

Movies for Mental Health

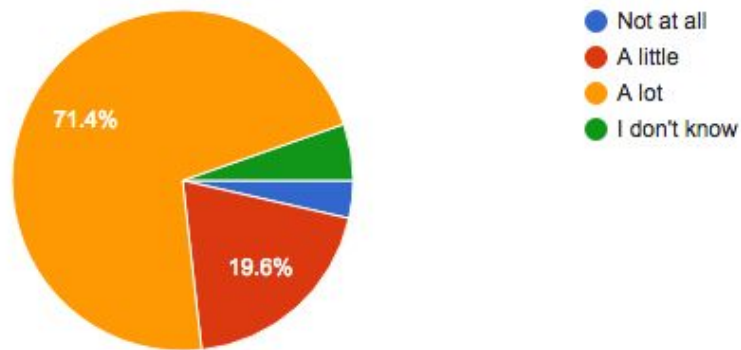
College of San Mateo

March 29, 2017

n=57 (~120 total attendees)

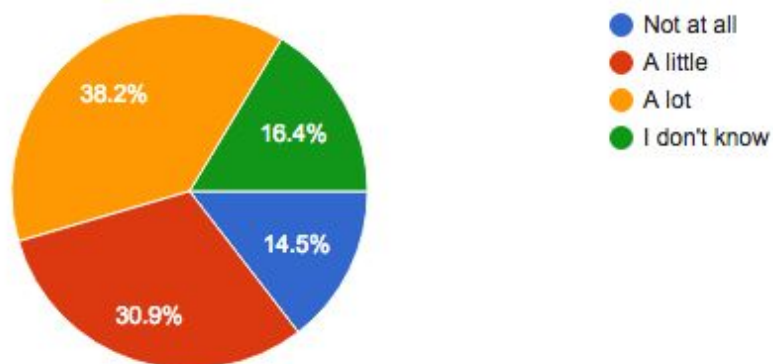
In your opinion, did this event create awareness of mental health issues?

(56 responses)



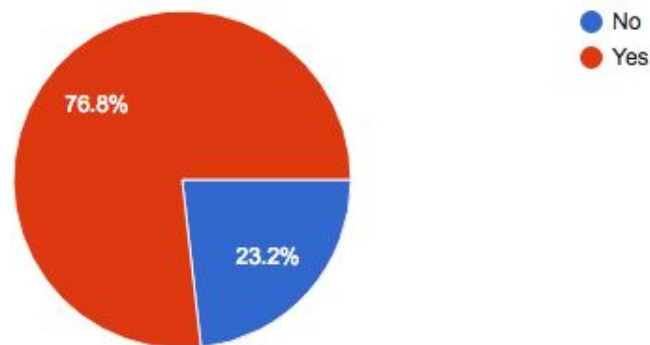
In your opinion, did this event reduce stigma related to mental illness?

(55 responses)



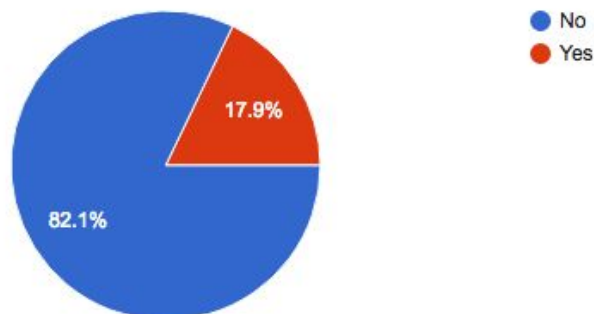
Did you know about your school's counseling services before this event?

(56 responses)



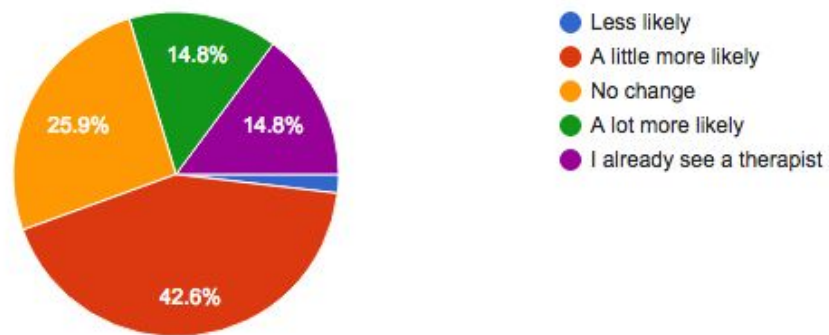
Did you know about Prop 63/ the community-based mental health resources before this event?

(56 responses)



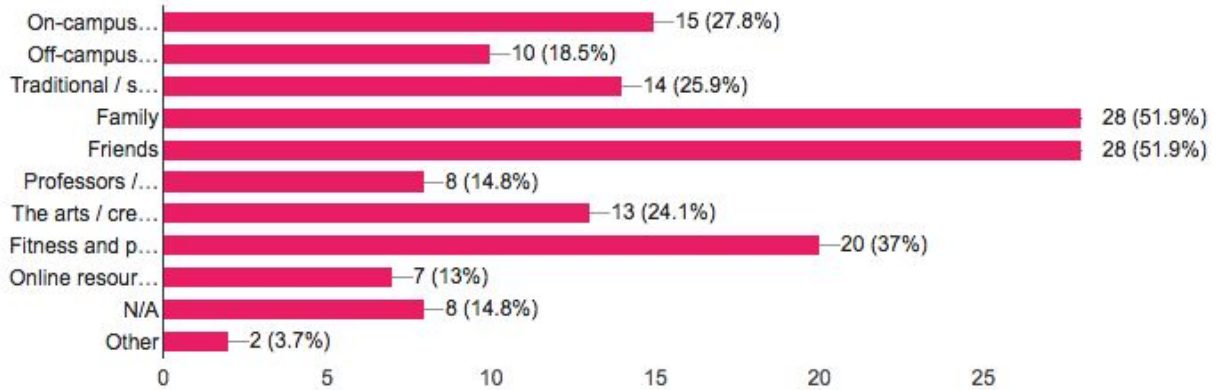
After this event, are you more or less likely to seek support for your mental health?

(54 responses)

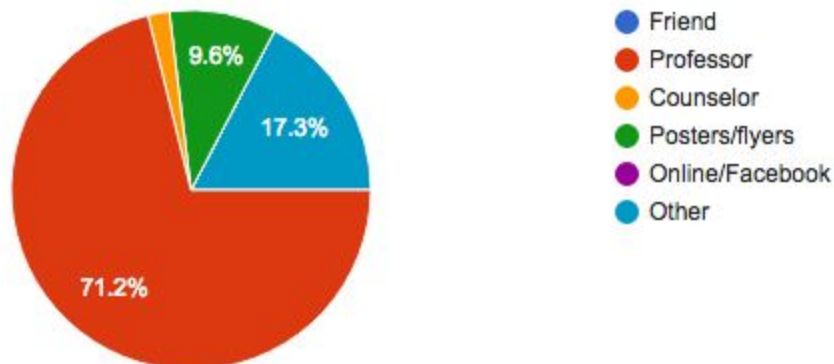


What type of mental health support do you think would be most useful to you?

(54 responses)



How did you hear about this event? (52 responses)



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

- Art is a great resource for mental health
- Our lives are worth living
- Mental illness is more than it seems
- Be proactive about your own mental health
- The group panel was helpful
- Films were great, talks about stigma insightful
- Tim and Christopher's personal testimony gave a hope for mental illness.
- There is a lot of support available on campus.
- Do not categorize people by their disorder
- We need more mental health awareness.

- It is normal and do what works for you!
- It is normal to be imbalanced at times.
- Stigma is a really bad illness.

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

- Movies that promote mental health and reduce stigma.
- Opens your eyes
- Helpful to someone suffering any mental health problem or not
- Knowledgeable event on explaining mental health, support resources
- A thorough walk through of exactly what mental health is
- Explains mental illness and wellness with films
- Engaging, insightful, and supportive...and creative!
- Fun, relatable, informative, clears any misconception about mental health.
- Short, sweet and to the point!

How can we improve this event in the future?

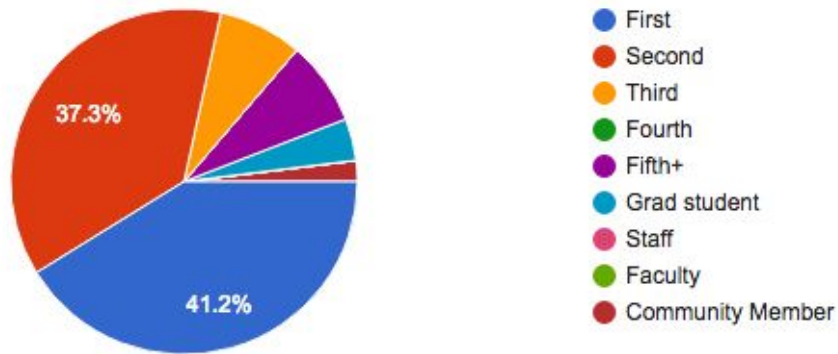
- N/A (4)
- Give audience more room to talk
- Do not know (4)
- More awareness to be made
- More pizza!
- Do more activities, change it up
- Timeframe
- Less buzzing sounds
- More personal success testimonies and how they received help in more detail.
- More students who benefit from campus counseling. Add resources to powerpoint. More resources of counseling to the the beginning of events.
- Coffee? LOL
- Seek more assistance from school to fill room. More community outreach.
- Put more energy while speaking
- More videos, less talking
- Bigger font
- Maybe spell check please
- Provide more insight on reducing stigma associated with mental illness.
- Maybe more movies.
- It's excellent:-)

Major?

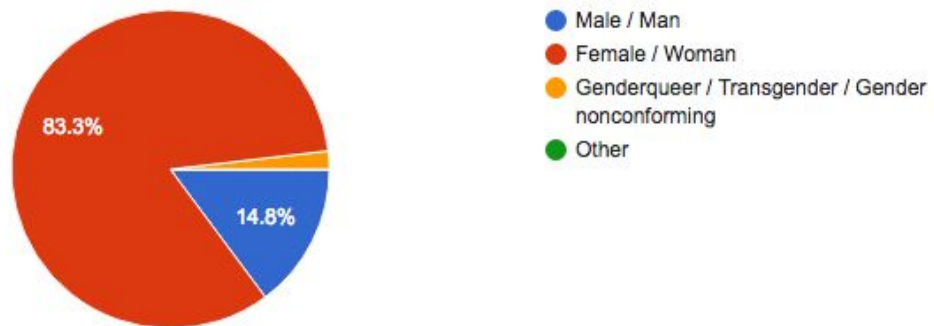
- Astronomy
- Cosmotogoly (16)
- Computer science (3)
- N/A
- Accounting
- Electronic control systems

- Interior design
- Nursing (4)
- Geology
- Art (3)
- Undeclared (3)
- Biology (2)
- Math (2)
- Fine arts/illustration (SJSU)
- Sociology
- Dentist

Year (51 responses)



Sex/Gender (54 responses)



Identifiers

Asian / Asian American	Hispanic / Latinx	Native American / First Nations	Indian / South Asian	White / Caucasian	Black / African / African American	Multi-Racial
10	18	1	1	14	1	10
18%	33%	2%	2%	25%	2%	20%