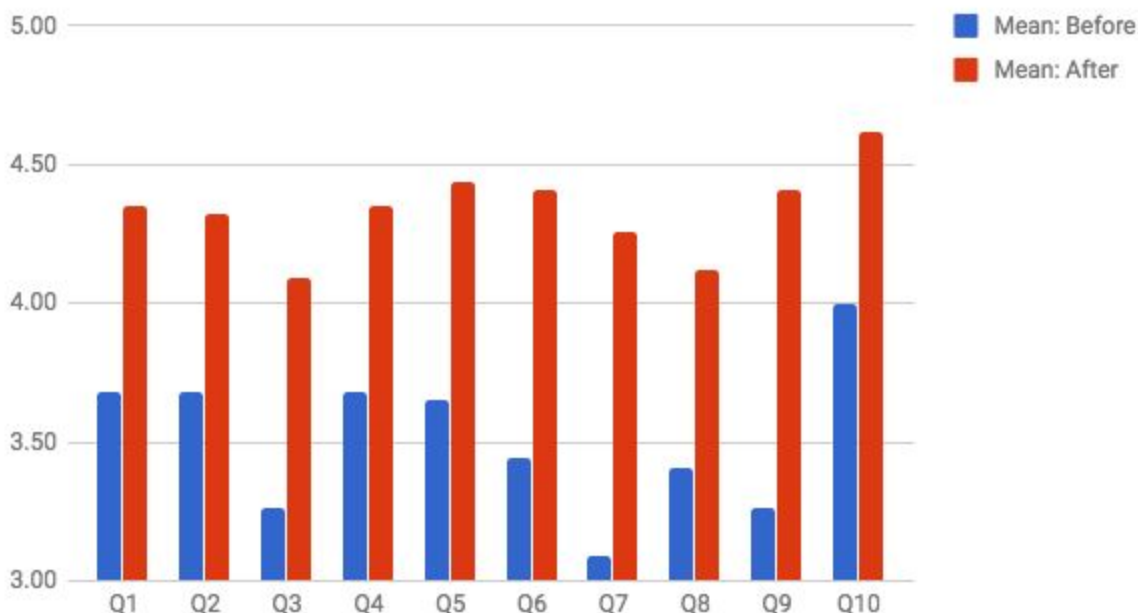
Ethnicity

Black / African American	White / Caucasian	Hispanic / Latinx	Asian / Asian American	Middle Eastern / Persian	Indian / South Asian	Filipino	Multi-Racial
2	18	12	3	2	1	1	6
4%	40%	27%	7%	4%	2%	2%	13%

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.

Mean: Before and Mean: After



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.