

Movies for Mental Health

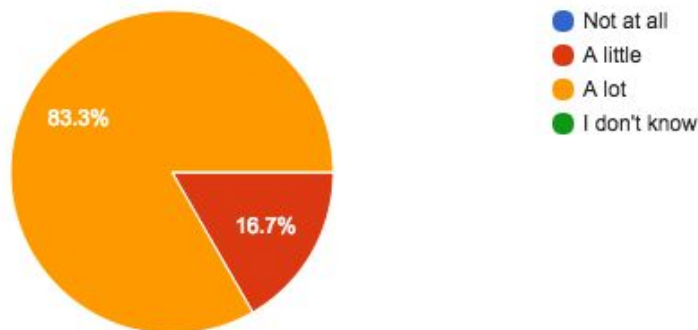
Maryland Institute College of Art

January 26, 2018

n=12 (~25 total attendees)

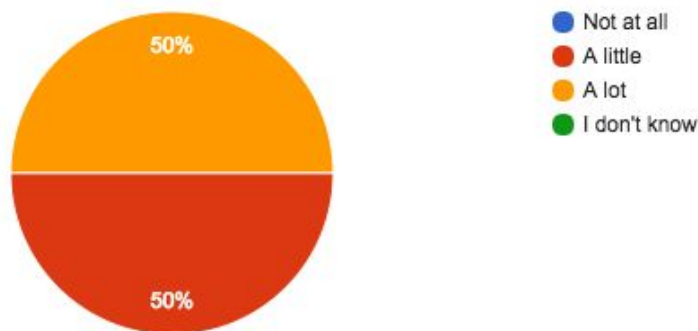
In your opinion, did this event create awareness of mental health issues?

12 responses



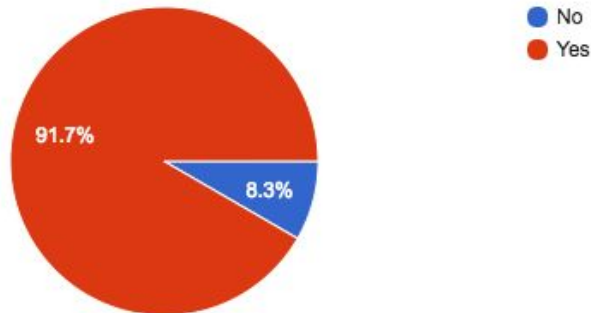
In your opinion, did this event reduce stigma related to mental illness?

12 responses



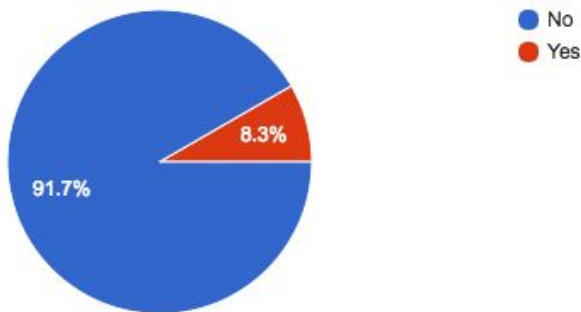
Did you know about your school's counseling services before this event?

12 responses



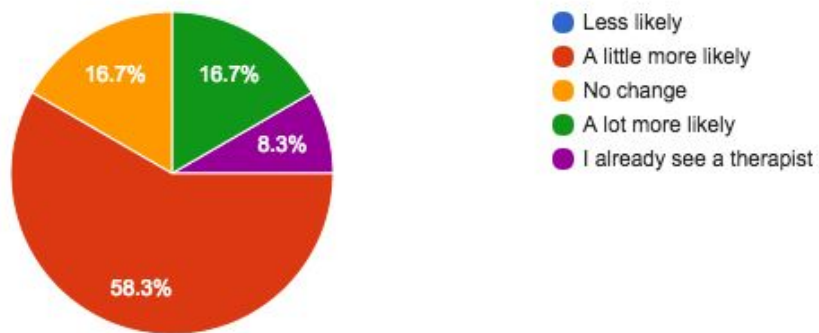
Did you know about Prop 63/ the community-based mental health resources before this event?

12 responses



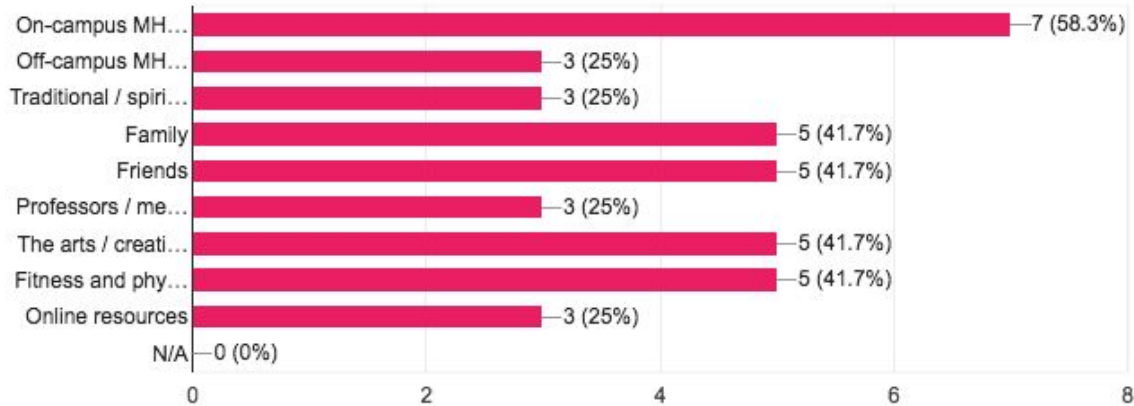
After this event, are you more or less likely to seek support for your mental health?

12 responses



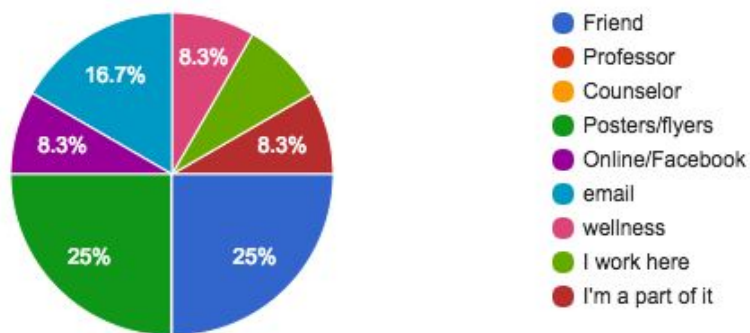
What type of mental health support do you think would be most useful to you?

12 responses



How did you hear about this event?

12 responses



What was your main takeaway?

- Reducing stigma related to mental health
- It's ok to seek help
- It's not just me
- Not what I initially thought it'd be about
- Mental health stigma is so damaging
- That mental health exists
- To share what i've learned in my own community and with my own self
- Every experience with mental illness is unique
- Awareness
- Mental health has many forms and is a normal occurrence
- To help others with their problems

How would you describe this event to a friend?

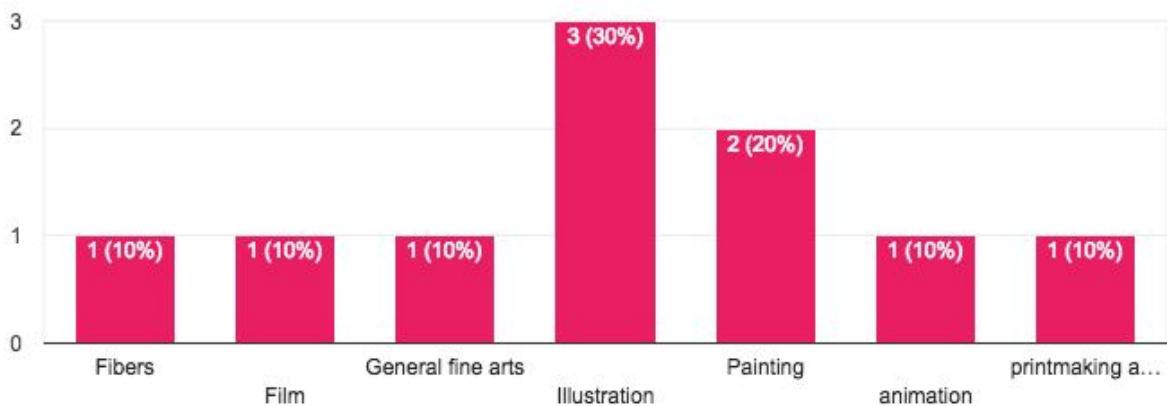
- Discussions in a small group spreading awareness and help for those with mental health
- Inspiring
- An open experience
- Interesting topics
- Eye-opening and interesting
- It was okay
- An opportunity to learn
- Film, discussion, and panel on mental health
- Yes!
- A program that helps people with mental issues
- Beautiful and impactful

How can we improve this event in the future?

- Keep doing these events
- More promotion
- It was fine
- It was wonderful
- More small group/intimate discussions
- Encourage more people to come
- Hold space/moment of silence for student speakers before PSAs (save them for the very end)
- Have someone guide the q and a
- Can't really say. Wasn't what I expected (in a good way)
- Wider advertisement
- Find a better way to promote it

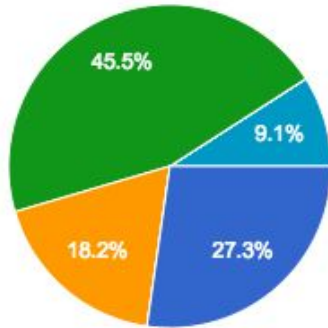
Major?

10 responses



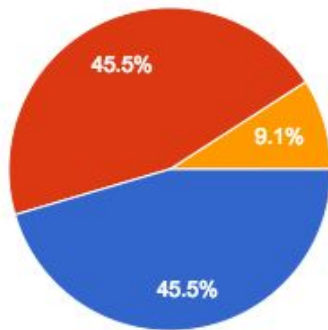
Year

11 responses



Sex/Gender

11 responses



Identifiers

11 responses

