

# Movies for Mental Health

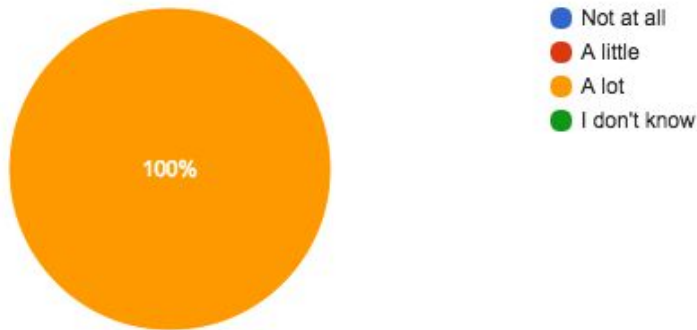
## Hartnell College - Morning Workshop

October 24, 2017

n=15 (~20 total attendees)

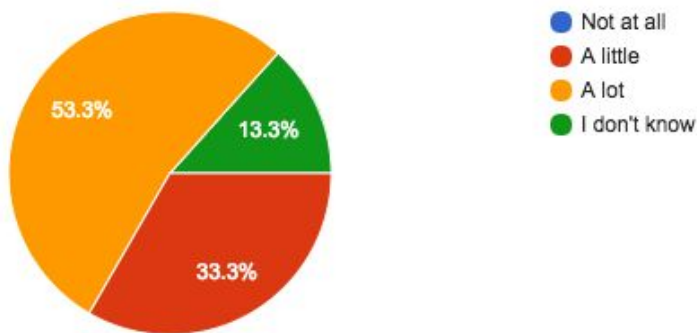
In your opinion, did this event create awareness of mental health issues?

14 responses



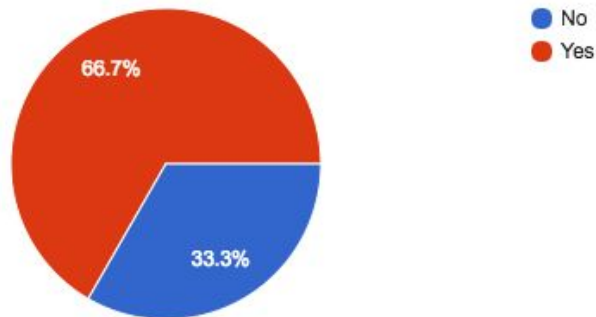
In your opinion, did this event reduce stigma related to mental illness?

15 responses



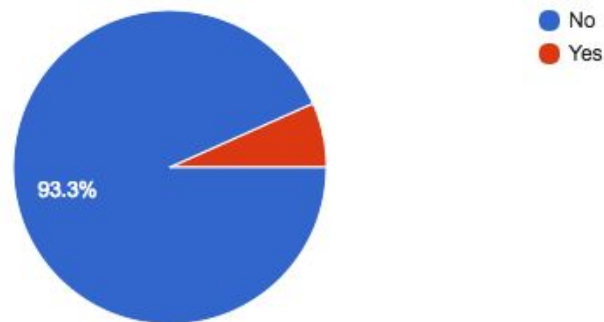
### Did you know about your school's counseling services before this event?

15 responses



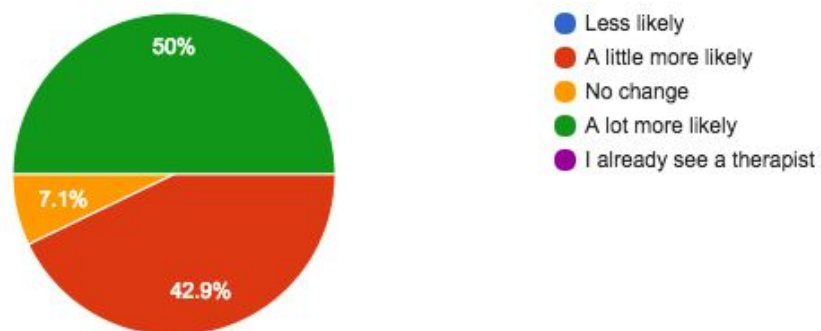
### Did you know about Prop 63/ the community-based mental health resources before this event?

15 responses



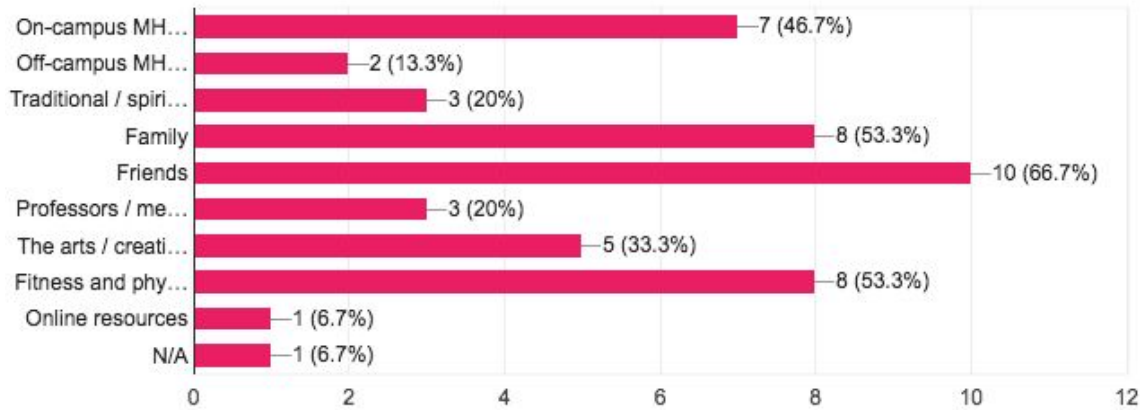
### After this event, are you more or less likely to seek support for your mental health?

14 responses



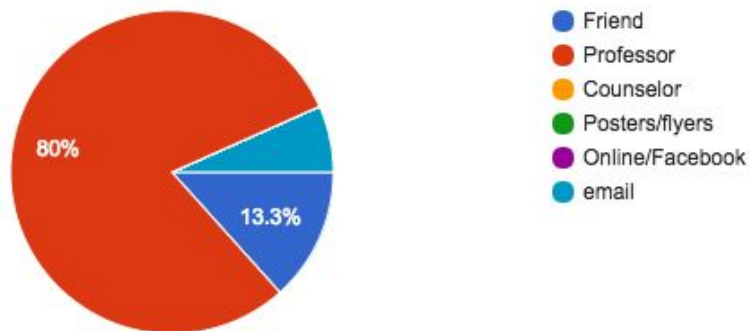
## What type of mental health support do you think would be most useful to you?

15 responses



## How did you hear about this event?

15 responses



## What was your main takeaway?

- Mental health can be serious and can affect learning.
- That mental health is important and necessary for day to day life.
- Everything
- I need to talk about my mental health.
- Know where and how to seek help for whenever it is needed
- The normal looking guy with bipolar disorder
- N/A
- Informative
- Go ask for help
- Importance of seeking help
- More understanding about mental illness
- People should seek help

- Don't stay quiet about your mental health
- New resources
- Stigma that I was putting on my mind

### How would you describe this event to a friend?

- Slow process, but very informational and adds awareness to mental illness and resources.
- It was helpful and resourceful
- Great
- Informative
- Very helpful in helping someone understand what mental illness really is
- Very educational
- Necessary for everyone
- Impactful and informative
- Very informative
- Short films and discussion about mental health that provides awareness.
- Helpful
- Informational about mental health
- An eye opener
- Useful, helpful, interesting
- Helpful and has lots of information

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

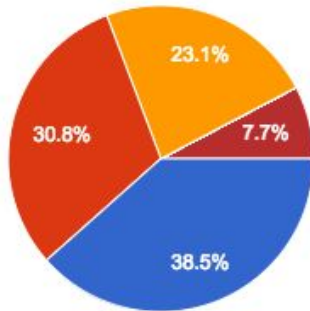
- More examples and other types of mental disorders should have been presented.
- Having more group discussion
- N/A (x3)
- More people sit closer
- Reach out to a bigger audience
- Advertise more
- More publicity
- Give a couple of examples of different mental illnesses
- Letting people know what they can do to help
- I don't know
- More people to talk to

### Major

- Biology
- Administration of Justice
- Nursing
- Psychology (x3)
- Kinesiology
- N/A
- Elementary school teaching
- Math
- LVN/Psych
- Education
- English

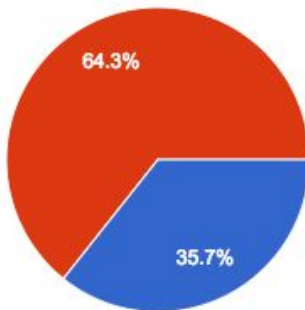
## Year

13 responses



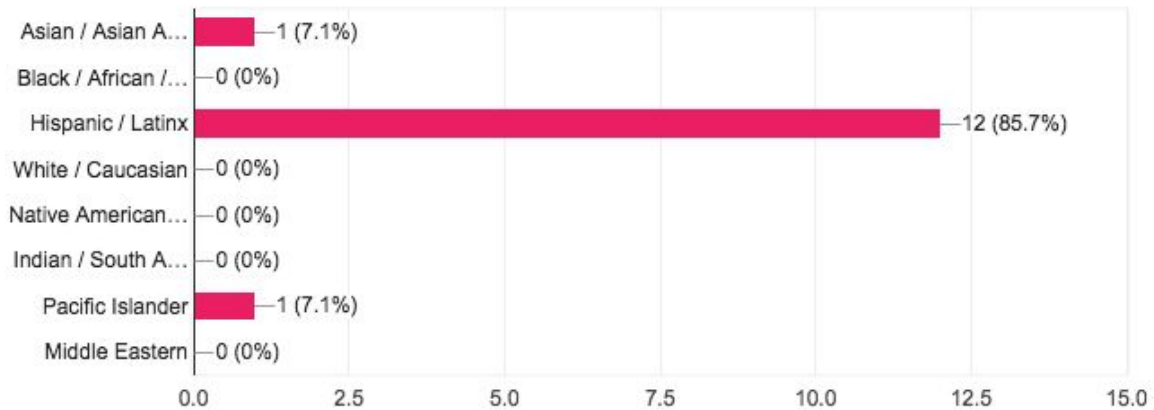
## Sex/Gender

14 responses



## Identifiers

14 responses



# Movies for Mental Health

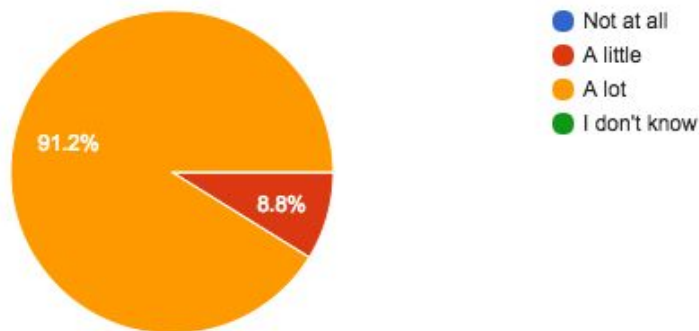
## Hartnell College - Afternoon Workshop

October 24, 2017

n=34 (~40 total attendees)

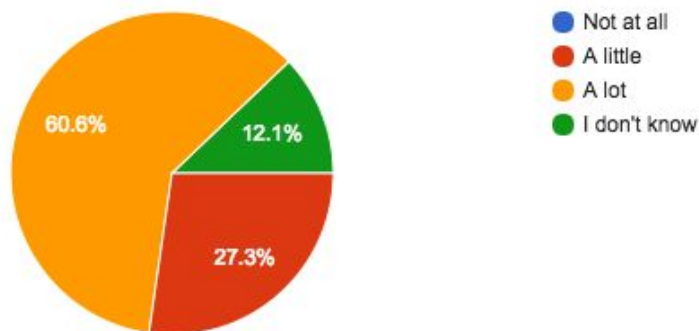
In your opinion, did this event create awareness of mental health issues?

34 responses



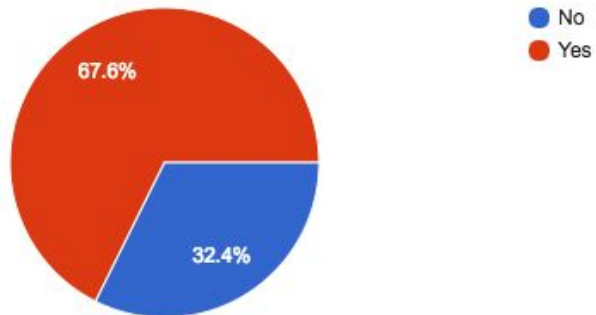
In your opinion, did this event reduce stigma related to mental illness?

33 responses



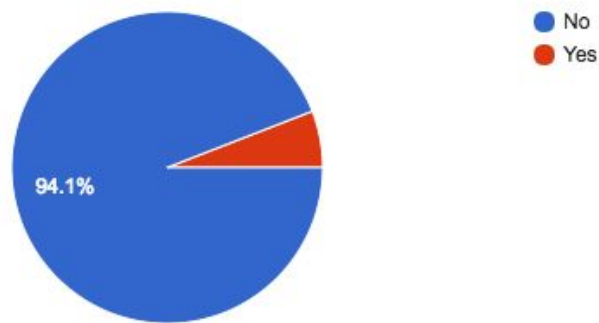
### Did you know about your school's counseling services before this event?

34 responses



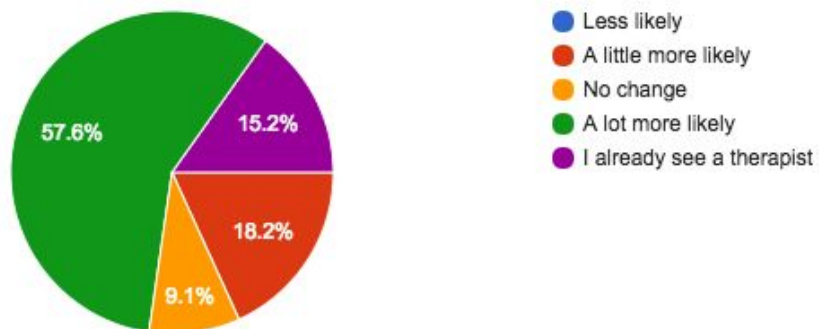
### Did you know about Prop 63/ the community-based mental health resources before this event?

34 responses



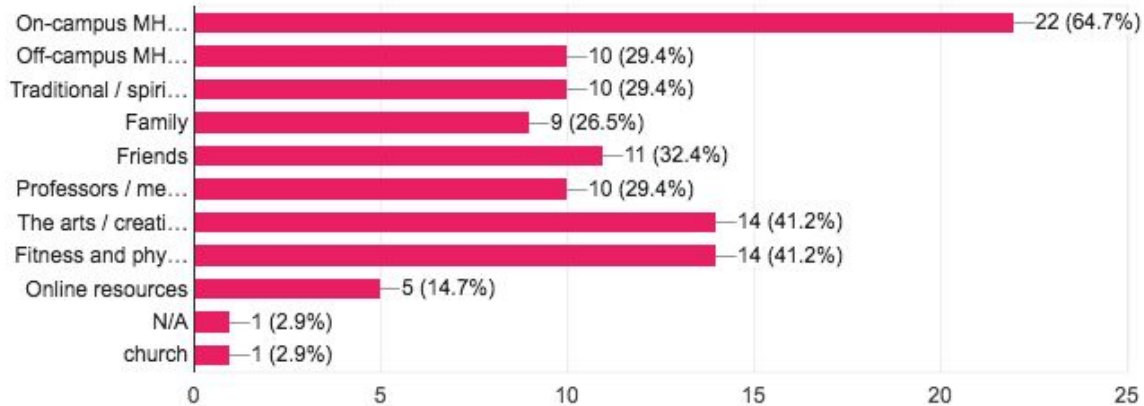
### After this event, are you more or less likely to seek support for your mental health?

33 responses



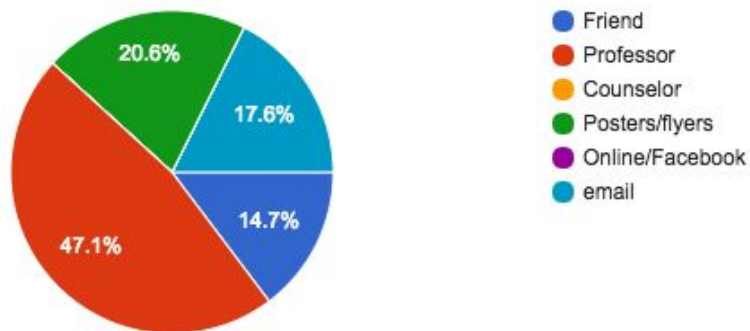
## What type of mental health support do you think would be most useful to you?

34 responses



## How did you hear about this event?

34 responses



## What was your main takeaway? (Highlights - see Raw Data for full list)

- I need to seek help
- The images in the third video [The Chair]
- It's ok to talk about mental health issues
- Other people I met here share the same beliefs
- I learned more about stigma and how it relates to mental health
- Society sees mental illness as a negative thing when in reality the only thing being negative is society.
- Emboldened to help fellow students or staff seek help
- It's okay to seek help. Having a mental illness does not define who a person is.
- Seeking help for mental illness is important. You are not alone in this struggle. Just keep breathing and looking forward because there's always hope.



- It happens more than we think
- Mental health is not black and white. Ever.
- I learned to be aware of mental illness and people around me.
- I was listening to how people going through mental illness were so hard on themselves and once people are educated, there is empathy and kindness.

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

- Informational, thought-provoking
- This event really does help and opens up
- An amazing and wonderful event
- Educational and informative
- A good learning experience
- It is a very helpful event to attend and receive information about mental health
- I would describe it as something that doesn't identify a person but something they can do to improve mental health
- For someone who is not well familiar with stigma or mental health, you would be able to pass on the info once it is over
- It opens your eyes to see that mental illness is not being crazy.
- A good and supportive event
- It is a must-see event that teaches you about mental illnesses, the stigma around them and how to overcome the fear and seek help.
- Powerful and insight is inevitable

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

- Air conditioner (x4)
- You guys did great! / No improvements (x10)
- Longer, fewer films. More time for talk.
- Set the audience up in a way that won't cause them to spread out
- More time
- Add free popcorn
- Advertise earlier
- Table and chairs to make our talk to each other better
- Having activities related to the topics
- Include famous people
- By giving the actual definitions of things like mental illness and stigma and not just listening to people's opinions about what these things are.
- Everything was great. Thank you for providing lunch!
- Organizing more events of this in the community
- Do this more often

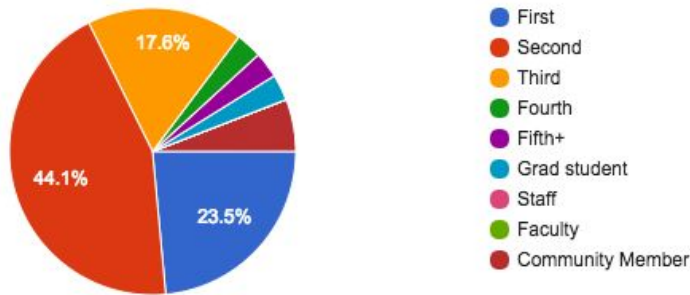
### Major

- Psychology (x12)
- Biology (x3)
- Nursing (x3)
- Kinesiology
- Communications

- Law Enforcement
- Computer Science
- Elementary Teacher
- Japanese Language and Culture
- Early Childhood Education
- Nursing, Psychology
- Business
- Social Work
- Teaching
- Health Education Specialist
- Business Administration
- Liberal Arts

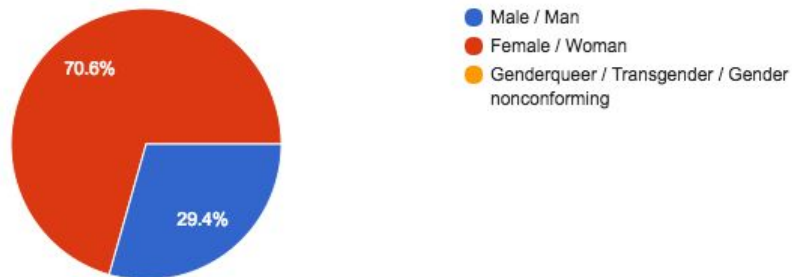
### Year

34 responses



### Sex/Gender

34 responses



### Identifiers

	Asian / Asian American	Pacific Islander	White / Caucasian	Hispanic / Latinx	Multi-Racial
Middle Eastern	1	1	3	25	2
	3%	3%	9%	76%	6%