

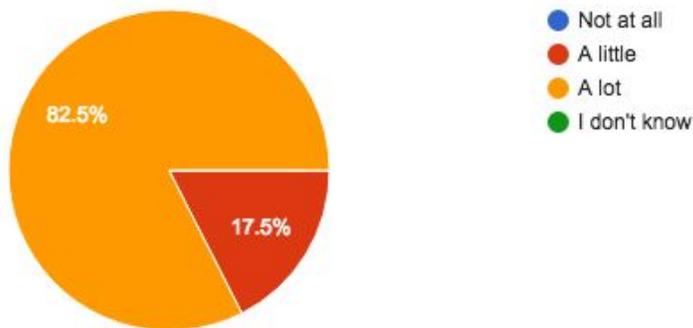
# Movies for Mental Health Cypress College

April 5, 2018

n=40 (~55 total attendees)

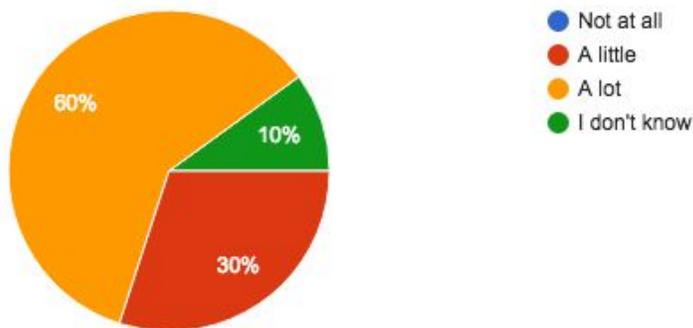
In your opinion, did this event create awareness of mental health issues?

40 responses



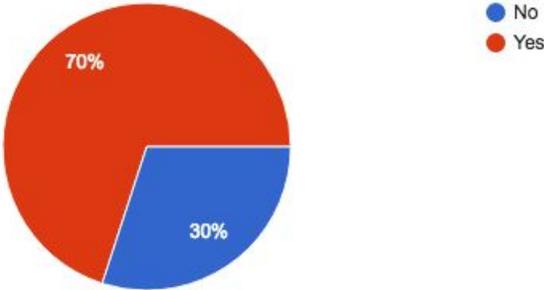
In your opinion, did this event reduce stigma related to mental illness?

40 responses



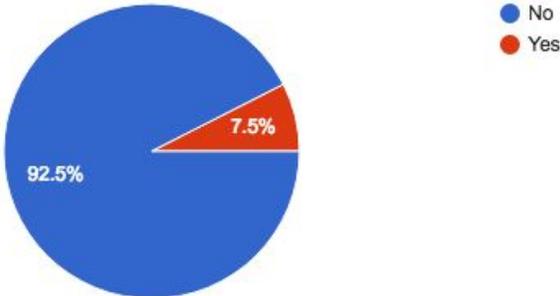
**Did you know about your school's counseling services before this event?**

40 responses



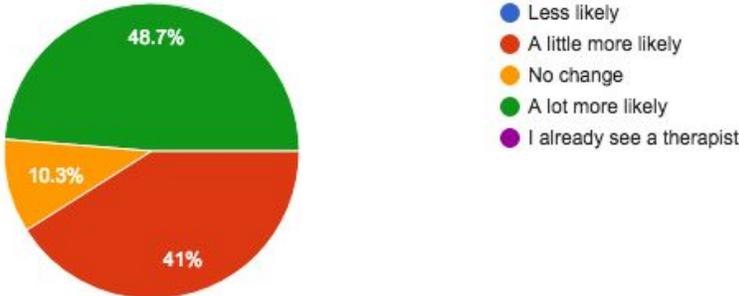
**Did you know about Prop 63 / the community-based mental health resources before this event?**

40 responses



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

39 responses

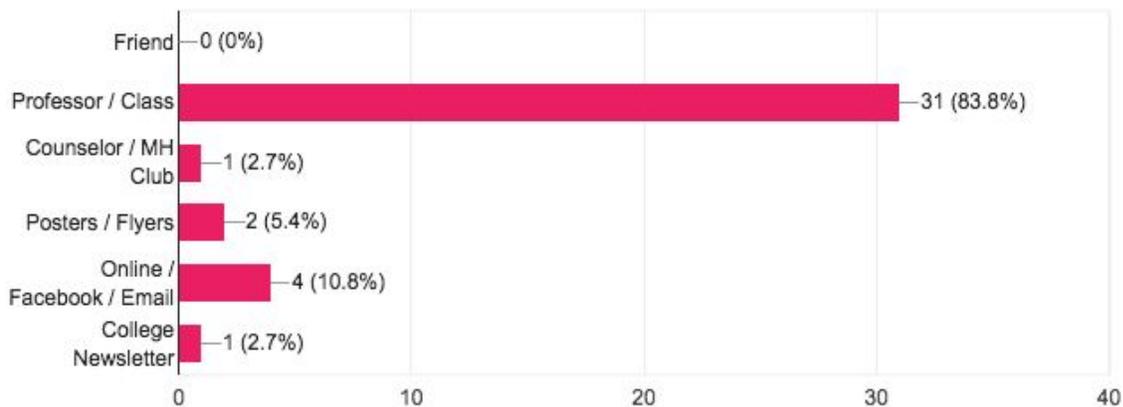


## What type of mental health support do you think would be most useful to you?

On-campus MH support	13
Off-campus MH support	14
Traditional / spiritual	13
Family	17
Friends	23
Professors / mentors	16
The arts / creativity	15
Fitness / physical activity	23
Online resources	9
N/A	1

## How did you hear about this event?

37 responses



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

- Mental illness comes in many forms.
- Many people have mental health issues and educating them about it is very important.
- The services around me.
- Knowledge about stigma, resources.
- It's okay not to be okay.
- Mental health affects everyone in their own way.

- Get help, don't wait until breaking point.
- Mental health should not be stigmatized and we should always listen to those who reach out.
- Mental illnesses are overlooked on a mass and even personal scale.
- Mental illness is a lot more common than I thought.
- Educate myself.
- Do not avoid to get help for your mental health.
- It's good to raise awareness of mental health.

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

- We watched short films and discussed how those films affected us emotionally.
- A great experience.
- Positive outlook on mental health.
- A welcoming place that brought awareness to mental health issues.
- A great experience with creative films that visualize mental health
- Somewhere to learn about MH and community resources
- A very important workshop to help educate yourself on mental health and your resources.
- This event was really helpful, not just for people with mental illness but also for everybody.
- An amazing, heartfelt eye-opener.
- Nice event that promotes mental health awareness
- Help to understand stigma and how to prevent it
- This event showed films that portrayed mental illness and discussed ways to identify/overcome it.
- Talks about recognizing people with mental health, finding resources, getting help.
- Rrelaxed, informative and creative way to discuss mental health

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

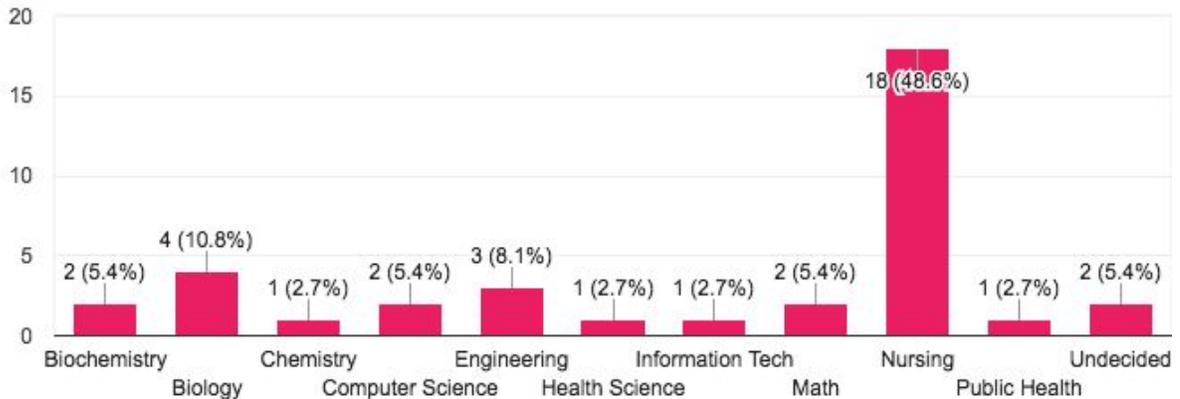
- Lack of health insurance
- NO time to deal with it.
- Lack of support, resources
- Culture
- Disappoint family.
- Being competitive and hard on self
- figuring out if it's just stress or mental illness
- My biggest barrier is letting depression drag me to that breaking point and not letting myself look for help.
- Self-perception
- Family image
- Denial
- Fear of rejection and judgment from other people.
- Overcoming a pseudo-Stockholm Syndrome. I'd rather be calm about my issue than tackle it.
- Family not understanding. Mental illness being a taboo topic in my culture.
- finding free services for students
- Denial, lack of resources, stigma
- A big barrier is to actually say I need help.
- Decline to state

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

- It's great!
- Give longer time for panel discussion.
- Education
- Advertise this to more campus students.
- Hand out a sheet of resources in the beginning.
- Nothing, it was well done.
- Promote
- It was great as is.
- It was very informational, maybe provide resources in community
- More panelists
- Probably by inviting friends so more people will be able to go and be aware of these.
- Keep adding more interactivity.
- It was great. Maybe add important ways art can be used to help cope or resolve some mental problems.
- No suggestions. Great event!
- Notice those who come for help.
- Bring a professional
- Showing to more schools, to more people, it's great.
- How can we get financial help for this.
- Leslie did a great job, wonderful public speaker, connects well with audience

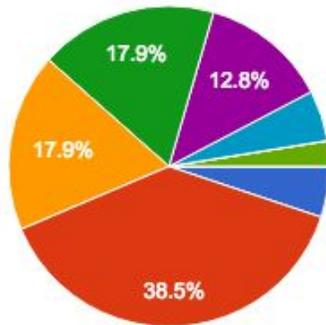
## Major?

37 responses



## Year

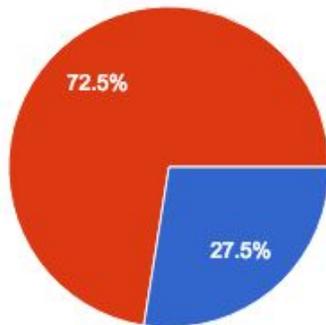
39 responses



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

## Sex/Gender

40 responses



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

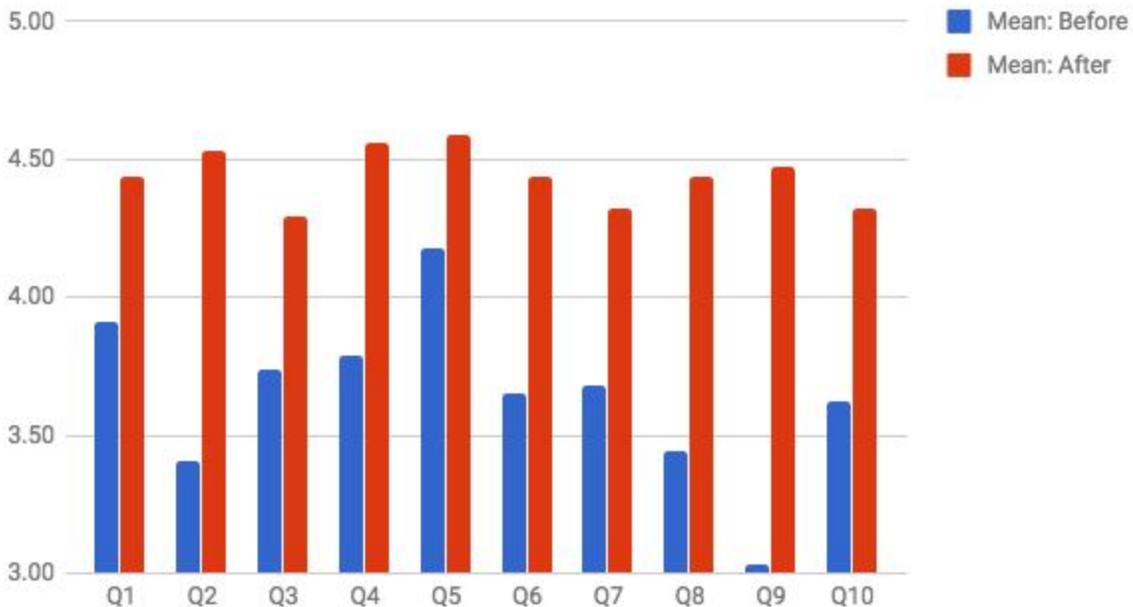
## Ethnicity

Mexican	White / Caucasian	Asian / Asian American	Indian / South Asian	Hispanic / Latinx	Multi-Racial
2	4	9	2	15	6
5%	11%	24%	5%	39%	16%

## 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.