

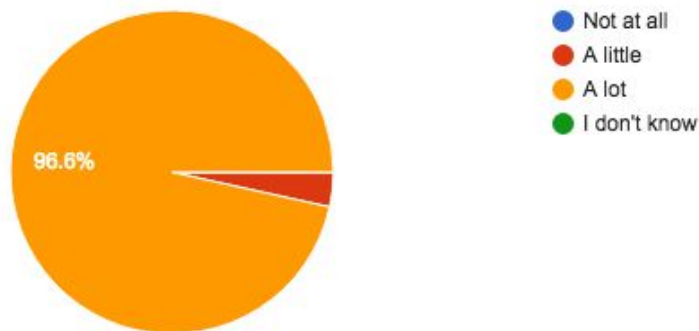
# Movies for Mental Health Connecticut College

February 23, 2018

n=29 (~40 total attendees)

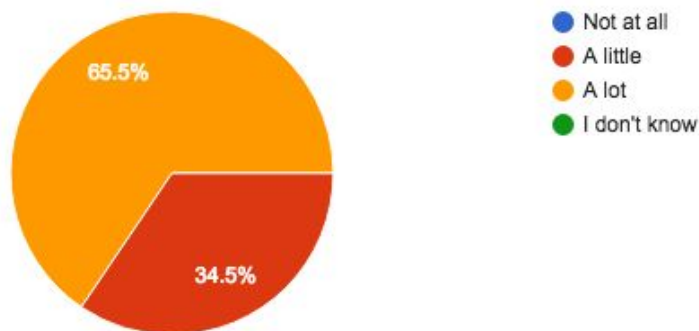
In your opinion, did this event create awareness of mental health issues?

29 responses



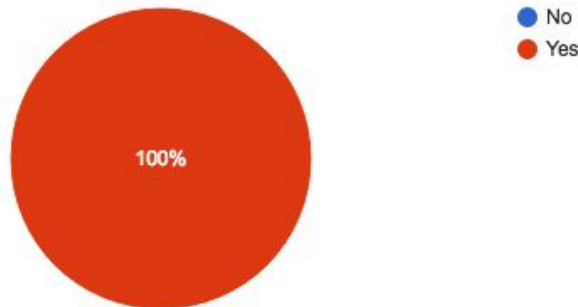
In your opinion, did this event reduce stigma related to mental illness?

29 responses



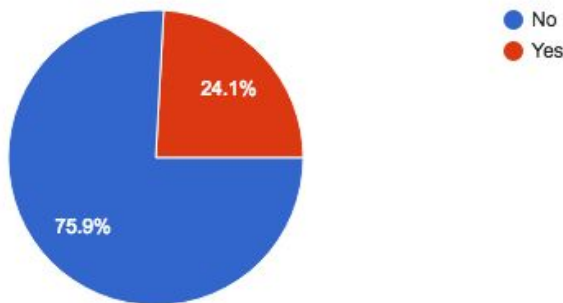
### Did you know about your school's counseling services before this event?

29 responses



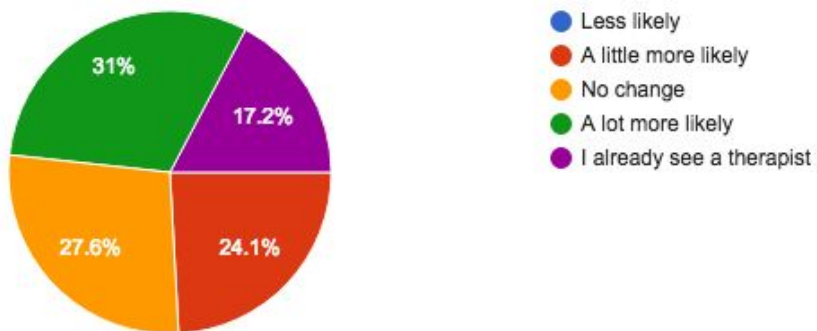
### Did you know about Prop 63 / the community-based mental health resources before this event?

29 responses



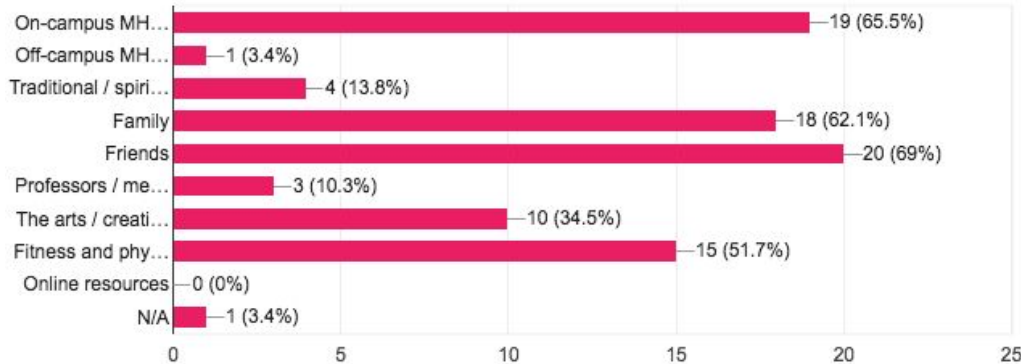
### After this event, are you more or less likely to seek support for your mental health?

29 responses



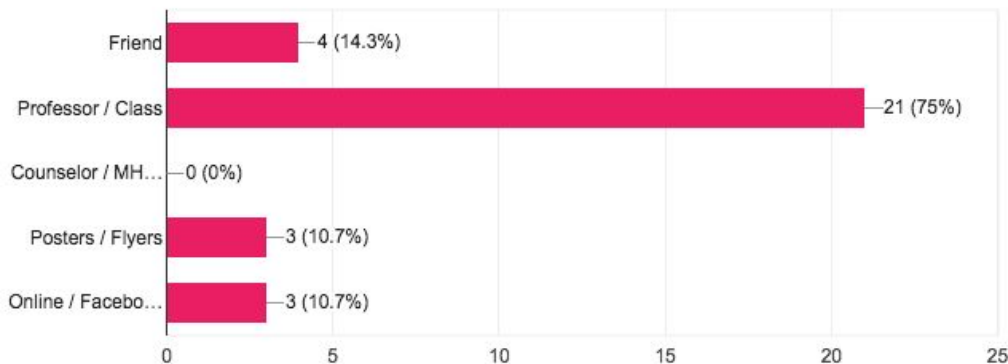
## What type of mental health support do you think would be most useful to you?

29 responses



## How did you hear about this event?

28 responses



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

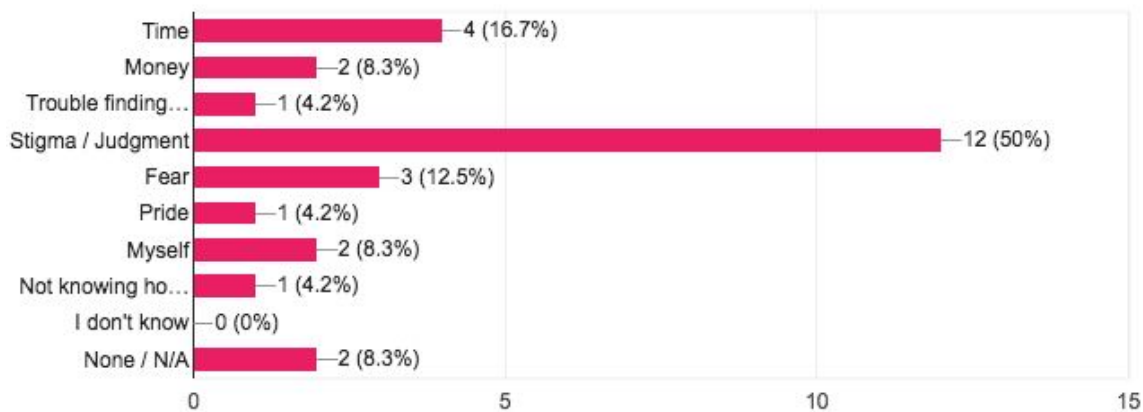
- Stigmas are always negative and there are a lot of variations of minor symptoms
- Mental health affects so many people and manifests in so many different ways
- Mental health to some extent affects all of us and we should talk about it
- Reduce stigma in underrepresented groups
- Don't be afraid to share your MH story
- The stigma needs to end
- People who are around me struggle with MH issues
- It is important to have open conversations
- Films are powerful
- We can express mental health and stigma through the arts
- SO many people feel this way!
- That mental health is extremely important and everyone has a story

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

- Great - I want to be on the panel
- Informative and safe discussion and learning opportunity
- A deeper look at stigma through discussion and film
- Really helpful for finding resources and one on one experience to mental health stories
- A discussion about stigma and mental health, and how to express these ideas through art
- Very inspiring
- Very beneficial
- A presentation with an eye-opening panel
- Making aware of MH and making it less taboo to speak about MH
- Uplifting, building awareness
- Mental illness affects everyone and talking about it is helpful
- Enlightening and empowering

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

24 responses



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

- More action focused (I came a little late so idk)
- More publicity
- Nothing I can think of. It was good!
- More videos (x3)
- Little shorter (x2)
- More audience participation
- More student panelist time/personal stories
- More intersectionality
- Less slides
- Screen student panelists
- Maybe analyze clips from the mainstream movies that represent mental illness/wellness

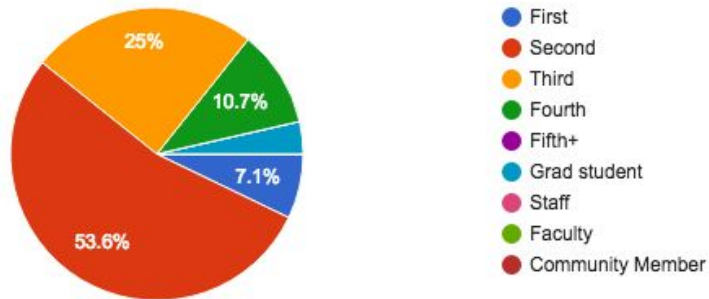
## Major?

- Psychology - 12
- English - 2
- Psych, Soc, Human Development

- International Relations
- Chemistry
- Psychology and Art
- Behavioral Neuroscience
- Art History
- Human Development and Psychology
- Economics
- American Studies
- Sociology, Psychology
- Behavioral Neuroscience
- Econ and Psychology
- Psychology and Human Development
- Human Development and Elementary Ed

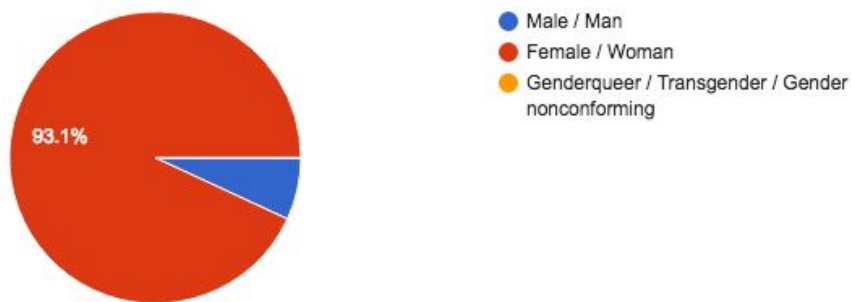
### Year

28 responses



### Sex/Gender

29 responses

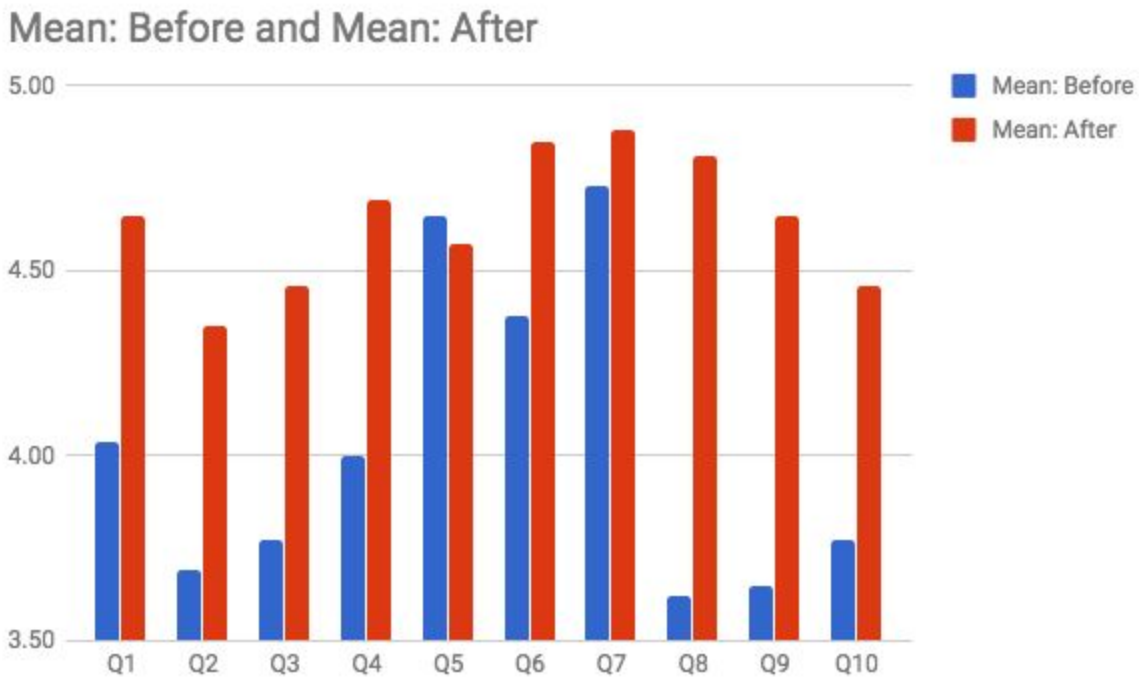


### Ethnicity

Asian / Asian American	White / Caucasian	Hispanic / Latinx	Multi-Racial
2	24	1	2
7%	83%	3%	7%

## 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.