

# Movies for Mental Health

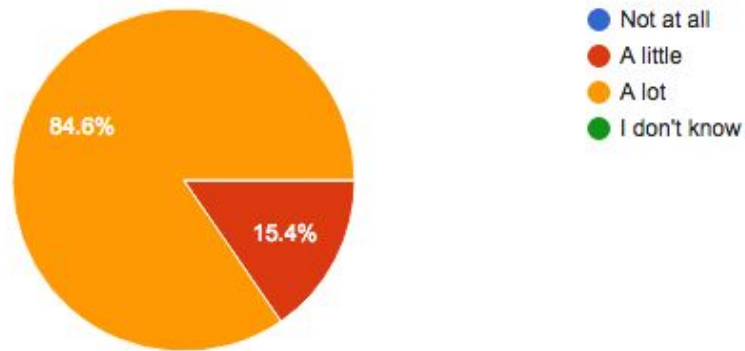
## LA Mission College

March 21, 2017

n=45 (~100 total attendees)

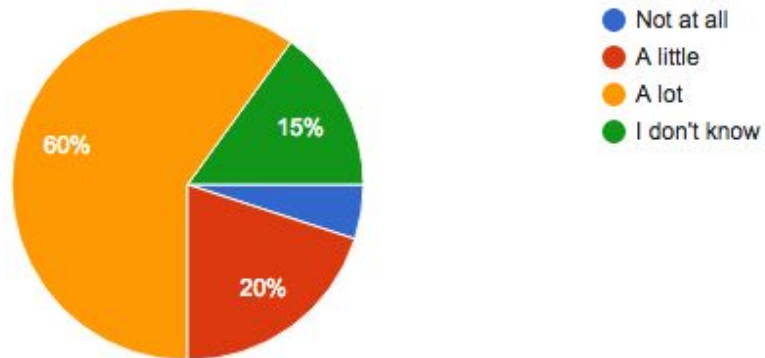
**In your opinion, did this event create awareness of mental health issues?**

(39 responses)



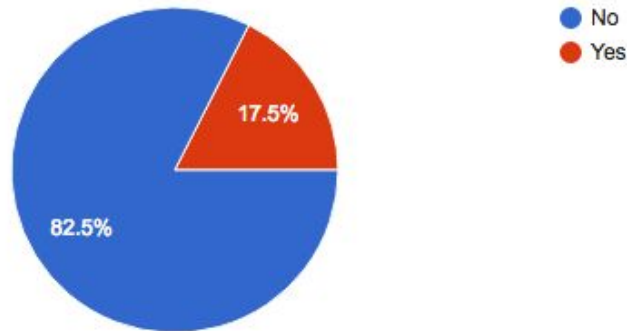
**In your opinion, did this event reduce stigma related to mental illness?**

(40 responses)



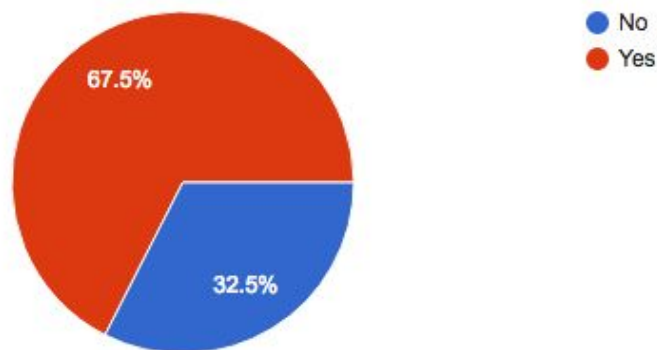
### Did you know about Prop 63/ the community-based mental health resources before this event?

(40 responses)



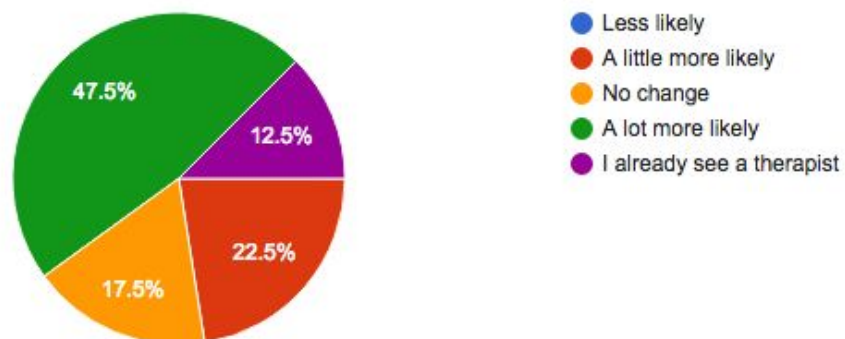
### Did you know about your school's counseling services before this event?

(40 responses)



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

(40 responses)

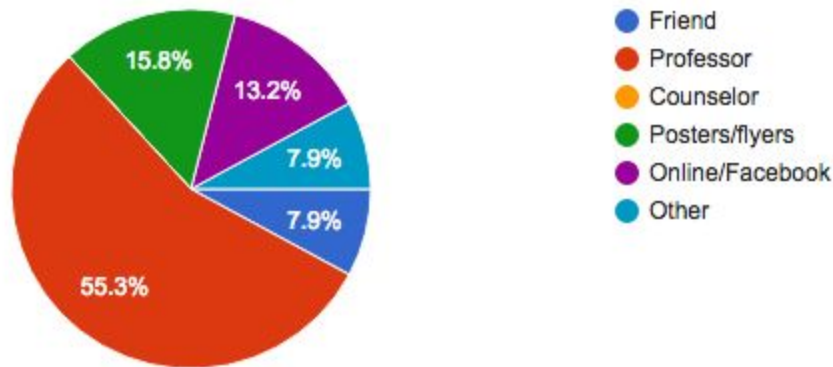


## What type of mental health support do you think would be most useful to you?

(40 responses)



## How did you hear about this event? (38 responses)



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

- There is always hope!
- We have a responsibility to be there for people that need mental health support
- To keep going no matter what (i'm a suicide survivor :) Mental issues aren't a weakness; in time, things get better
- It is okay to have a mental illness
- There are many individuals who secretly suffer and seek help and sometimes little things can help
- Awareness of mental health issues and the stigma behind it
- Mental health is a serious problem that most people don't know about how to deal with or cope with. But there are ways to get help and support
- We're never alone in our struggles in life. Be someone's hand

- Mental health is important to one's ability to thrive and succeed and stigma is real & something to be addressed
- Seek help even if I am seen as weak
- Enjoyed seeing and learning testimonials of people & their mental health issues
- It was great to see more people interested in mental health

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

- Amazing!
- A program that helps those living with mental illness as well as friends and family
- Enlightening
- Highly recommended to my patients with mental illnesses
- This is essential if you want to know more about mental health
- Life changing
- There is hope
- Completely informs you about mental health
- Inspirational and educational event about mental illness
- Very informative and beautiful
- A meaningful and useful first step for the college
- An introduction to mental health and the impact it has on one's life
- One of a kind
- Uplifting/motivational
- Creating awareness & empathy

How can we improve this event in the future?

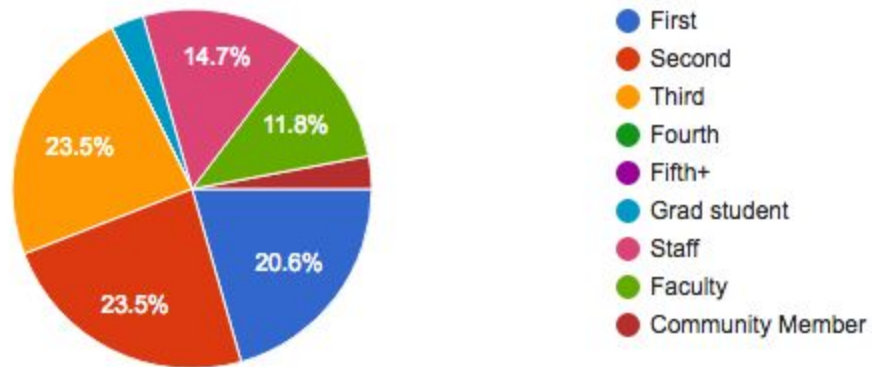
- N/A (7)
- Everything was well done - great job! (7)
- Create more awareness of the event (3)
- I do not know yet (2)
- More short films
- To not have stigma for those going through any illness
- Provide workshops that are available
- Have event more often 2Xs/year
- Make it available for more students
- Provide a break
- Ask audience to complete survey before the event starts

Major?

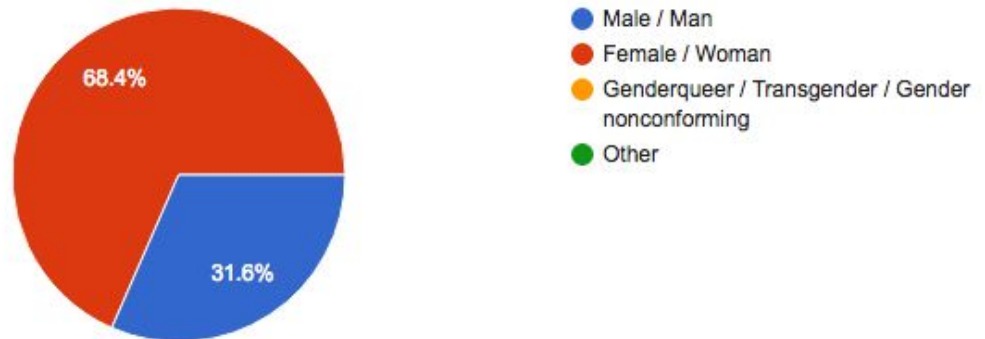
- Psychology (10)
- Nursing (4)
- Business Management/Administration (2)
- Undecided (2)
- PT Instructor - ESL
- Health Sciences
- Education

- Sociology
- Computer Science
- Animal Science
- Social Work
- Public Health

**Year** (34 responses)



**Sex/Gender** (38 responses)



**Identifiers**

Asian / Asian American	Hispanic / Latinx	Native American / First Nations	Pacific Islander	White / Caucasian	Multi-Racial
1	27	1	2	2	5
3%	71%	3%	5%	5%	13%