

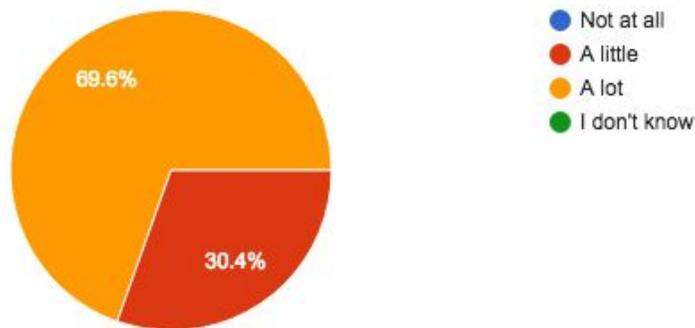
Movies for Mental Health Oregon State University

May 10, 2018

n=24 (~40 total attendees)

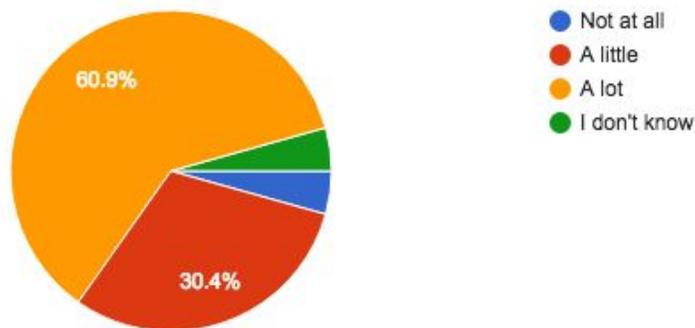
In your opinion, did this event create awareness of mental health issues?

23 responses



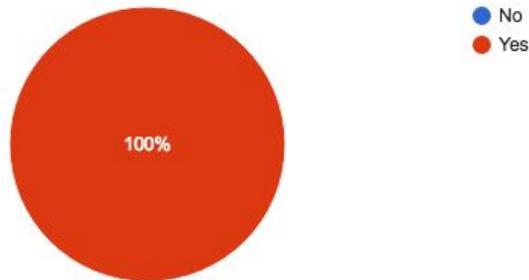
In your opinion, did this event reduce stigma related to mental illness?

23 responses



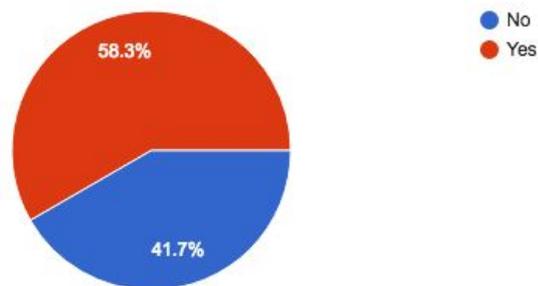
Did you know about your school's counseling services before this event?

24 responses



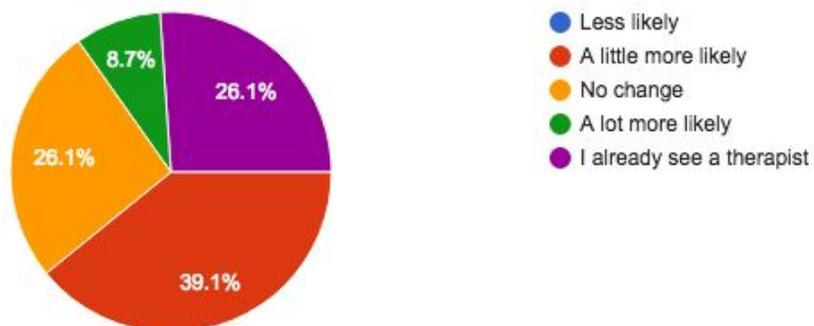
Did you know about Prop 63 / the community-based mental health resources before this event?

24 responses



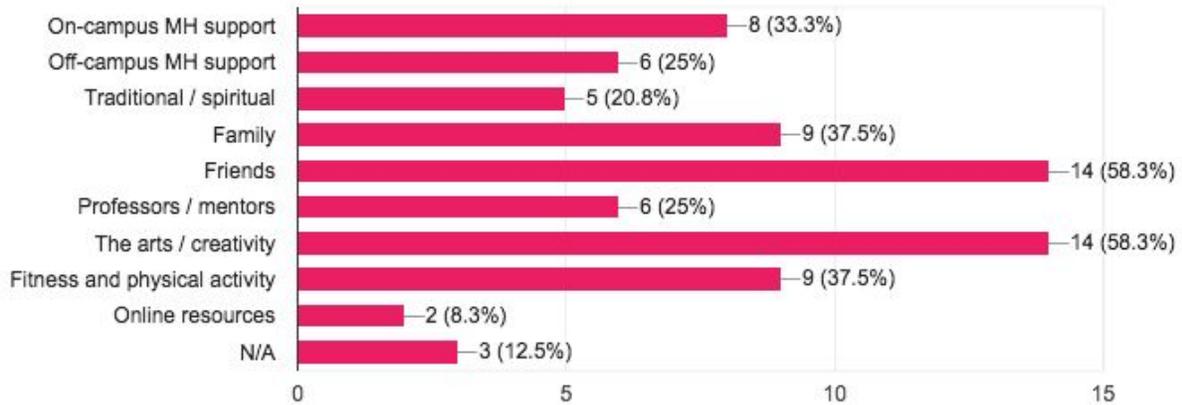
After this event, are you more or less likely to seek support for your mental health?

23 responses



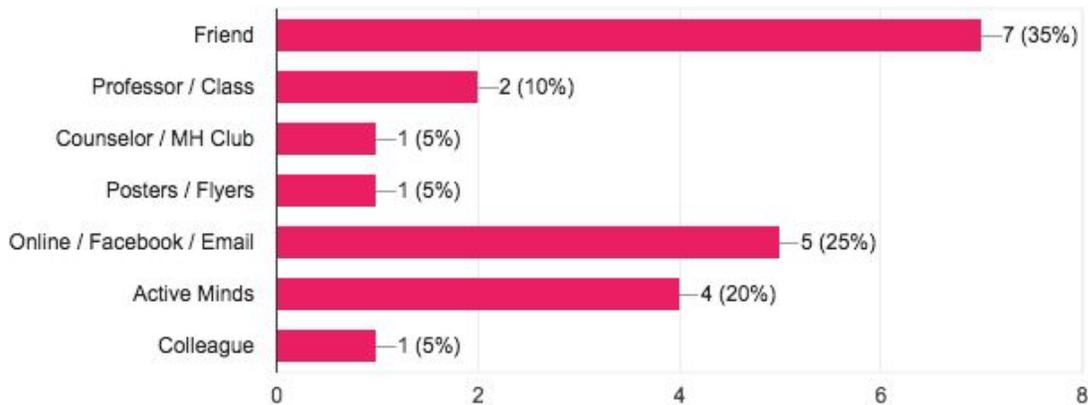
What type of mental health support do you think would be most useful to you?

24 responses



How did you hear about this event?

20 responses



What was your main takeaway?

- That stigmas are still prominent and vary
- Acceptance
- We all have mental health!
- So many different mental illnesses
- Mental health should be talked about
- Stressless
- Awareness
- Talk
- Be kind
- Great to see so much support for mental health
- Everyone has an experience, and all are unique

- Stop the stigma
- Stay in good mental health and wellness
- Resources exist
- Mental health is an umbrella term - includes mental wellness / illness. Can be mentally well but not practicing things to be mentally well and vice versa
- Be your best, honest self. And that's harder than it sounds
- How to apply messages in my work
- That only eating disorders get a trigger warning and pronouns are not always respected
- There's help and ways to break my own stigmas
- Be vulnerable
- People around care

How would you describe this event to a friend?

- A mental health workshop against stigmas
- Positive / supportive
- Supportive and informative
- Impactful
- I might describe what I learned in this event
- Informative
- Inspiring and motivating
- An insightful and engaging experience
- Fun and informational
- Interesting
- Films that involve real problems and ways in which people have experienced mental illnesses
- Open event discussing art and resources to address mental health
- Informational, inspiring, supportive
- Watching movies about mental health and talking about them
- VERY helpful - supportive
- Discussion of mental health and how you can create art for mental illness
- Just go
- Using art to raise awareness for mental health

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

- Time
- Resources
- Believing that I can do it on my own
- Being viewed as weak or "ill"
- Sleeping
- N/A
- Vulnerability
- I talk too much, I don't listen enough
- Time constraints through the day
- Intimidation and fear
- Reaching out
- Stigma

- Money
- Afraid of making it real, comfortable with the pain and feeling that I am only capable of feeling this way
- Friends and personal struggles relating to transferring
- Finding a good therapist
- Pride, mind over matter and I can solve it
- Stigma and my acceptance of it

How can we improve this event in the future?

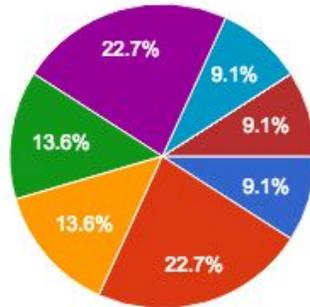
- More publicized
- Perhaps include definitions of conditions
- No need
- Show sample films during promotion period
- More movies
- N/A
- PRONOUNS and trigger warnings for the suicide letter video
- I don't know
- More intimate marketing

Major?

- Psychology (x2)
- Visual Art
- N/A
- Finance
- Communications
- Food Science
- Business
- Chemical Engineering
- Digital Communication Arts
- Human Development and Family Services
- Kinesiology
- Electrical Engineering
- Animal Science
- Pre-Management
- Fisheries and Wildlife
- BFA
- Biology Pre-Med
- Biology

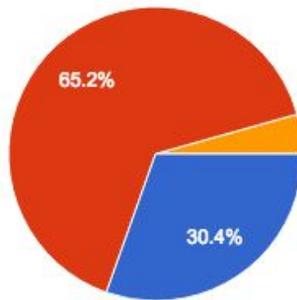
Year

22 responses



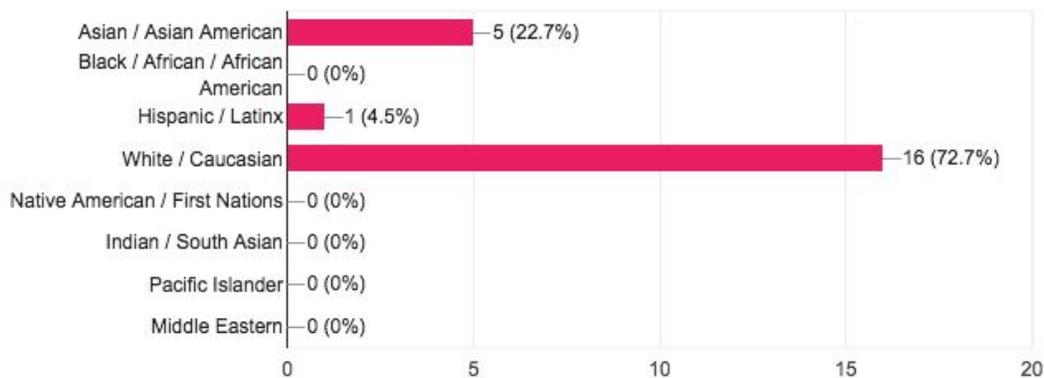
Sex/Gender

23 responses



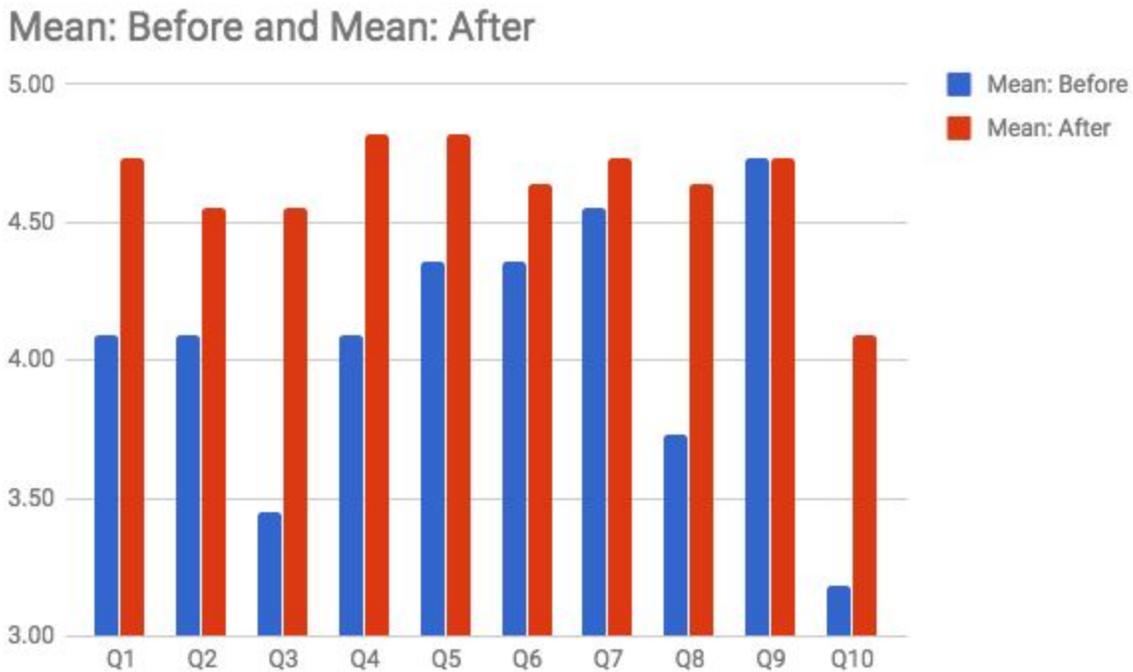
Identifiers

22 responses



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.