

Movies for Mental Health

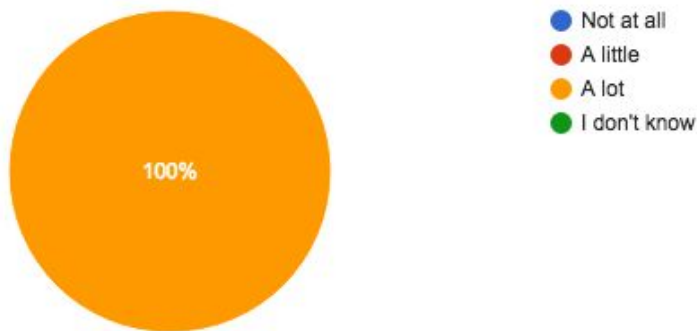
Molloy College

April 23, 2018

n=12 (~30 total attendees)

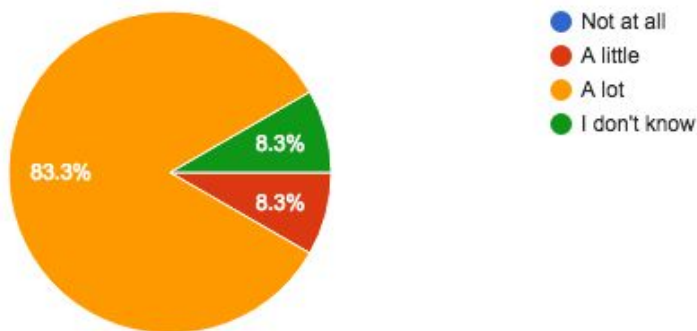
In your opinion, did this event create awareness of mental health issues?

12 responses



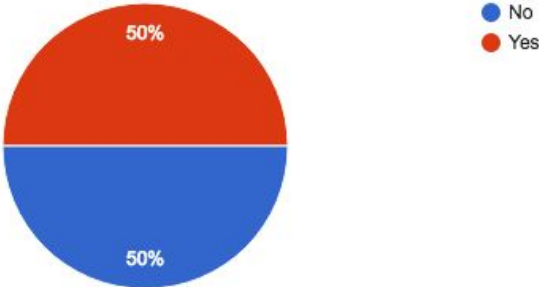
In your opinion, did this event reduce stigma related to mental illness?

12 responses



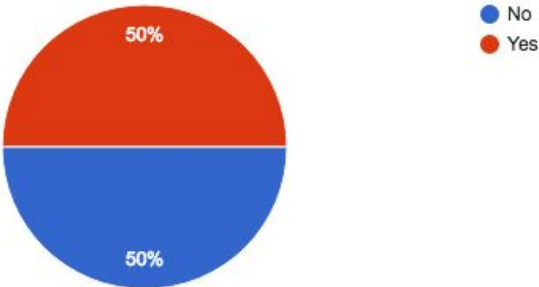
Did you know about your school's counseling services before this event?

12 responses



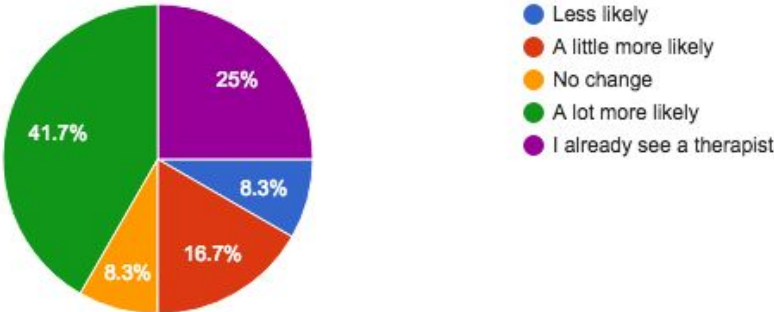
Did you know about Prop 63 / the community-based mental health resources before this event?

12 responses



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

12 responses

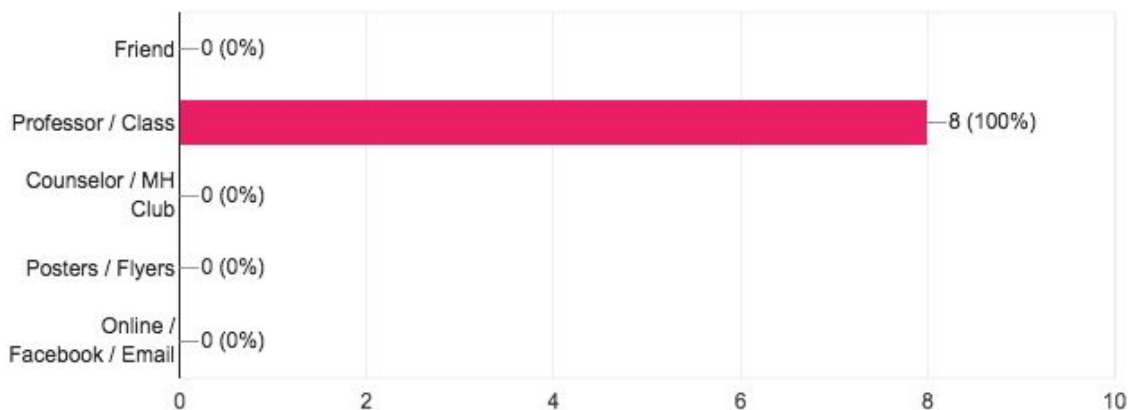


What type of mental health support do you think would be most useful to you?

On-campus MH support	2
Off-campus MH support	3
Traditional / spiritual	2
Family	5
Friends	5
Professors / mentors	2
The arts / creativity	2
Fitness / physical activity	4
Online resources	2

How did you hear about this event?

8 responses



What was your main takeaway?

- How people feel trapped and dont speak out
- Mental illness is all around us
- Mental illness is a tragic issue people are living with
- Mental illness is a problem we should speak about
- Mental health understanding
- Say something, show people they're not alone

How would you describe this event to a friend?

- Impacting
- Informative, interesting, interactive, and touching
- Show people love and care in order to help them
- Educational
- Inspiring and educational
- Enlightening

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

- Stigma
- Society and mass media
- Society
- First step in seeking help
- Blaming myself

How can we improve this event in the future?

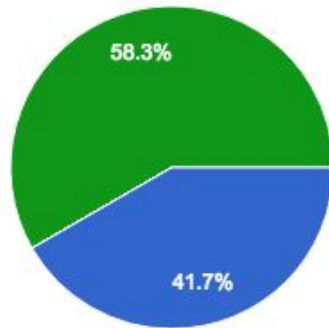
- Telling what mental illness is before the videos
- Email all students
- Each group discuss feelings more
- I thought it was perfect
- Spread the word about it
- Not sure

Major?

- Nursing - 6
- Biology - 3
- Psychology - 2

Year

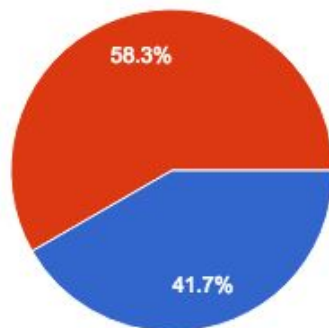
12 responses



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

Sex/Gender

12 responses



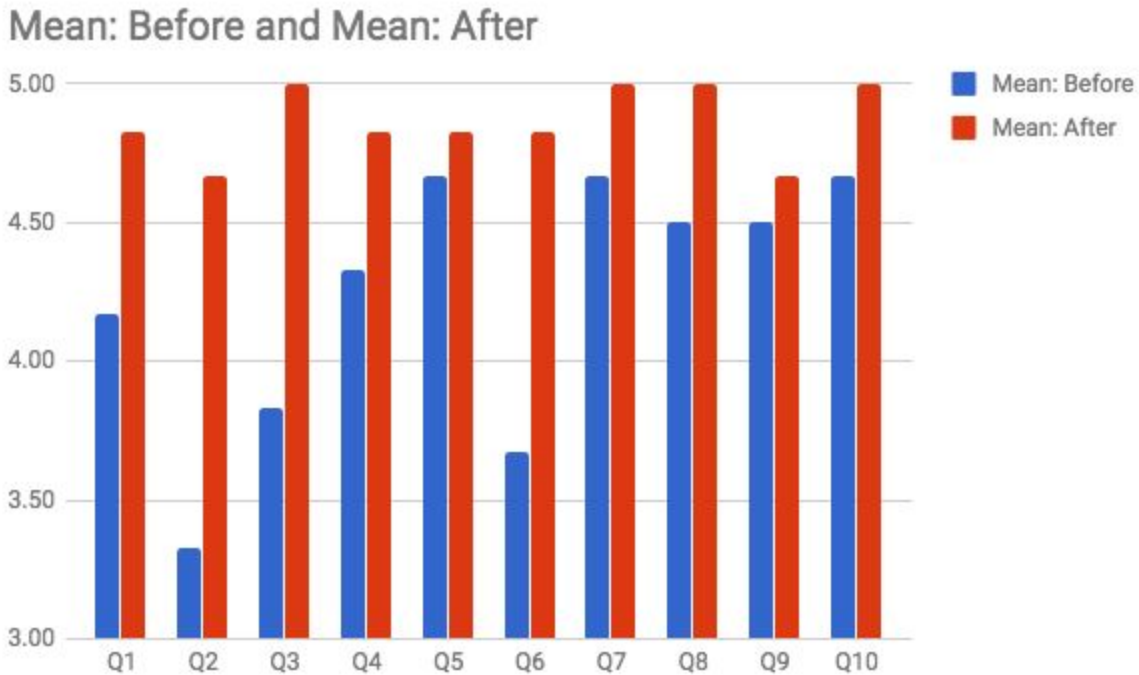
- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

Ethnicity

Asian / Asian American	White / Caucasian	Hispanic / Latinx	Multi-Racial
1	8	2	0
9%	73%	18%	0%

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.