

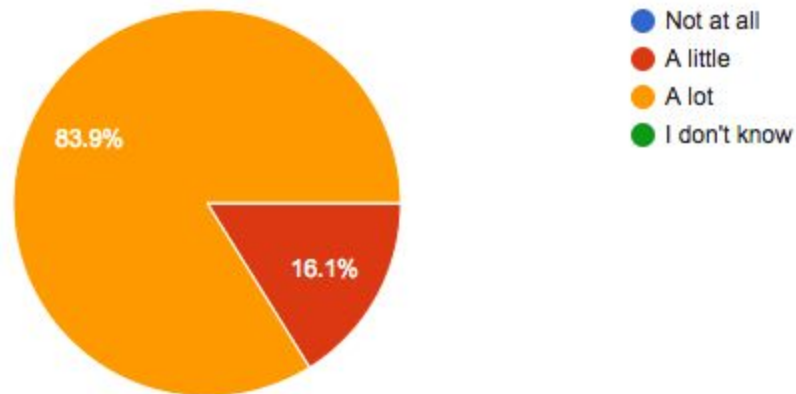
# Movies for Mental Health Mount St. Joseph University

September 25, 2017

n=31 (~60 total attendees)

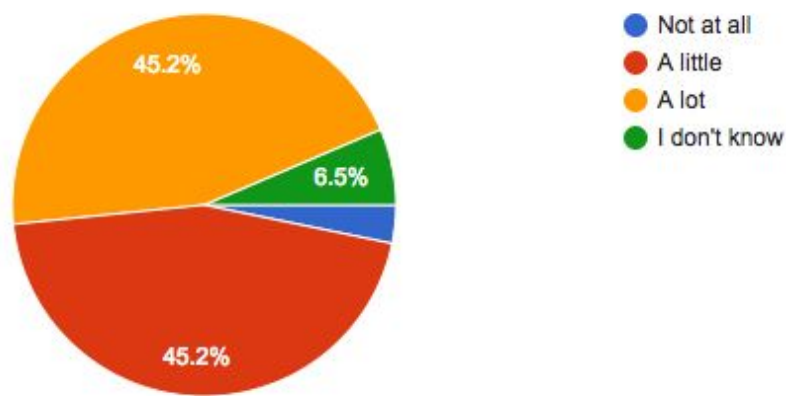
**In your opinion, did this event create awareness of mental health issues?**

31 responses



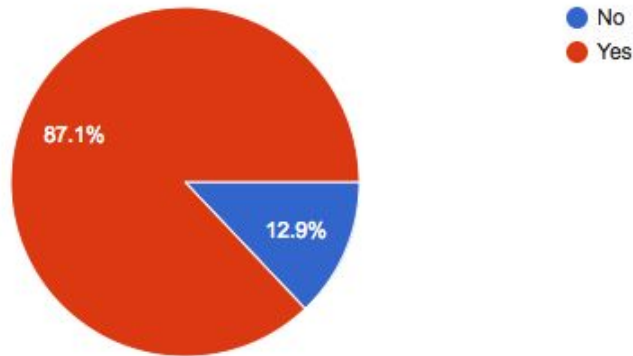
**In your opinion, did this event reduce stigma related to mental illness?**

31 responses



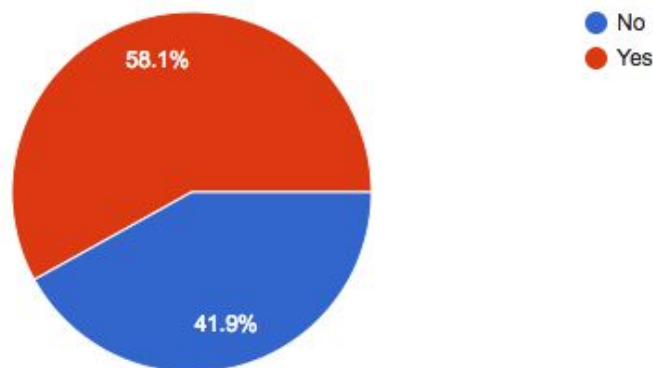
## Did you know about your school's counseling services before this event?

31 responses



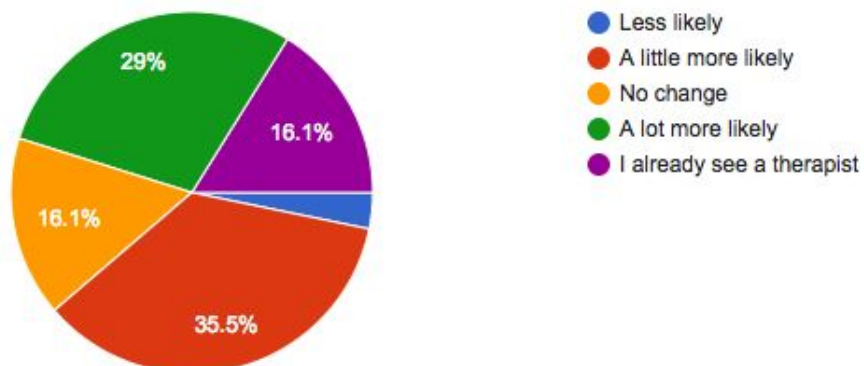
## Did you know about Prop 63/ the community-based mental health resources before this event?

31 responses



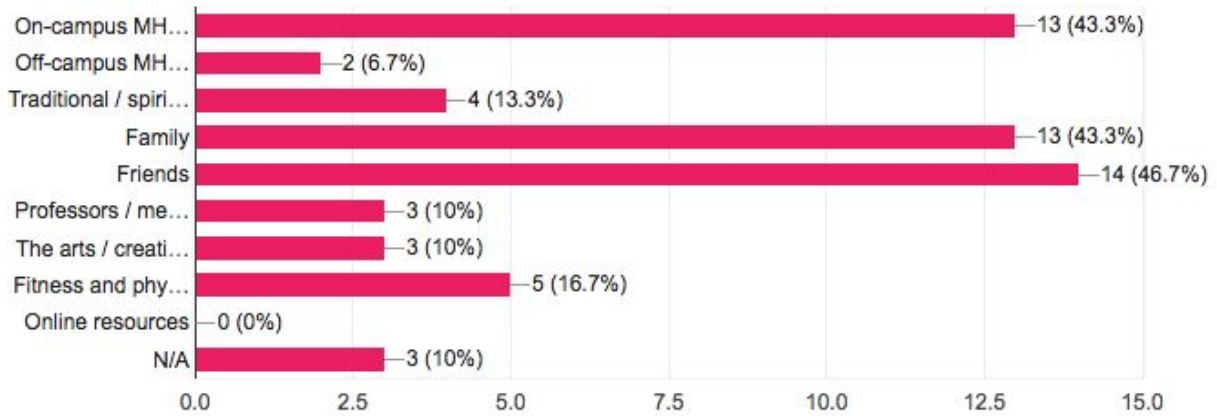
## After this event, are you more or less likely to seek support for your mental health?

31 responses



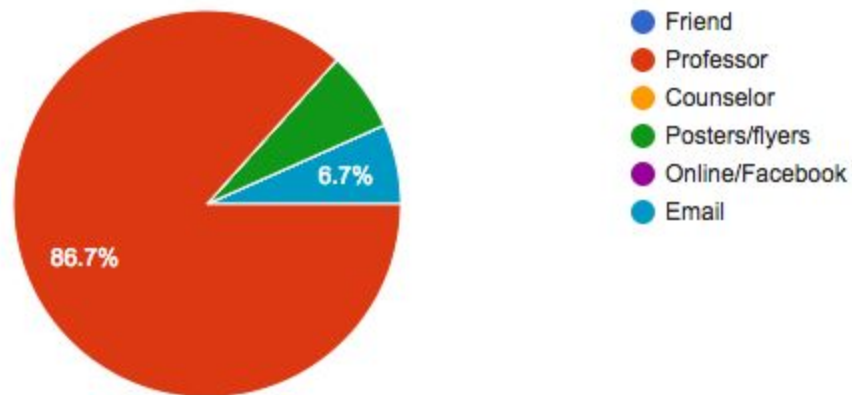
## What type of mental health support do you think would be most useful to you?

30 responses



## How did you hear about this event?

30 responses



## What was your main takeaway?

- Empowerment
- Not a stigma
- Go to someone if you need help
- To help people speak out
- Mental illness is a real thing
- Reduce stigma regarding mental health
- Spreading mental health awareness
- Seek help

- Seek help
- Learn more about mental health
- There is more going on with people than on the surface.
- Mental issues are everywhere
- We need to get rid of the stigma.
- Everyone copes with their mental disorders differently. It is critical that you get help.
- Mental health is everywhere
- It's important to take care of your mental health.
- Get informed
- The different mental illnesses
- Mental illness is real and happens to everyone
- People's feelings about mental illness
- Powerful

### How would you describe this event to a friend?

- Moving
- Great
- Help on your mental health
- Awareness for our mental state
- Good Experience
- Helpful
- I don't know
- Very informative
- Very informative and interesting
- Enjoyable and informative
- Interactive; Informative
- Eye-opening
- Interesting
- Insightful
- There is a lot of important info.
- It educates on how to deal with stigmas, resources @ MSJ, portrayal of MH in the media.
- A short film about mental illness
- Helpful/Informative
- An event that gives you a new perspective on mental health and resources to help you.
- Informative
- Brings about awareness
- A time to talk about mental health
- Watch short clips and tell your feelings about them.
- Providers that help;; discussion about mental illness

### How can we improve this event in the future?

- More videos
- It's perfect
- Different time
- More info
- More videos
- More advertisement; open to the public

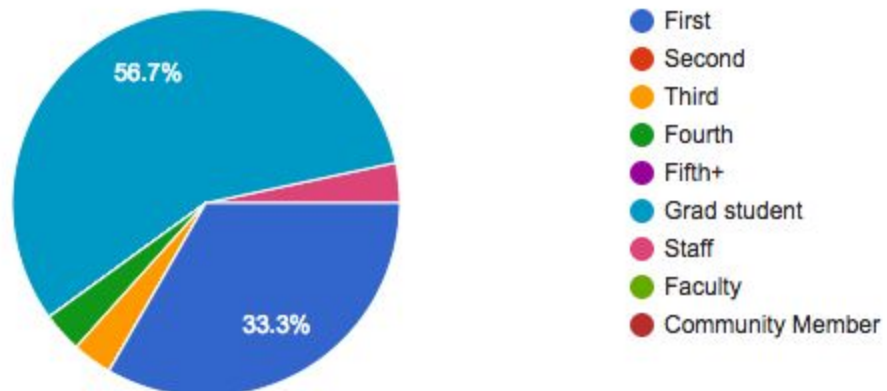
- Too cold
- Mental health is such a spectrum and I think that could be touched on a bit more.
- More films
- Have more [not legible] rather than open conversation.
- More info about on campus/off campus services.
- More/better questions; I wouldn't call them movies.

## Major?

- Nursing x15
- Special Education x2
- Biology x2
- Criminology
- Sports Management
- Computer Science
- Early Childhood Education
- Math
- Liberal Arts
- Social work
- Social Work / Sociology

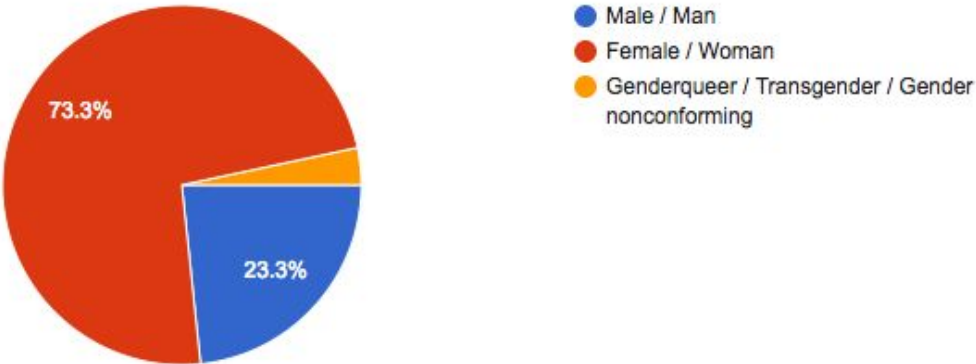
## Year

30 responses



# Sex/Gender

30 responses



# Identifiers

30 responses

