

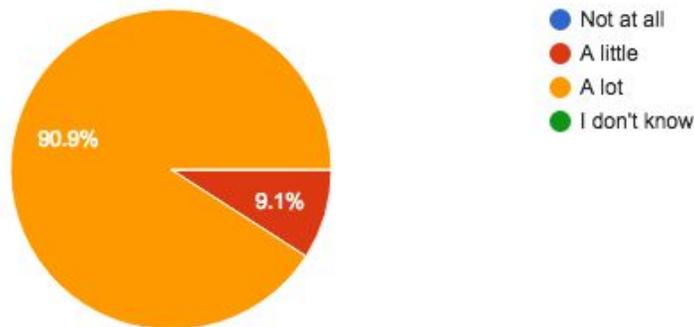
Movies for Mental Health Eastern CT State University

April 10, 2018

n=22 (~40 total attendees)

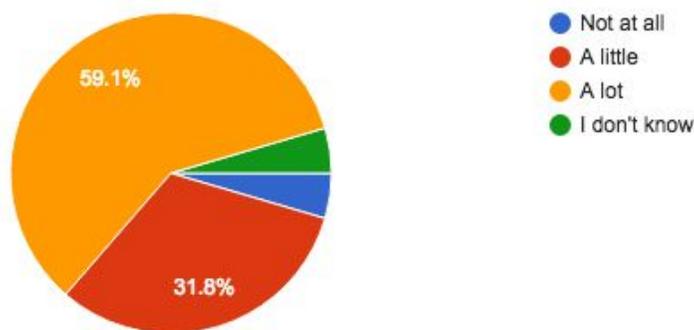
In your opinion, did this event create awareness of mental health issues?

22 responses



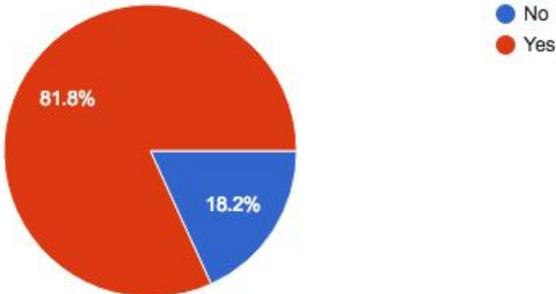
In your opinion, did this event reduce stigma related to mental illness?

22 responses



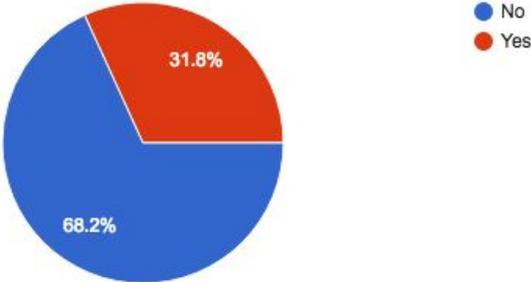
Did you know about your school's counseling services before this event?

22 responses



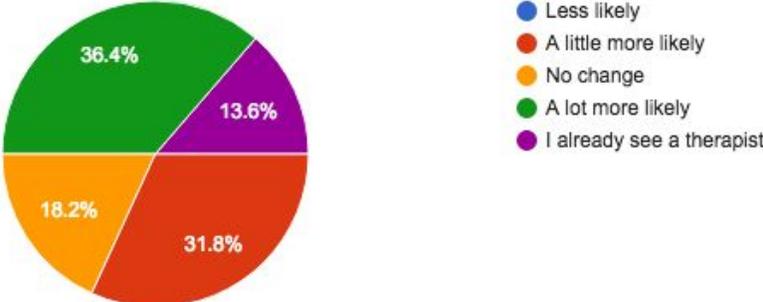
Did you know about Prop 63 / the community-based mental health resources before this event?

22 responses



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

22 responses

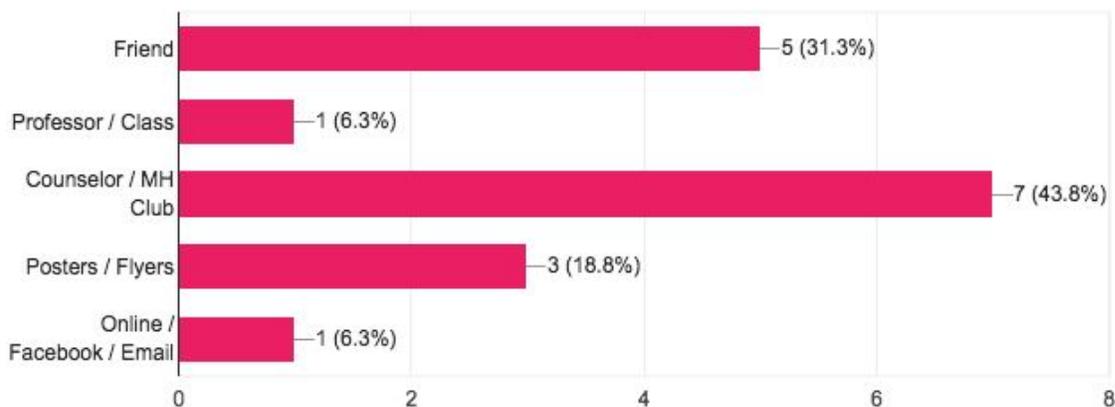


What type of mental health support do you think would be most useful to you?

On-campus MH support	12
Off-campus MH support	7
Traditional / spiritual	6
Family	13
Friends	16
Professors / mentors	3
The arts / creativity	12
Fitness / physical activity	8
Online resources	1

How did you hear about this event?

16 responses



What was your main takeaway?

- Bravery in telling personal stories
- Panel
- The panelists' stories
- It's ok to talk about it and it's ok not to be ok
- I can help my loved ones who have mental illness by being supportive, but not pushy
- Everyone can suffer and you don't know about it
- Mental illness happens to anybody
- Do not be silent about your MH issues

- You never know what someone is suffering from
- Everyone can use help
- No one is perfect, everyone has a problem and you're not alone
- Not to stigmatize
- Mental health is shown in many forms
- Poor communication kills
- Everyone has mental health
- Trust in art to help you heal

How would you describe this event to a friend?

- Realistic seminar on the greatest epidemic of human kind
- Eye-opening experience
- Educated mental health event
- Helpful, amazing
- We watched and discussed videos regarding mental health and stigma
- Important and needs to be seen
- Important
- Powerful
- Moving
- Extremely helpful and comforting
- Good insight into mental health
- Mental illness awareness
- Very informative
- It opened my mind to other types of mental health
- It's a way to hear about what mental illness is
- Very inspiring
- Intense self-reflection

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

- Judgment
- Stigma
- Being a burden
- N/A
- I don't want to be diagnosed or on medications
- I don't want to be diagnosed and know my problems won't just go away
- Just thinking I will be judged and misinterpreted
- Feeling like it's normal
- Being afraid to do something
- Wait until it has gotten severe or the worst it can be
- The stigma/fear of diagnosis
- Belief that it will help
- Myself

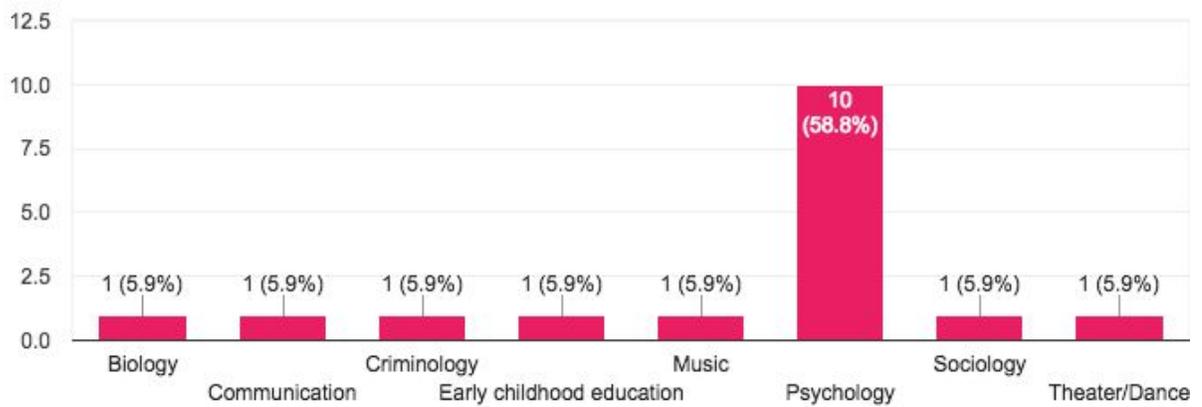
How can we improve this event in the future?

- Advertise locally, not just online

- More focus on the panel
- More clips
- N/A
- More videos
- More student stories, more videos
- Make time for possible hands on activities or a live skit instead of videos or a combination
- Great event! Can't think of anything
- Longer
- More publicizing
- History
- More student panelists
- Nothing to report
- More variety among speakers (race and gender)

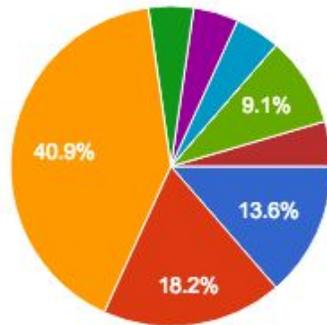
Major?

17 responses



Year

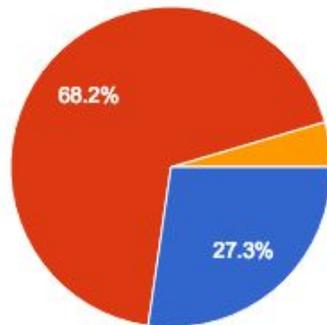
22 responses



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

Sex/Gender

22 responses



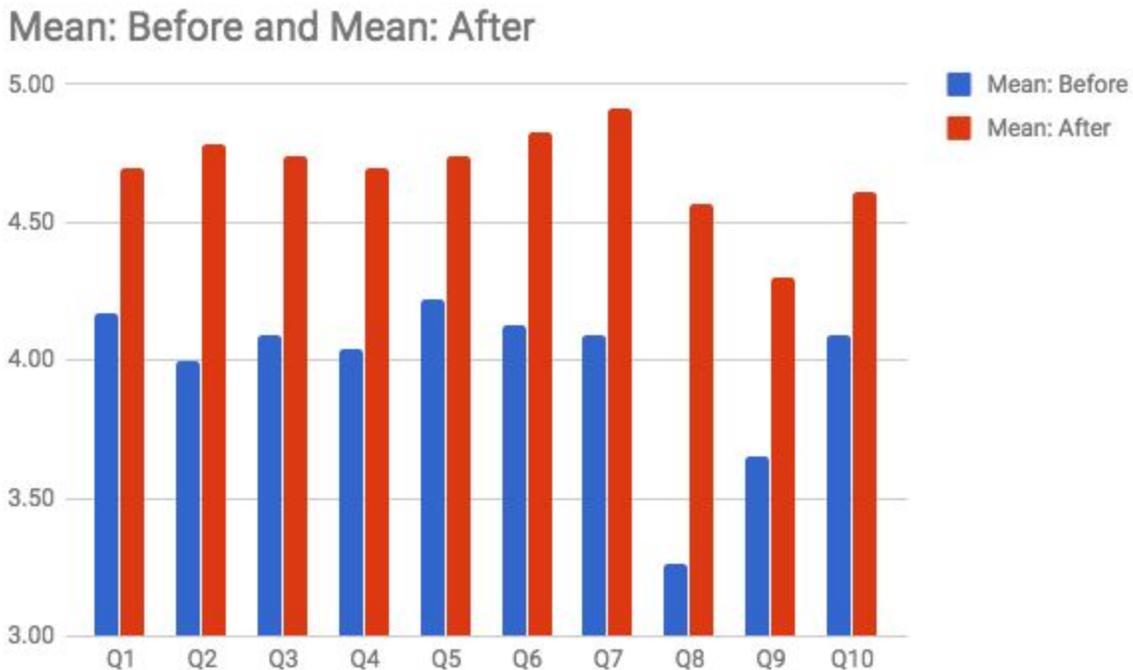
- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

Ethnicity

Black / African American	White / Caucasian	Hispanic / Latinx	Asian / Asian American
2	15	3	1
10%	71%	14%	5%

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.