

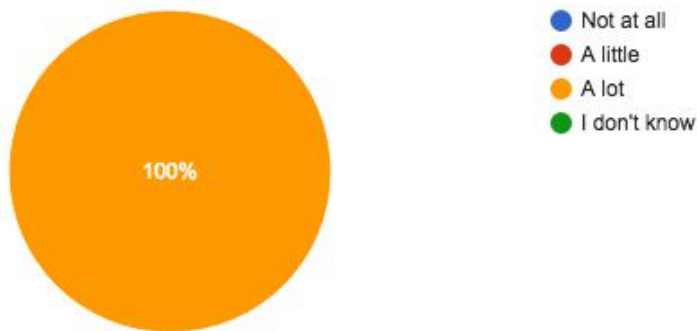
Movies for Mental Health Long Beach City College

May 16, 2018

n=34 (~110 total attendees)

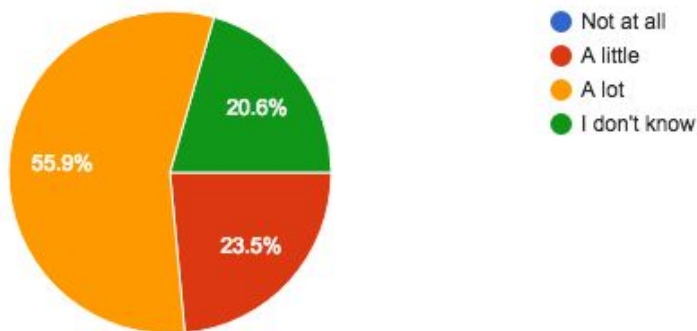
In your opinion, did this event create awareness of mental health issues?

34 responses



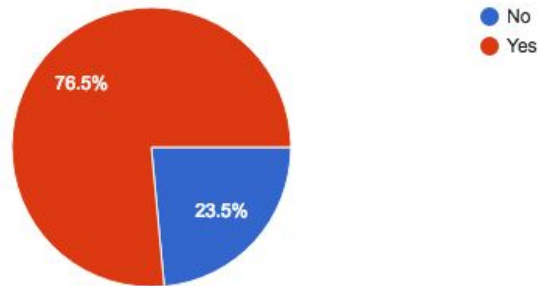
In your opinion, did this event reduce stigma related to mental illness?

34 responses



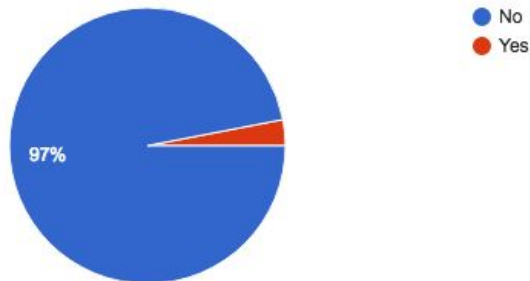
Did you know about your school's counseling services before this event?

34 responses



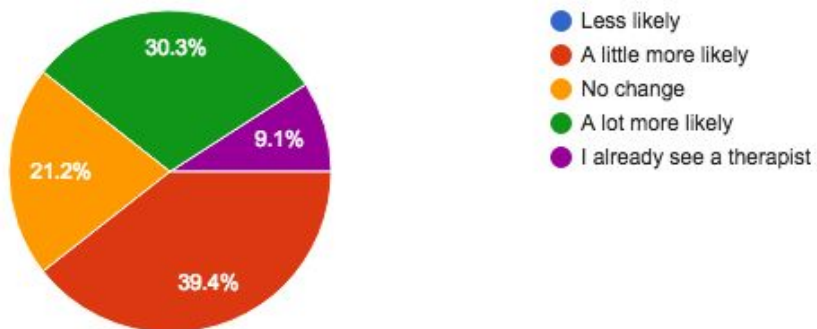
Did you know about Prop 63 / the community-based mental health resources before this event?

33 responses



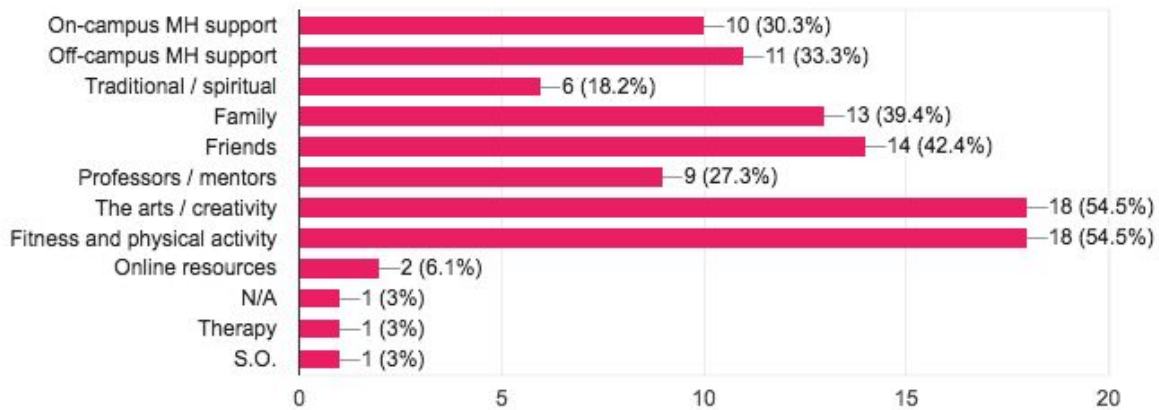
After this event, are you more or less likely to seek support for your mental health?

33 responses



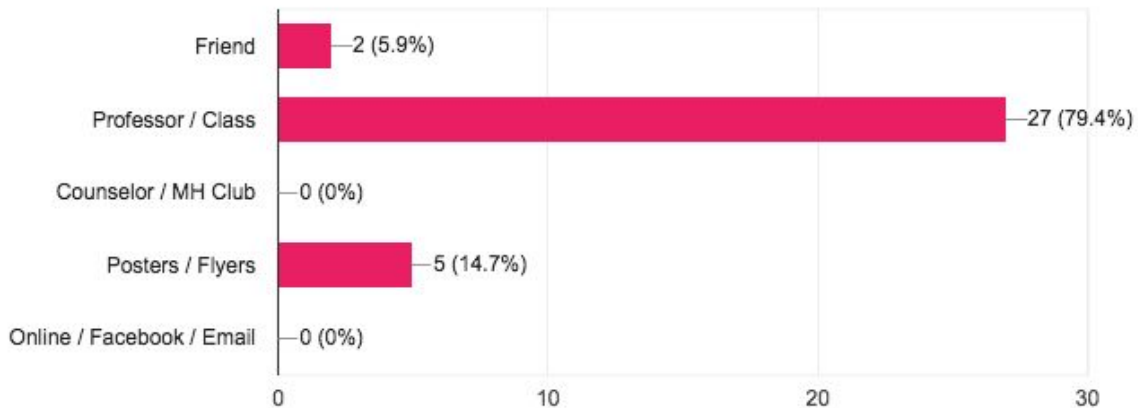
What type of mental health support do you think would be most useful to you?

33 responses



How did you hear about this event?

34 responses



What was your main takeaway?

- Extra Credit
- I learned a lot about mental illness
- Destigmatize mental health, seeking help
- I am not alone and it feels better to know that there are other people out there like me.
- There are others that have been or are going through similar things. if they can seek help for their illness, so can I.
- All the help that is out there for people that need support
- Understanding, and being able to see truth

- Anyone can be in need of MH support
- The Student Panel
- Empathy for individuals with mental health
- That my condition and illnesses are so much more common, I feel a bit less alone now.
- It's okay to get help when you need it.
- Observe people and see if they need help
- Anyone can suffer from MH
- The volunteers in the end
- How important it is to be understanding of mental health
- Everyone has problems that affect their mental health and there are many ways to try to help it.
- We are not alone, there is help available.
- That it's okay to ask for help and that a lot of people go through the same thing.
- It's okay to feel how you feel and not be afraid to help.
- It made me realize if I ever need help I know where to go.
- Get help
- Mental health is still heavily stigmatized and its so important to inform others [of] where to get help.
- Mental Illness - It's real and does not discriminate.
- Encouraging - don't feel as alone
- Not to be afraid to get help for myself.
- That if you have a mental health issue get help
- There are so many resources that I was not aware of.

How would you describe this event to a friend?

- Great way to learn there is a community to support mental health
- An event that makes people aware of the seriousness of mental illness.
- Wowee
- Eye opening
- Educational & informational. Creates awareness and advocacy on campus.
- Mental help awareness
- A benefit to not only those seeking help but those trying to help
- very informative
- An event to help spread awareness of MH
- Very informative on mental health
- Insightful
- Enlightening, helpful, emotional
- That this event showed and explained what mental health is.
- An event that opens up more on what mental health is and the opinion of others.
- Definitely eye opening.
- small discussions about mental health
- Helpful
- Educates on mental health, shares personal examples, shows videos of examples of mental health, interactive presentation
- It spreads awareness about mental health with the use of short videos.
- Educational
- Informative and they should consider attending events like this.
- Gives awareness towards mental health and where to get help.

- HELPS understand different mental illnesses, how media views it, and different ways people deal/view it; ways you can cope.
- Very informative
- Informative
- Very informative and something everyone should experience
- Excellent
- Impactful, powerful
- Very enlightening and useful
- I would describe this event as eye opening and good help
- Extremely helpful in having a better understanding of mental awareness.

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

- I don't think it will help.
- Embarrassment, putting off seeking treatment
- Feeling worthless
- Refusing to acknowledge my diagnosis at times. The stigma that surrounds mental health, & sometimes people not understanding.
- Stress, anxiety, depression, and not accepting that I need help. Also feeling like no one can help with what I am feeling since they don't know what exactly I am going through and also because I don't know how to feel when it comes to expressing how I feel to other people which causes me to miss therapy.
- Trust
- Life struggles
- Not recognizing that I need MH support/not knowing what I need
- Family & time
- Time, ease of access
- I'm scared that I'll be a burden to others. I'm scared that there is more wrong with me than I believe.
- Not wanting to go on meds again
- Not making the time nor having the strength.
- I have no barriers. If I was in a bad situation I'd look for help.
- I have anxiety so talking to people could be a struggle for me & I don't want to be a bother.
- Not wanting to take the time, not being honest with therapist, embarrassed to talk about things
- Feeling like I have to go through it on my own and not let others think there is a problem.
- I'd feel weak/embarrassed getting help.
- Getting the courage to seek help.
- Family, maybe denial
- to me is having my family know and them not understanding
- I am currently in therapy and very aware of my mental state.
- Ashamed/embarrassed
- Shame
- Fear of it getting in the way of my career.
- One of mine is that I don't need it because I can solve my own problems.
- Not wanting to be a burden.

How can we improve this event in the future?

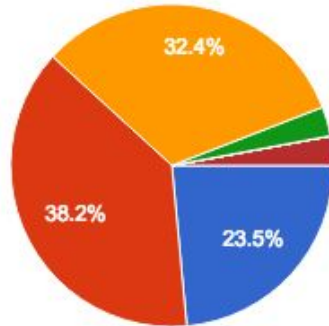
- It is good the way it is
- More peer discussion/different questions
- N/A
- Psychology
- Nothing! You guys are great
- I think it was perfect!
- Make it more awareness to students
- Just find different ways to help myself
- Encourage more students to assist.
- Have more 1 on1 time
- More short movies, they were really impactful
- More advertisement for the event so more people attend
- N/A
- Nothing
- I am unsure

Major?

- Animal Science
- Art Therapy
- Business
- Child Development
- Communications
- Criminal Justice (x2)
- Engineering
- English
- Film
- Math
- Nursing (x3)
- Nutrition
- Psychology (x12)
- Public Health
- Social Work
- Sociology

Year

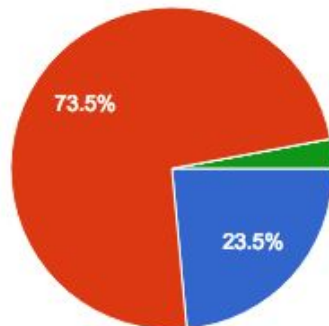
34 responses



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

Sex/Gender

34 responses



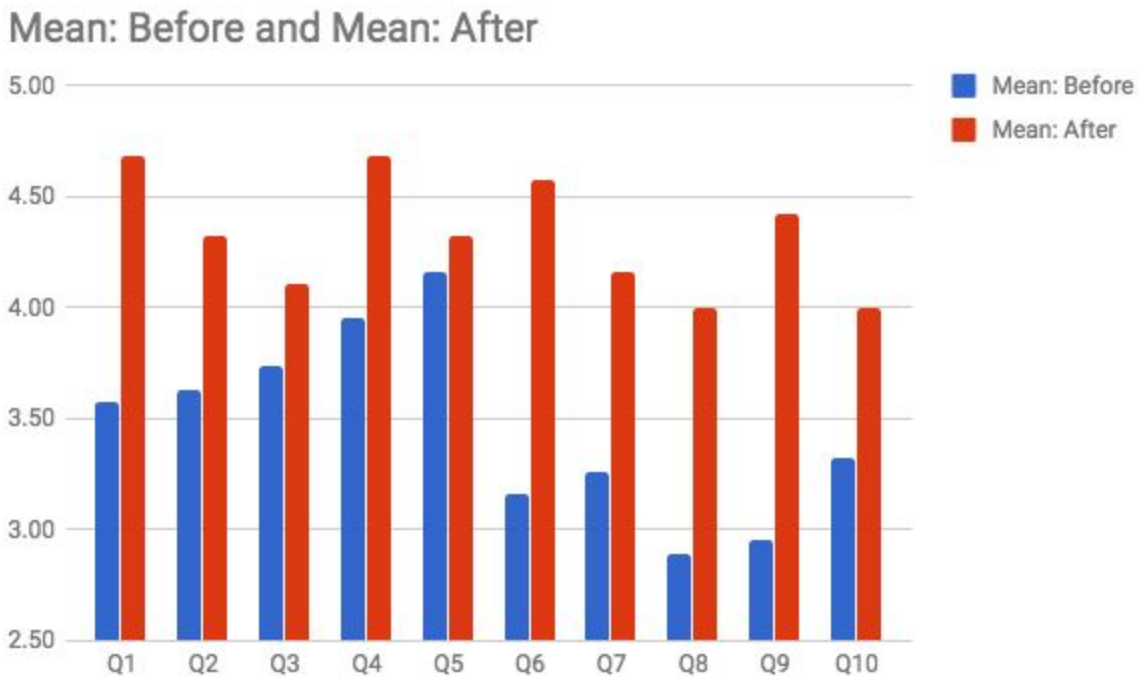
- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming
- Male/Non-Binary

Ethnicity

Black / African American	White / Caucasian	Hispanic / Latinx	Asian / Asian American	Multi-Racial
1	6	22	2	3
3%	18%	65%	6%	9%

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.