

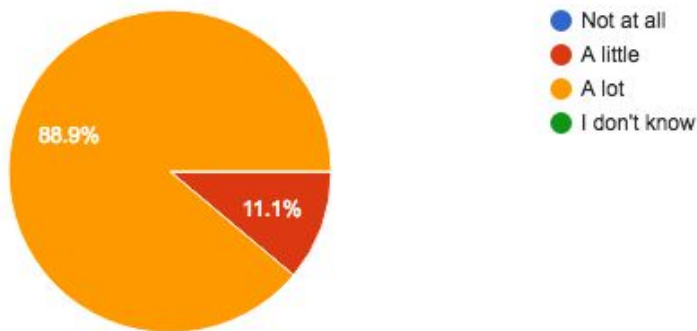
Movies for Mental Health La Salle University

April 19, 2018

n=9 (~18 total attendees)

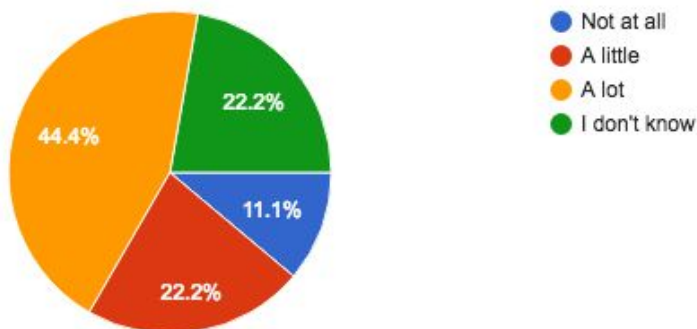
In your opinion, did this event create awareness of mental health issues?

9 responses



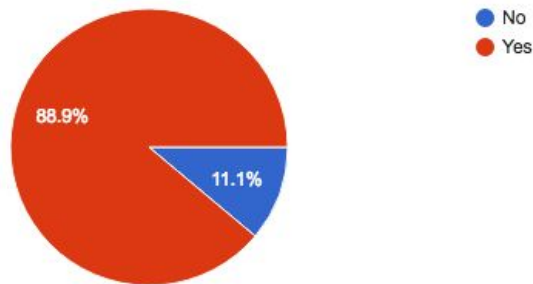
In your opinion, did this event reduce stigma related to mental illness?

9 responses



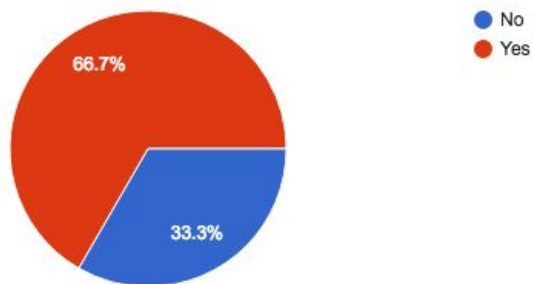
Did you know about your school's counseling services before this event?

9 responses



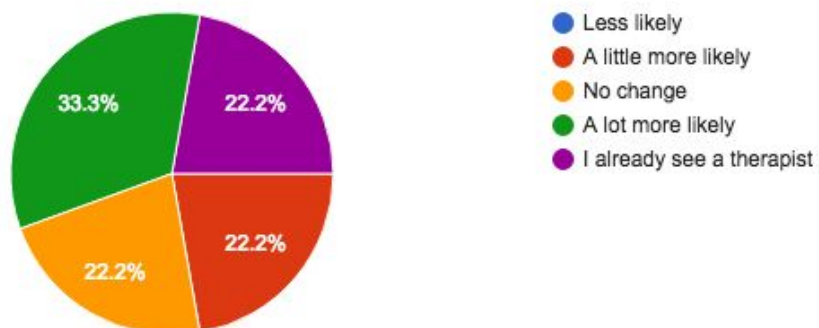
Did you know about Prop 63 / the community-based mental health resources before this event?

9 responses



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

9 responses

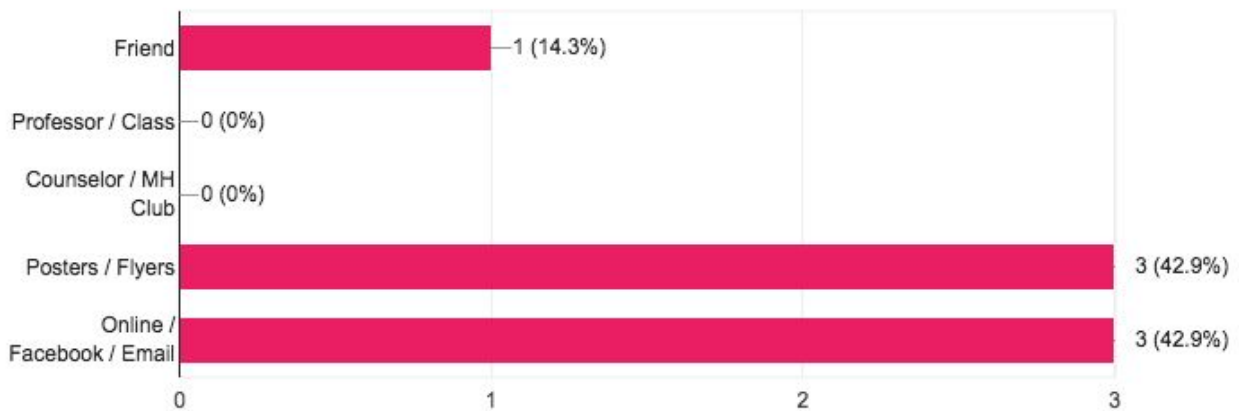


What type of mental health support do you think would be most useful to you?

On-campus MH support	6
Off-campus MH support	4
Traditional / spiritual	6
Family	6
Friends	6
Professors / mentors	6
The arts / creativity	2
Fitness / physical activity	6
Online resources	1

How did you hear about this event?

7 responses



What was your main takeaway?

- Stigma remains
- There are other people dealing with MI
- Mental health is important and we should erase the stigma
- Really important
- It can be anyone
- Be more mindful about what others are going through

How would you describe this event to a friend?

- Good way to sensitize students to mental health issues
- Informative
- Well-informed program based on MH
- Well needed event
- Eye opening
- Insightful

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

- Admitting need
- People actually understanding
- Having severe depression, anxiety, and social anxiety makes me feel alone
- Being able to talk to someone
- Availability
- Worried therapy wont work

How can we improve this event in the future?

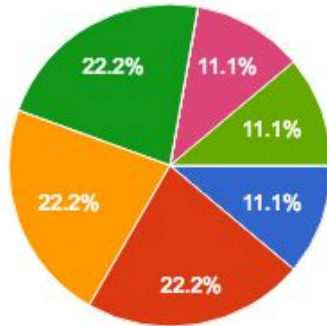
- Encourage teachers to give extra credit to increase attendance
- More help
- Broadcast it better with signs
- Have more
- It's great
- A bit shorter

Major?

- Psychology - 2
- Nutrition
- English
- Public Health
- Elementary / Special Education
- Biology

Year

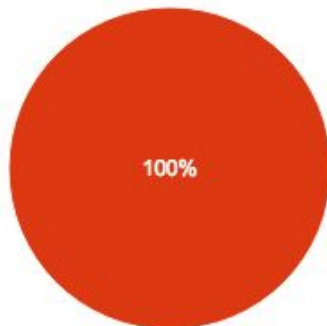
9 responses



- First
- Second
- Third
- Fourth
- Fifth+
- Grad student
- Staff
- Faculty
- Community Member

Sex/Gender

7 responses



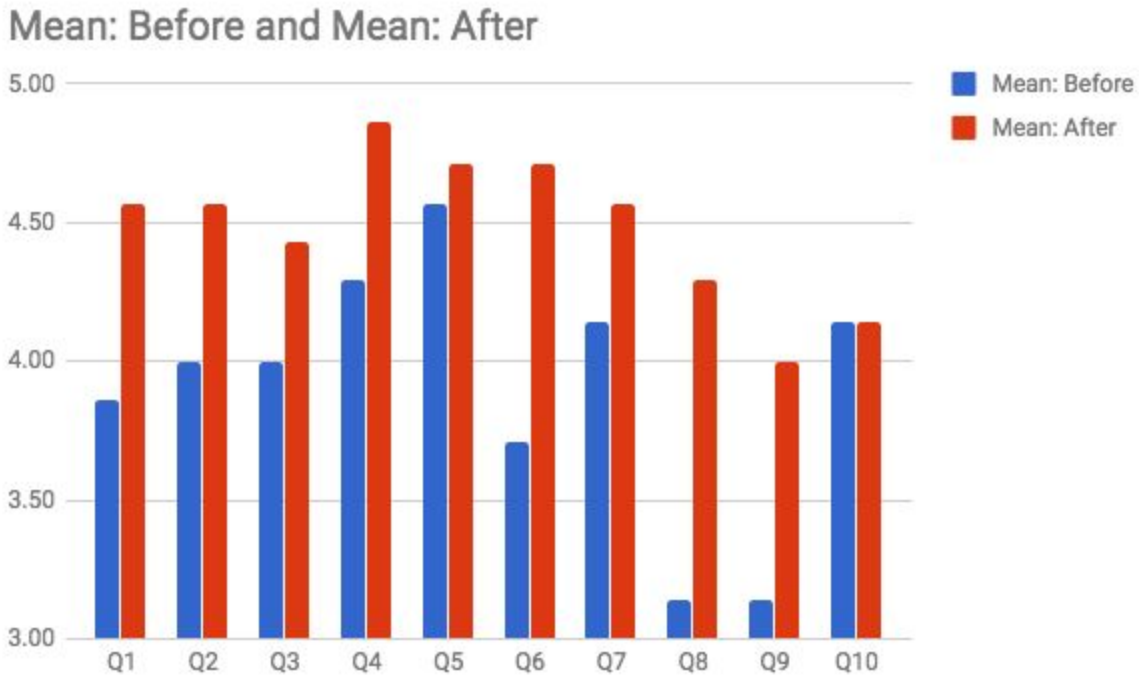
- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

Ethnicity

Black / African American	Asian / Asian American	White / Caucasian	Hispanic / Latinx	Multi-Racial
2	1	2	1	2
25%	12.5%	25%	12.5%	25%

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.



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.