

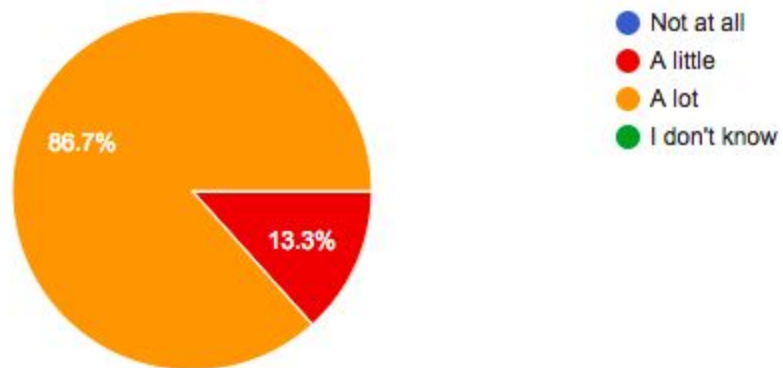
# Movies for Mental Health Northern Kentucky University

September 27, 2017

n=16 (~16 total attendees)

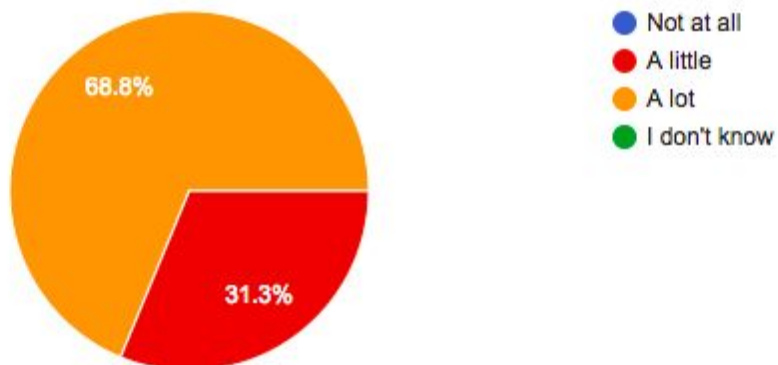
**In your opinion, did this event create awareness of mental health issues?**

15 responses



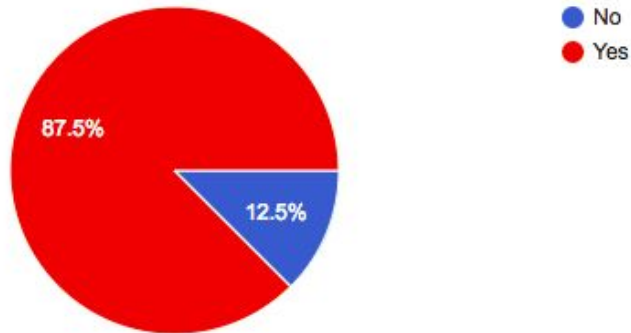
**In your opinion, did this event reduce stigma related to mental illness?**

16 responses



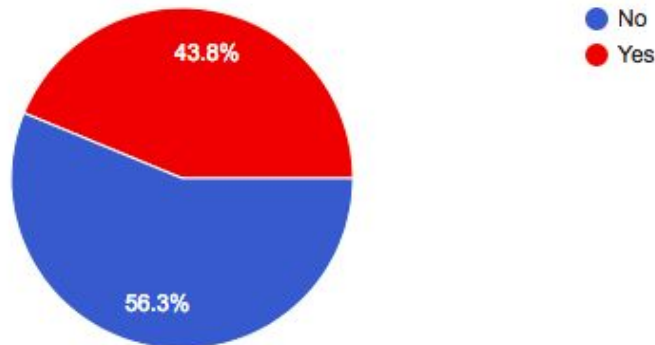
### Did you know about your school's counseling services before this event?

16 responses



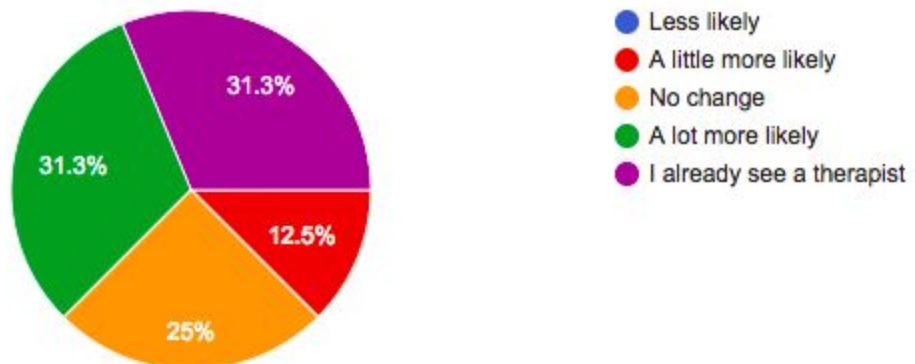
### Did you know about Prop 63/ the community-based mental health resources before this event?

16 responses



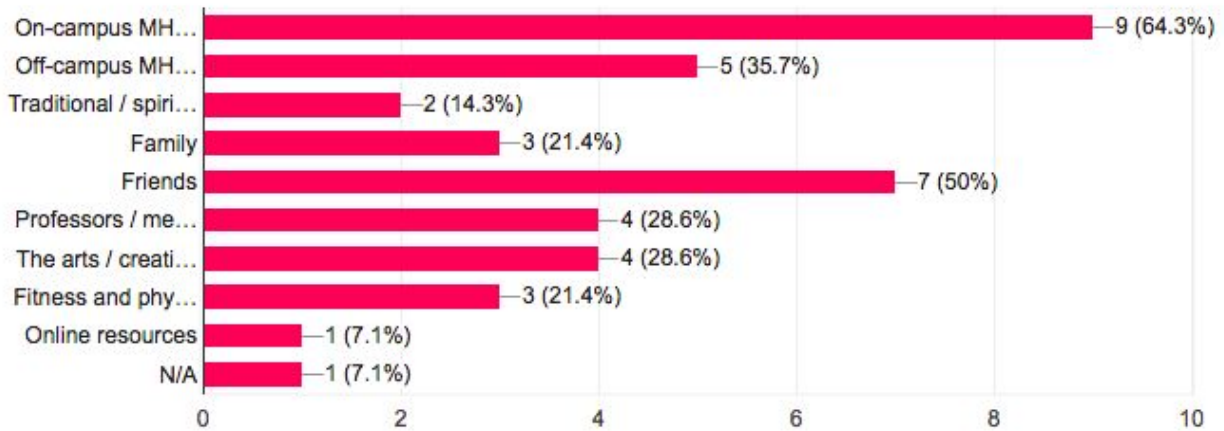
### After this event, are you more or less likely to seek support for your mental health?

16 responses



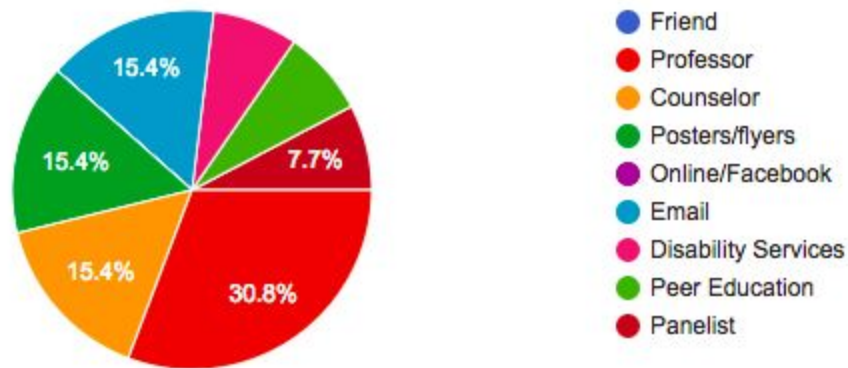
## What type of mental health support do you think would be most useful to you?

14 responses



## How did you hear about this event?

13 responses



## What was your main takeaway?

- There is a mental health community on campus.
- Great!
- We can use art to change the cultural conversation around mental health.
- Good for those that haven't dealt with mental illness.
- Society downplays mental health although it is very serious. Help someone when needed, seek help for yourself.
- I love how the films showed a more personal look at mental health.
- People struggling with mental health may feel different about their situation than you.
- It's important to do what you can to help reduce the stigma and that not everyone views

themselves as ill with a mental illness.

- I don't know.
- Important in gaining understanding and awareness of mental illness.
- Important to talk about stigma.
- What people say to people with mental health issues isn't always helpful.
- There are a lot of ways to help with mental illness.
- Interesting dynamic of using and combining arts and discussion.

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

- Informative, personal, moving.
- Very helpful and encouraging.
- An opportunity to learn about mental health from authentic voices.
- If you don't have a mental illness you should come, if you do don't.
- Insight on what different mental illnesses may look like and how one can feel/go through.
- Empowering.
- Very personal and mind opening. Felt very nice to be around good people.
- Revealing discussion about the struggles of mental health. Intimate.
- Meaningful. It had impact on me. The films and talking with peers was great.
- Awareness and helpful for people who need help.
- Important.
- Discussion based, calm.
- Effective and impacting.
- Valuable.

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

- Group activity?
- Be You@
- More on-campus advertising to draw more attendees.
- More open discussion and criticism. Talk about negatives too.
- Maybe coordinate with a department to get more people.
- Maybe ask if anyone has had experience with stigma and if they want to share. More films too.
- Keep the peer involvement and Jamari asking questions :-)
- Get more students to come.
- Slightly shorter.
- More small group discussion.

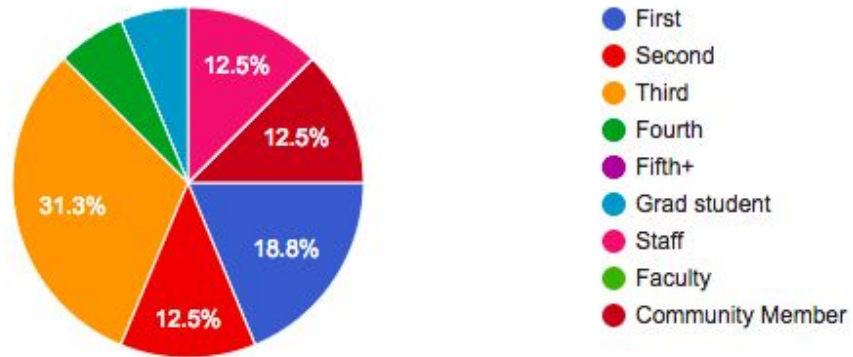
### Major?

- Geology
- Nursing
- Computer Information Technology
- Media informatives
- Psychology/Pre-Med
- Social Work
- Anthropology
- Math/Stats
- Theatre Arts

- BIS
- Spanish
- Criminal Justice

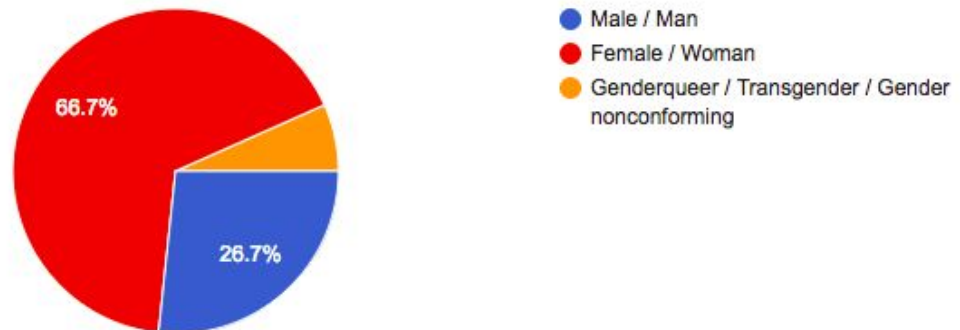
## Year

16 responses



## Sex/Gender

15 responses



## Identifiers

15 responses

