

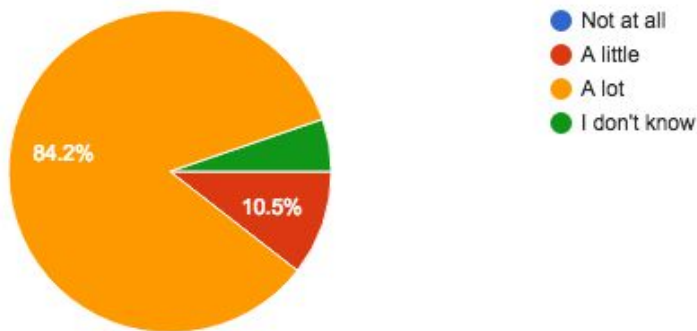
Movies for Mental Health Gavilan College

May 3, 2018

n=19 (~45 total attendees)

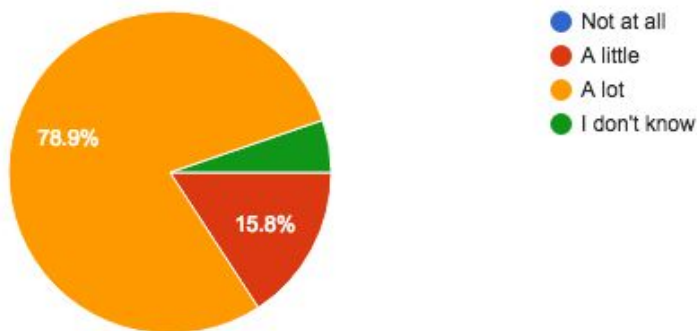
In your opinion, did this event create awareness of mental health issues?

19 responses



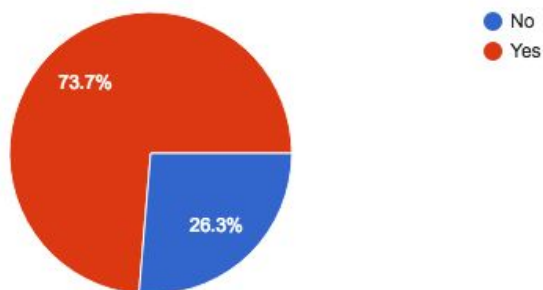
In your opinion, did this event reduce stigma related to mental illness?

19 responses



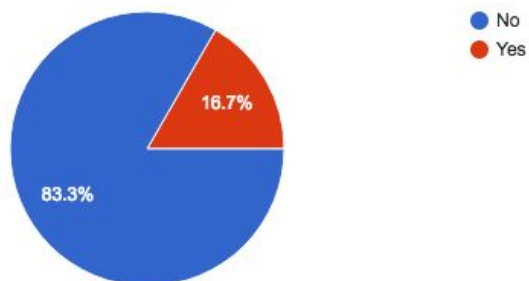
Did you know about your school's counseling services before this event?

19 responses



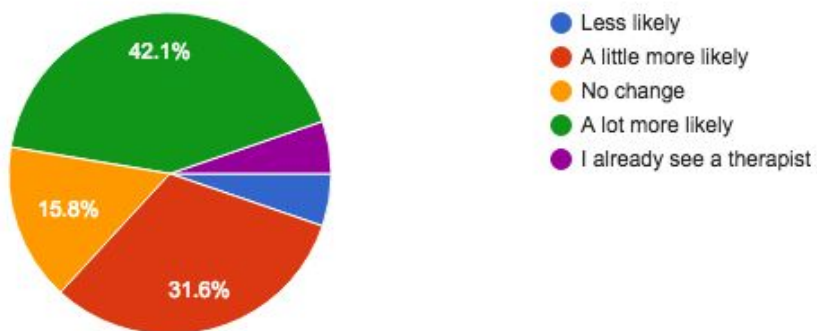
Did you know about Prop 63 / the community-based mental health resources before this event?

18 responses



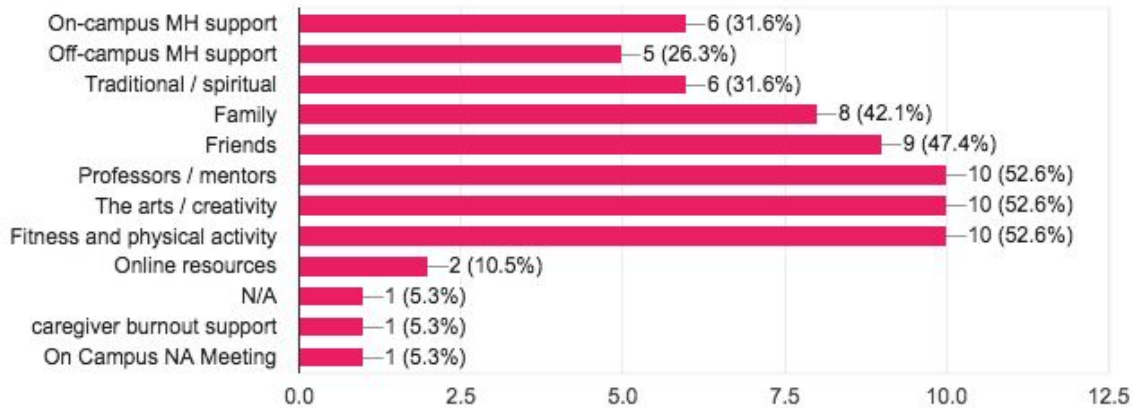
After this event, are you more or less likely to seek support for your mental health?

19 responses



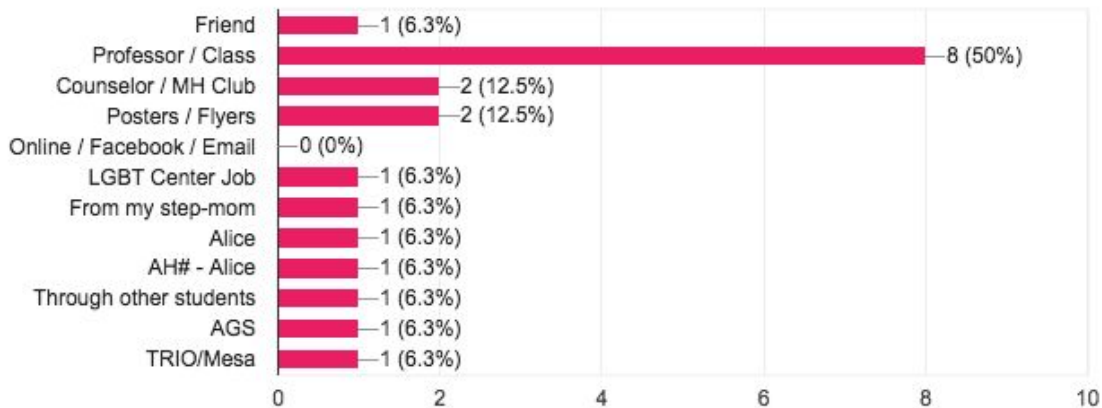
What type of mental health support do you think would be most useful to you?

19 responses



How did you hear about this event?

16 responses



What was your main takeaway?

- People are different and going through things, help people out, help people find themselves
- That I am NOT alone
- Everyone struggles and can benefit from help
- An insightful experience
- Little Elizabeth video, and Nolan! Loved both and Discovery Counseling. I've gone to them
- We need to eliminate stigma
- I am not alone
- Mental health is super important

- We are not alone and it is never too late
- Seek help
- My main take was knowing to seek for help no matter what and to help others.
- Came in positive, came out questioning myself, paranoia is a bitch =)
- Mental illness and mental wellness are simultaneous
- Not every mental illness is severe, there are many less severe as seen everywhere
- Keep communicating
- I'm not alone
- It was eye-opening

How would you describe this event to a friend?

- Beautiful explained, visual examples of what people go through
- Beautiful and transformative
- educational, safe, helpful, eye-opening
- An insightful experience.
- Amazing
- Amazing! Eye opening!
- Very helpful, informational, and safe
- Informative
- Inspirational
- Very helpful
- Be careful
- Very eye opening
- Informational
- Great event for awareness
- Eye-opening
- Everyone should go.

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

- No time sometimes
- Money/selfish time
- Environmental impacts, family issues, self-esteem, trauma, past abuse
- If I ever felt that mental health was taking over me, I think what would stop me is thinking its not that bad.
- I close myself off and get angry. I don't want to be weak.
- Others judgement
- Not making time, ignoring symptoms
- Recognizing signs of mental illness
- Opening myself to others
- Myself
- None
- Yourself, society
- Stigma
- Support from family

How can we improve this event in the future?

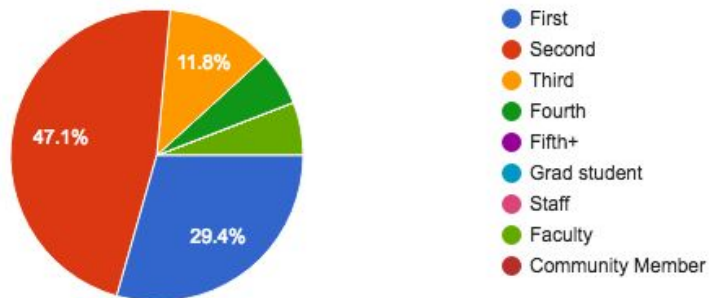
- Not needed
- N/A
- Cover more topics?
- Maybe more than one speaker
- Host more events
- No need to improve, very successful event
- Don't know
- Have more people on panel who've dealt with different mental illnesses
- More videos

Major?

- Health Sciences - 4
- Nursing - 4
- Psychology - 3
- Kinesiology - 2
- ECE - 1
- Liberal Arts - 1
- Physics - 1

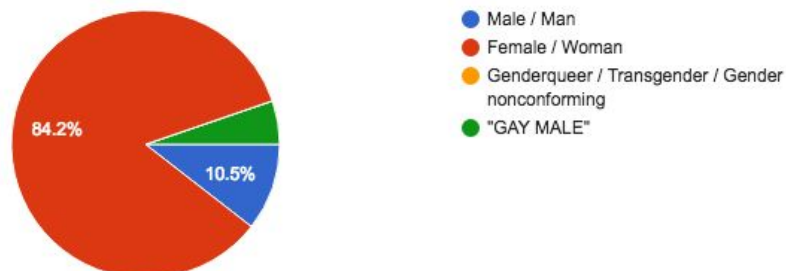
Year

17 responses



Sex/Gender

19 responses



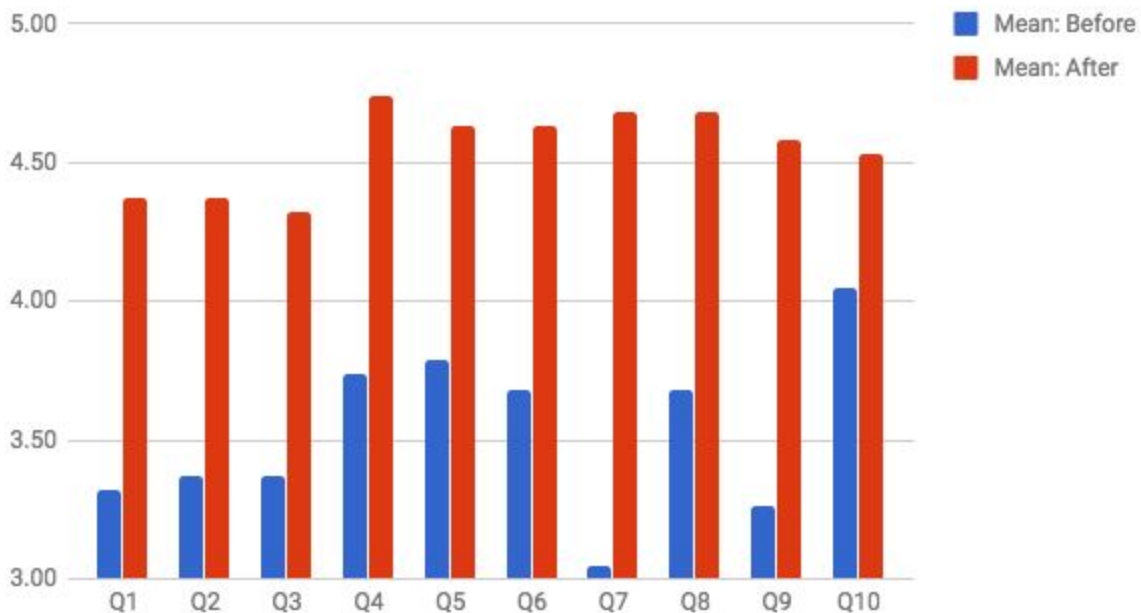
Ethnicity

Black / African American	White / Caucasian	Hispanic / Latinx	Multi-Racial
1	3	9	5
6%	17%	50%	28%

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.