

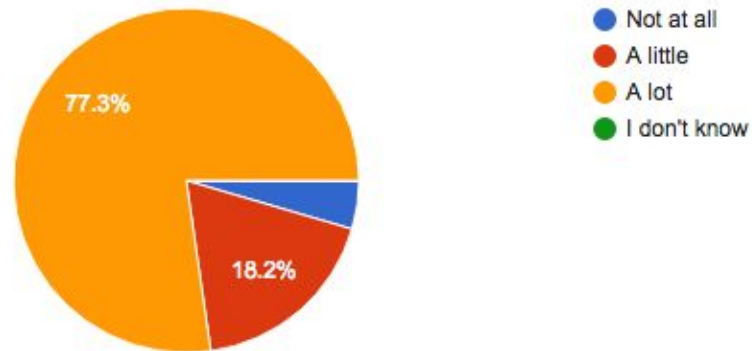
# Movies for Mental Health El Camino College

May 25, 2017

n=77 (~165 total attendees)

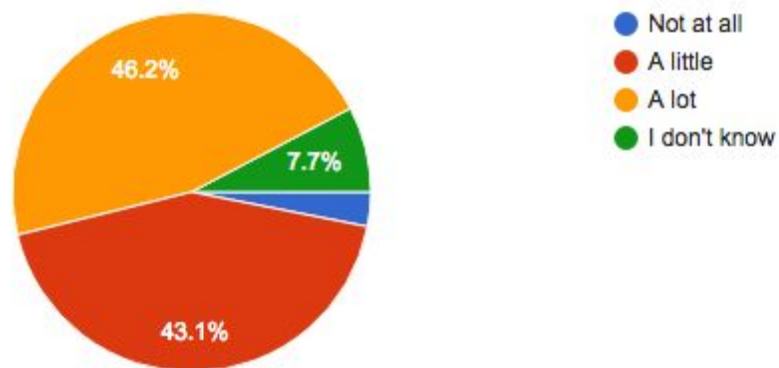
**In your opinion, did this event create awareness of mental health issues?**

66 responses



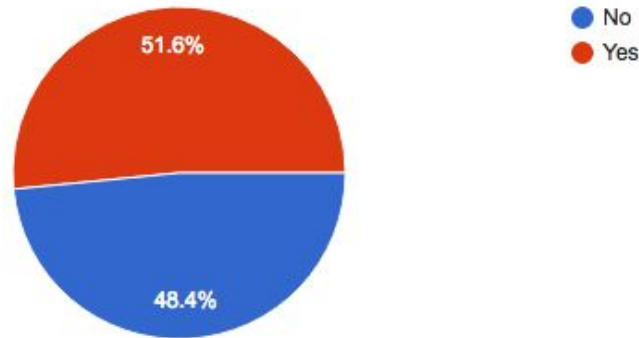
**In your opinion, did this event reduce stigma related to mental illness?**

65 responses



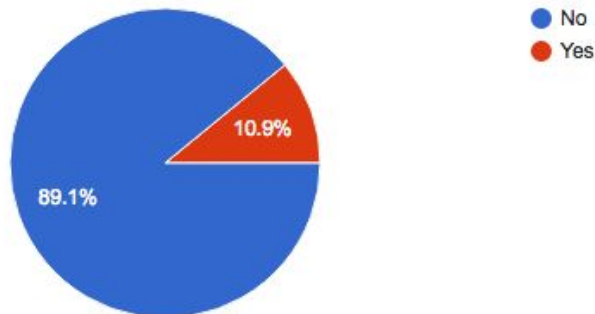
### Did you know about your school's counseling services before this event?

64 responses



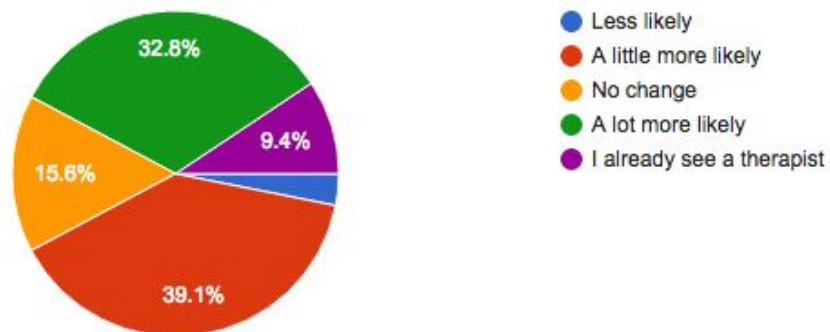
### Did you know about Prop 63/ the community-based mental health resources before this event?

64 responses



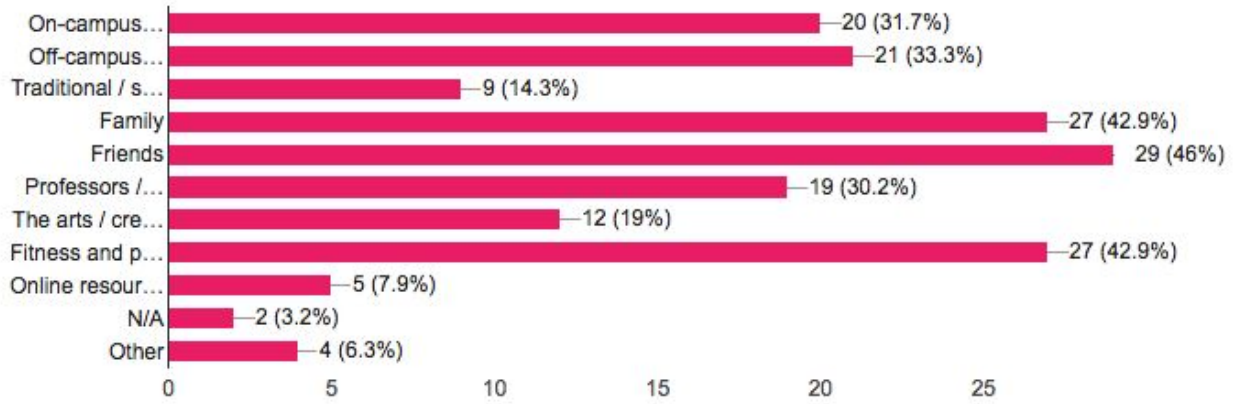
### After this event, are you more or less likely to seek support for your mental health?

64 responses



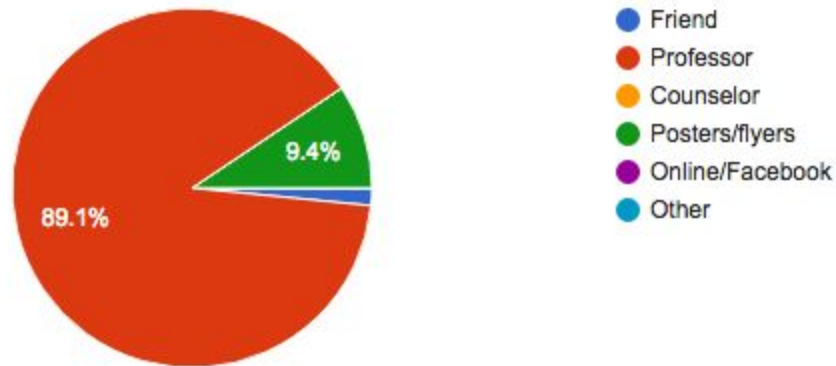
## What type of mental health support do you think would be most useful to you?

63 responses



## How did you hear about this event?

64 responses



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

- Mental health should be something we should be more aware about, not only for ourselves but also for those who have trouble seeking help
- It's not shameful to admit you need help
- You never know, someone could be sitting next to you suffering from some mental illness
- There are so many aspects to mental health and there's a wide spectrum of mental illnesses
- There is help out there!
- Always be considerate to everyone; mental health problems are everywhere
- That stigma in the black community needs to change
- Everyone is going through something and we all go about it in a different way. Some are more

open while others quietly cope

- I feel less alone by hearing other's stories of mental illness
- how to spot mental illness and will be able to point someone in the right direction
- Mental health stigmas are very prevalent in society
- Encourage empathy
- We cannot be bystanders when it comes to sticking up to mental health assumptions
- To be more considerate towards mental health issues

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

- Very informative, good for beginners or for people who are already advanced in mental health.
- Makes you feel comfortable and relieved to feel that you are not alone
- Very eye-opening, provides great insight to something that should not have a stigma attached to it
- This event will give a full definition and reality of mental health
- A unique perspective on how art/MH connect
- Creative
- A real eye-opener on how people live with mental health problems
- Mind blowing
- A deeper and visual understanding of mental health
- Awareness and ways to help or find help
- This event explains about the stigma and misconceptions towards mental health in the community and society
- I would tell them I got a new insight on recognizing how we view people with MH issues...we have much to do!!!
- Wonderful, realistic and informative
- A very useful event in which it helps people to understand more about MH

How can we improve this event in the future?

- Provide more information about mental health. Audience participation was really good but I also wanted concrete information (x3)
- Find more panelists (I know it is out of your control)
- How to start treatment - NA - Perfect
- A wider perspective of cultural stigmas that affect MH (esp in minorities)
- More advertisements about future events
- Stick to time frame
- It was great!
- Longer panel discussion/more group discussion time
- The first movie was the weakest
- More interaction
- I feel showing films that focus on recovery and progression of people who have success stories
- Make it bigger and longer! Those who are interested would appreciate all the help and talking about MH.
- No change needed
- I don't think it needs improvement; this event is well explained
- More time to talk in groups; definitions after open discussion
- I think this event was well organized

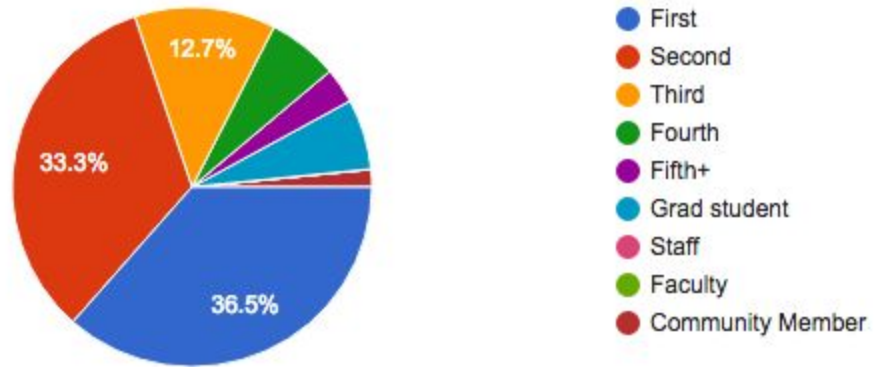
- Resource contacts or URL links
- It was great!
- Involve the audience a little less so that we can hear what the speaker has to say
- Better flowing transitions
- Less group chat and one lady on the panel spoke too much about resources
- Everything is good as is in the given timeframe
- Nothing really. It was great
- Include other films that are on topics you haven't explained yet
- Better lighting
- More promotion
- A/C is too high
- Maybe gives us ways to approach helping people with mental health issues so they can be there for support
- Respond more to the stories that people are sharing
- I don't think it needs improvements, I honestly liked and enjoyed this event
- No need for improvement

## Major?

- Nursing (5)
- Psychology (25)
- Psychology / Child Development
- Psychology / Music
- Psychology / Nursing
- Animal Health Science
- Biomedical Engineering
- Political Science
- Biology (3)
- Radiology
- Business (4)
- Computer Engineering
- Sociology (3)
- Social Work
- Nutrition
- Kinesiology
- Pre-school teacher
- Criminal justice
- Speech-pathology
- Human Development / Health Science
- Studio Art
- Communication studies

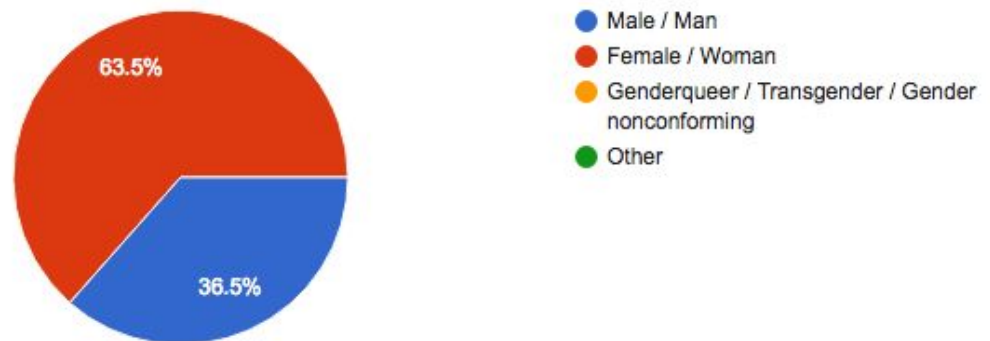
## Year

63 responses



## Sex/Gender

63 responses



## Identifiers

Asian / Asian American	Hispanic / Latinx	White / Caucasian	Black / African / African American	Indian / South Asian	Middle Eastern	Multi-Racial
11	27	5	7	2	1	9
18%	44%	8%	11%	3%	2%	14%