

Movies for Mental Health

MassArt, WIT, Emmanuel and MCPHS

November 3, 2016

N = 22 (~40 total attendees)

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

Not at all	A little	A lot	I don't know
0	2	19	0
0%	10%	90%	0%

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

Not at all	A little	A lot	I don't know
0	6	14	1
0%	29%	67%	5%

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

No	Some	Yes
1	1	20
5%	5%	91%

Did you know about the community resources before this event?

No	Yes
8	10
44%	56%

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

Less likely	No change	A little more likely	A lot more likely	I already see a therapist
0	1	8	6	6
0%	5%	38%	29%	29%

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

- Therapist (16)
- Communicational
- Anxiety support
- A psychologist who thinks of techniques and ways to improve, not just talk about feelings
- Ways of managing stress in my everyday life

How did you hear about this event?

- Professor (6)
- Posters/flyers (5)
- Friend (4)
- Counselor (3)
- Email/Facebook (3)

What was your main takeaway? (Highlights - please see raw data for full list)

- Mental health is important and should be talked about!
- Express your feelings
- Everybody has a story
- It's okay not to be okay
- It's okay to seek help
- That people want help and are confused or afraid to seek it
- Although my life is better now, I can still seek benefit from treatment
- My feelings are valid and it is okay to get help
- That it is okay to ask for help from others without feeling that you are weak
- We should discuss our stories and experiences with mental health
- A sense of community

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

- Amazing!
- A very compelling lecture and panel about eliminating the stigma around mental illnesses
- Beautiful
- Inspirational and humbling
- Useful images and talk about facing our shadows
- Very uplifting and perspective changing
- Incredibly eye-opening, emotional, and comforting
- Powerful and very comforting
- Inspirational. I want to work for an organization like AWI

How can we improve this event in the future?

- N/A
- Try to contain background noise
- More videos
- Circular seating - or chance to share feelings
- More time for Q & A
- More movies

- I would end the films with the dog/dancing to end on an uplifting note
- We could focus on the art more / how we should experience art with messages like this?

Major:

- Animation
- Architecture
- Art Education (2)
- Art Therapy
- Computer Science
- Film/Video
- Graphic Design
- Illustration
- Industrial Design (2)
- Math
- Neuroscience and minor in psychology
- Neuroscience psychology & pre med
- Pharmacy
- Psych counseling + health
- Psychology (2)
- Psychology & Sociology
- Radiation Therapy
- Undecided

Year

Staff/Faculty	First	Second	Third	Fourth	Grad Student
1	3	11	5	1	1
5%	14%	50%	23%	5%	5%

Gender

Female	Male	Agender
15	6	1
68%	27%	5%

Ethnicity

Asian / Pacific Islander	White / Caucasian	Hispanic / Latinx	Black / African American	Mixed Race
0	19	1	1	1
0%	86%	5%	5%	5%

Anything else we should know?

- I LOVED this.
- This was the best event I have ever been to.
- Do it again!
- Thank you
- Nope!