

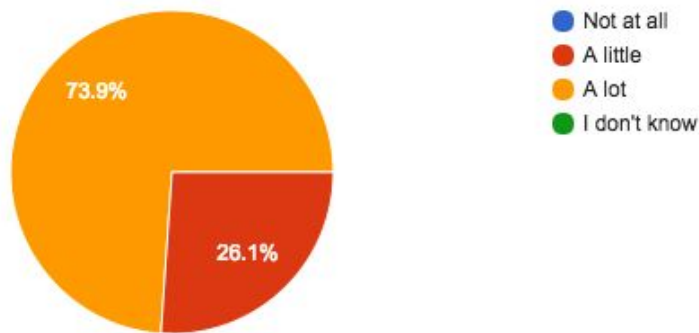
# Movies for Mental Health Jefferson Community College - Evening

November 9, 2017

n=23 (~40 total attendees)

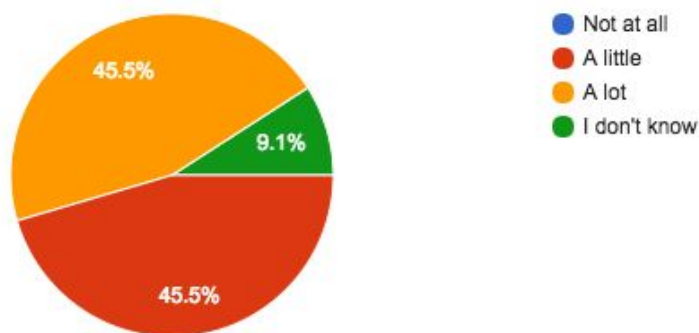
In your opinion, did this event create awareness of mental health issues?

23 responses



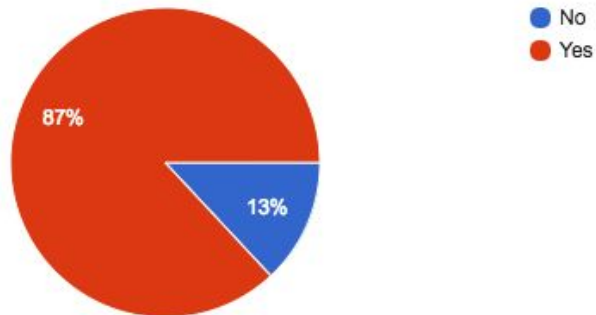
In your opinion, did this event reduce stigma related to mental illness?

22 responses



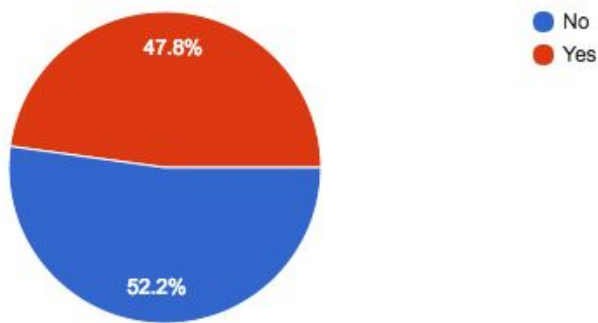
### Did you know about your school's counseling services before this event?

23 responses



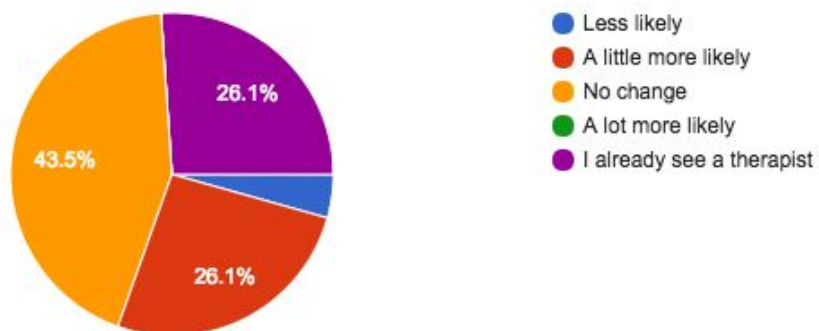
### Did you know about the community-based mental health resources before this event?

23 responses



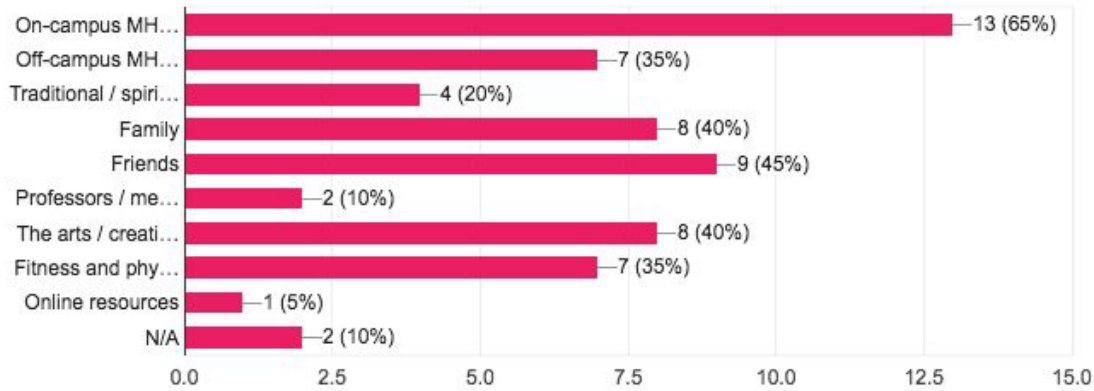
### After this event, are you more or less likely to seek support for your mental health?

23 responses



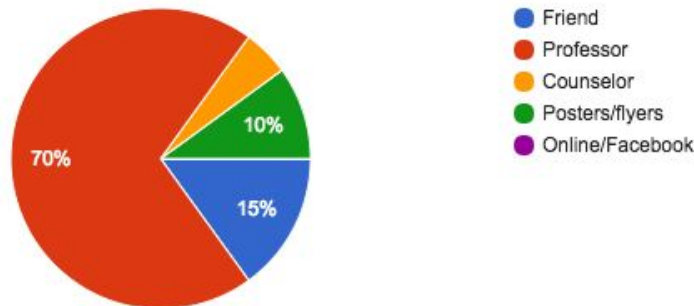
## What type of mental health support do you think would be most useful to you?

20 responses



## How did you hear about this event?

20 responses



## What was your main takeaway?

- How constraining mental illness is for those suffering
- It is more common than thought
- It shouldn't be something to not talk about
- Resources available
- There is help out there
- There are resources around the community
- Depression happens to anyone
- I didn't really learn anything new
- Be supportive, you never know what someone is going through
- That mental illness is very serious
- Mental health is a treatable problem
- I feel like I helped a lot of people through speaking
- I should seek help before it's too late

- No matter how bad you feel about yourself, someone is there for you
- I'm not alone and a lot of people share problems with me
- No limitations to mental illness, people deal with it every day and more have it but don't seek help
- It's important to help the ones you care about, deal with their mental illness

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

- Informative (x3)
- Mental health explanation/representation
- Mental health awareness
- Films that help you see how mental illness feels
- Eye opening
- Eye opening and interesting
- A good way to break stigma, understand mental health, and understand that no one is alone
- Awareness
- I would describe it as powerful
- Very helpful
- Nice
- Enlightening, warm hearted
- Very descriptive and learning process about mental health
- Resourceful, insightful
- Extremely insightful, starting point to reach out for help
- Insightful

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

- Nothing - the event was great (x4)
- Explain treatment options more
- Treatment options, more diversity in disorders other than anxiety and depression
- Cards of handouts of resources
- Have more students talk about their stories
- Talk about a variety of mental health examples
- Talk more about other mental health other than depression
- Expand on other mental illnesses other than depression
- More videos/longer videos
- I would say a microphone to hear people better
- More students who talk
- Maybe have more people talk about what they go through
- Make it shorter

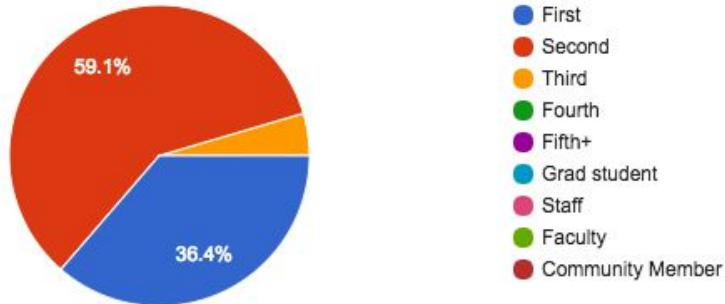
### Major?

- Human Services (x7)
- Psychology (x4)
- Criminal Justice (x2)
- Nursing (x2)
- Humanities and Social Services
- Doctorate Physical Therapy
- Accounting

- Medical Administration
- Zoo Tech
- Math/Science
- Liberal Arts
- Assoc. Applied Science

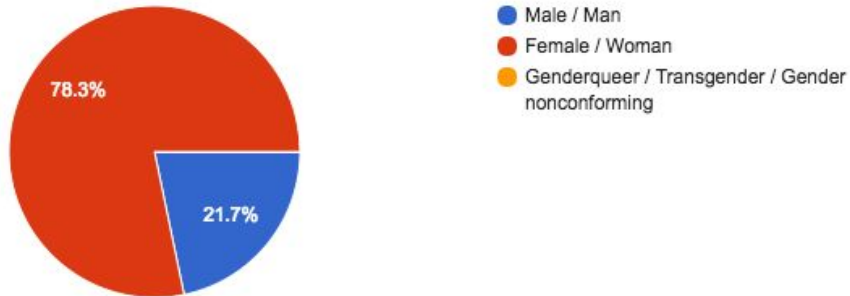
## Year

22 responses



## Sex/Gender

23 responses



## Ethnicity

Black / African American	Asian / Asian American	White / Caucasian	Hispanic / Latinx	Haitian
3	1	14	4	1
13%	4%	61%	17%	4%