

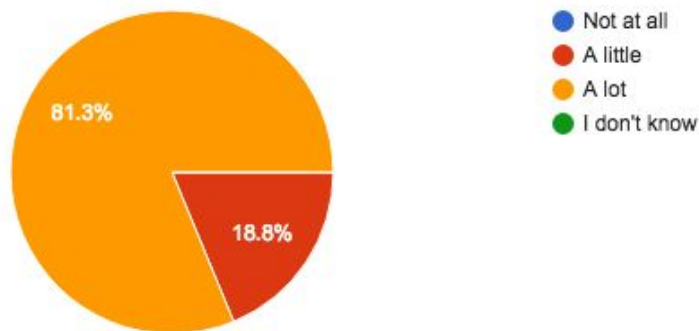
Movies for Mental Health New York University

February 15, 2018

n=32 (~40 total attendees)

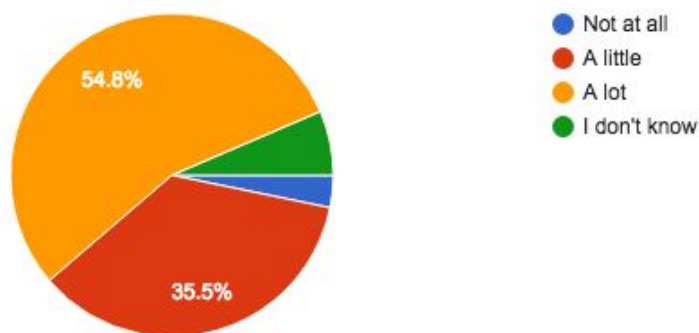
In your opinion, did this event create awareness of mental health issues?

32 responses



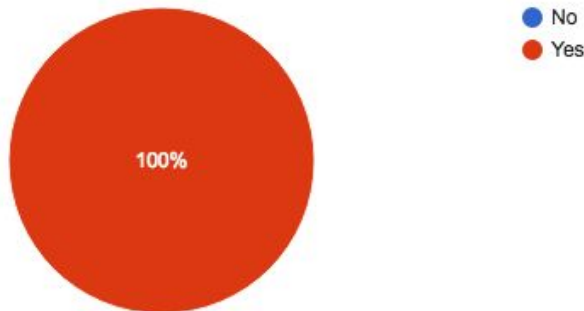
In your opinion, did this event reduce stigma related to mental illness?

31 responses



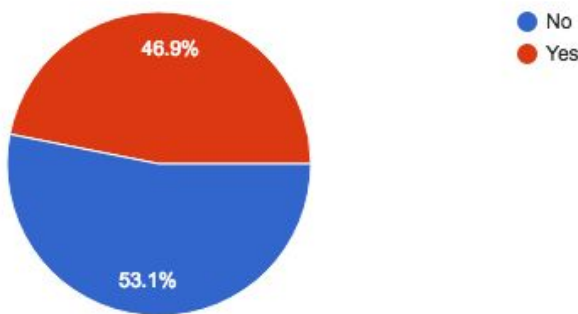
Did you know about your school's counseling services before this event?

32 responses



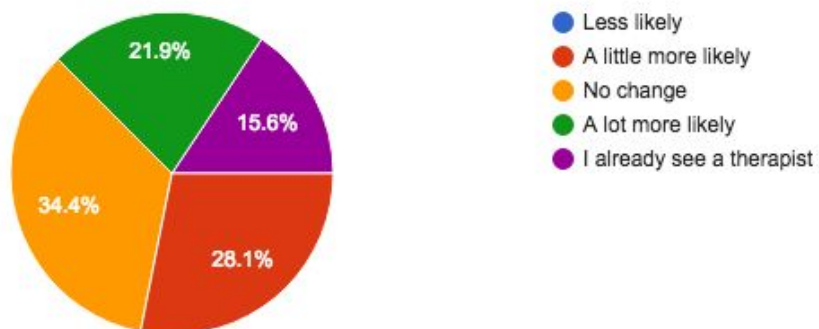
Did you know about Prop 63 / the community-based mental health resources before this event?

32 responses



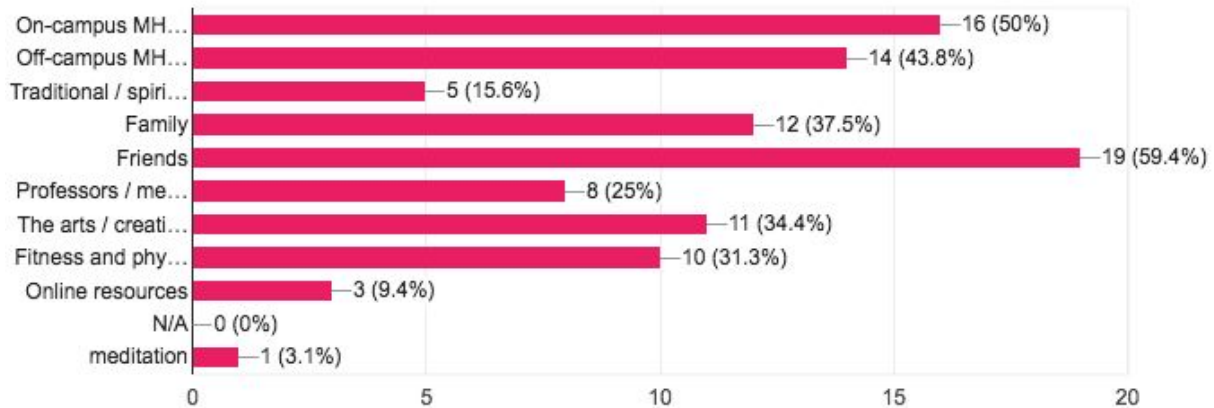
After this event, are you more or less likely to seek support for your mental health?

32 responses



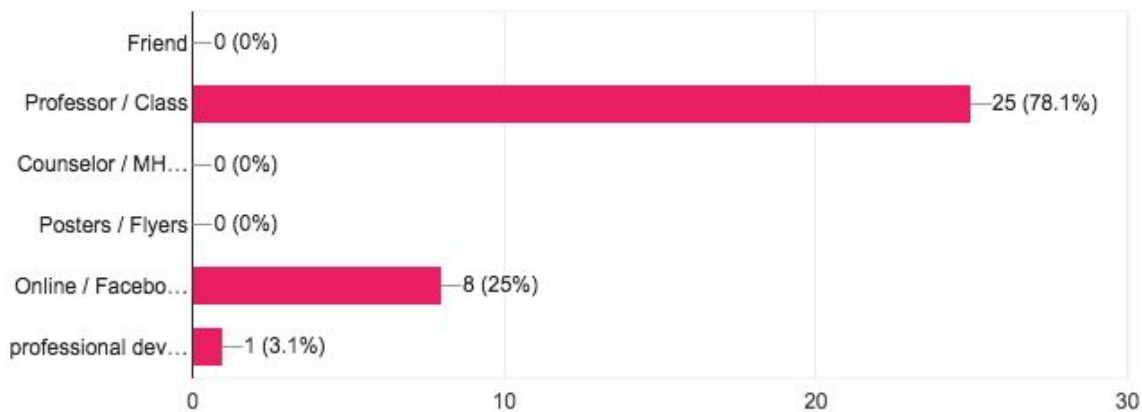
What type of mental health support do you think would be most useful to you?

32 responses



How did you hear about this event?

32 responses



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

- People's individual experiences from panelists and films
- Listen actively and help when you can
- Mental health and wellness is one of the most important things in life
- It is important to help reduce stigma of mental health by creating dialogue
- Importance of sharing one's story
- Mental illness takes many forms and looks different for different people so it's important to be open minded
- There is a lack of accurate representation of mental health in media
- Mental health is different for everyone but there is hope to get treatment. Also the differences between stigma in mental health.

- Everyone's experience is different but still valid
- Everyone has a different MH experience
- Beautiful films

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

- An event to talk about mental health stigma and resources with film
- Learning about people's feelings and resources related to mental wellness
- An event that brought awareness to mental health stigma
- Panel discussion about mental health on college campuses, utilizing film
- Brought awareness and had a great impact on me and my own anxiety and feelings
- An open discussion with others about mental health and stigma through the use of films
- Educational and brings important awareness
- Informative and refreshing
- raising awareness for mental health concerns and breaking down stigma
- Empowering
- An amazing experience
- Moving, powerful

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

- IDK how to describe what I'm feeling
- My culture and parents
- Somewhat stigma - I don't have a diagnosable illness and therefore don't really need the support?
- None or finding time
- Stigma, so this event was great
- Money, fear, cultural stigma
- Making effort to see a therapist
- Thinking I am not resilient if I do seek support
- Stigma
- Stress and time
- Time
- Cultural, financial
- Cultural incompetence
- Myself
- Familial views on mental illness as not "real" or something you just work through
- Time management
- Acknowledging my vulnerability
- Stress and schoolwork
- Insurance confusion
- Family/cultural stigma
- Too lengthy of a process to find a therapist you'd like and no time
- Accepting that I have a personal illness/what other people might think of me
- Telling myself i'm worthy of help
- Schoolwork, stress
- None (x4)
- I don't feel like spending time/money on it

How can we improve this event in the future?

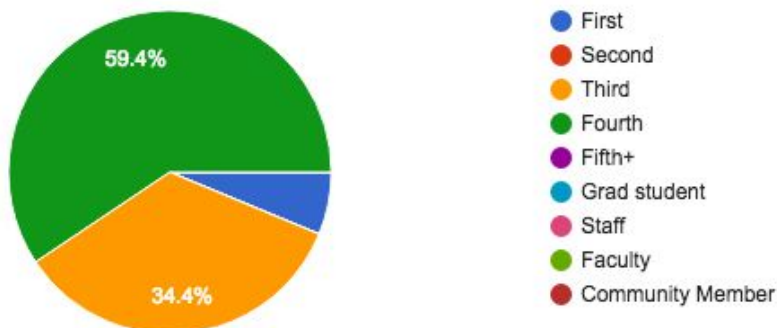
- Don't need to write down/type parts of the discussion
- Typing was distracting so perhaps something less visually busy
- More movies would be cool
- Less typing and more talking
- More elevated discussion--this was basic
- Cater to audience a bit more
- It was great
- Perhaps more entertaining (content/organization were good)
- Involve activities
- N/A
- Less typing
- Making it a bit shorter
- Better presentation
- Better typer
- No improvements needed
- Focus on mental illness OR self care, not both
- More preparation for computer stuff

Major?

- Applied Psychology (x27)
- Applied Psychology and Global Public Health (x3)
- Applied Psychology and Sociology
- Applied Psychology and Economics

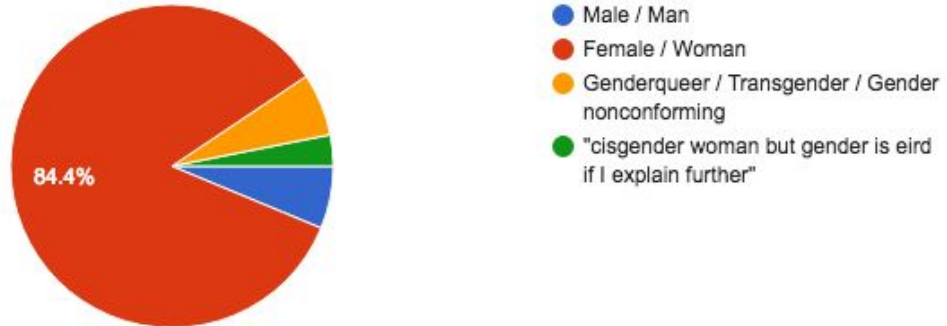
Year

32 responses



Sex/Gender

32 responses



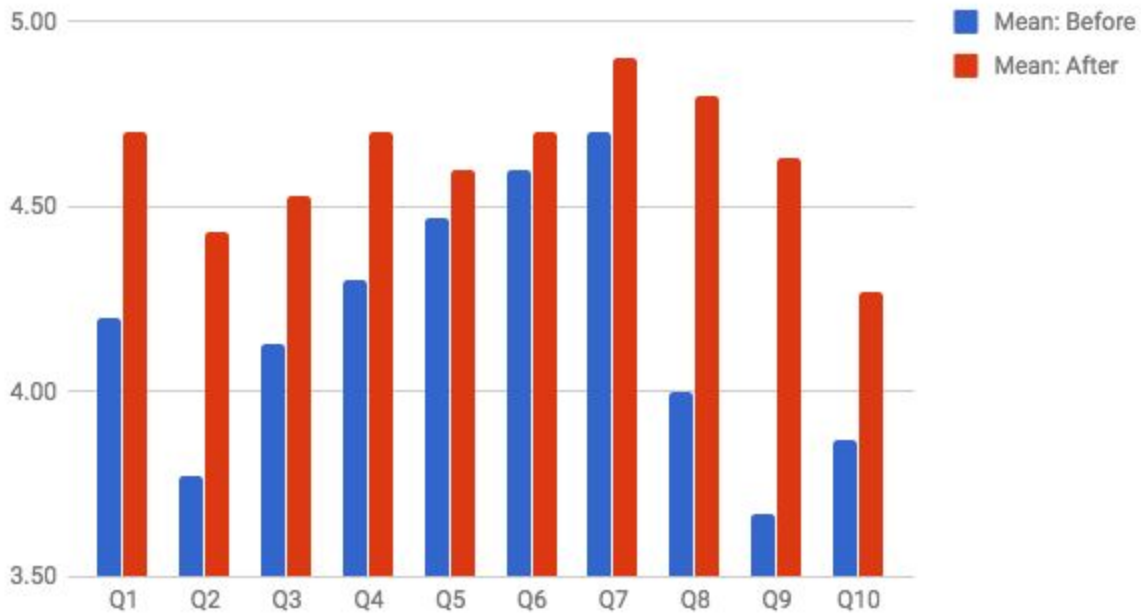
Ethnicity

| Black / African American | White / Caucasian | Indian / Southeast Asian | Asian / Asian American | Middle Eastern | Multi-Racial |
|--------------------------|-------------------|--------------------------|------------------------|----------------|--------------|
| 3 | 15 | 2 | 6 | 2 | 4 |
| 9% | 47% | 6% | 19% | 6% | 13% |

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.

Mean: Before and Mean: After



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.