# Movies for Mental Health
Palomar College

May 10, 2018

n=4 (~15 total attendees)

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


- Not at all
- A little
- A lot
- I don't know

100%
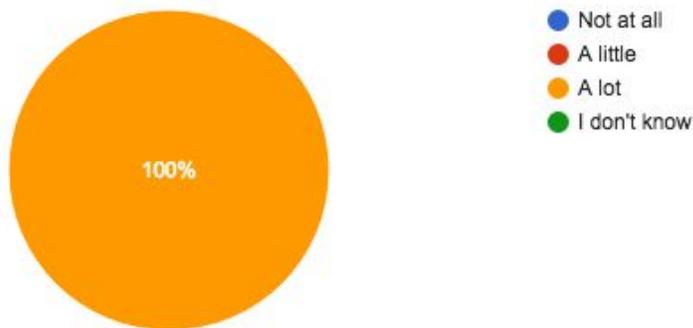
In your opinion, did this event reduce stigma related to mental illness?
4 responses

- Not at all
- A little
- A lot
- I don't know

75%

25%
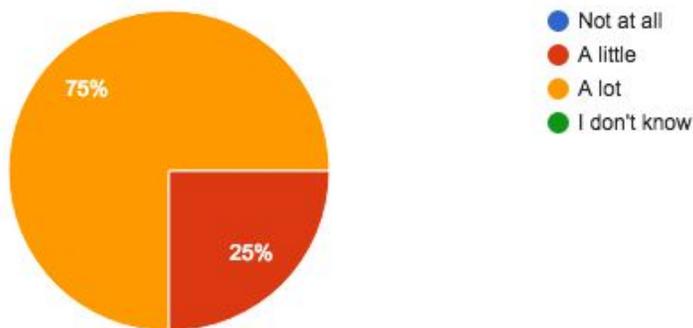
Did you know about your school's counseling services before this event?

4 responses

Legend:
- No
- Yes

75%

25%
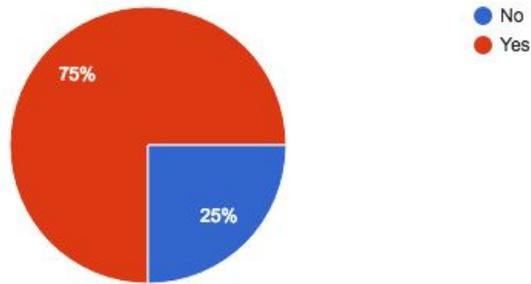
Did you know about Prop 63 / the community-based mental health resources before this event?

4 responses

Legend:
- No
- Yes

25%

75%
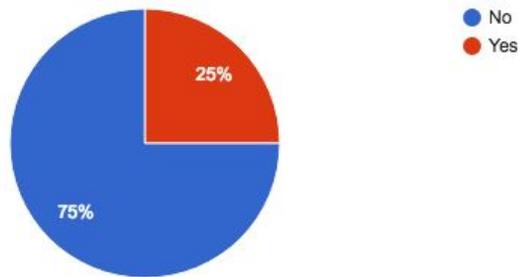
After this event, are you more or less likely to seek support for your mental health?

3 responses

Legend:
- Less likely
- A little more likely
- No change
- A lot more likely
- I already see a therapist

66.7%

33.3%
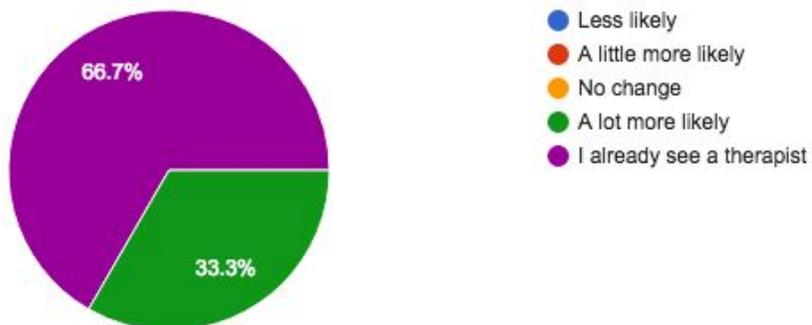
What type of mental health support do you think would be most useful to you?

3 responses

Category	Count
On-campus MH support	1 (33.3%)
Off-campus MH support	0 (0%)
Traditional / spiritual	1 (33.3%)
Family	2 (66.7%)
Friends	1 (33.3%)
Professors / mentors	0 (0%)
The arts / creativity	0 (0%)
Fitness and physical activity	1 (33.3%)
Online resources	2 (66.7%)
N/A	0 (0%)

How did you hear about this event?

4 responses

Category	Count
Friend	0 (0%)
Professor / Class	1 (25%)
Counselor / MH Club	1 (25%)
Posters / Flyers	0 (0%)
Online / Facebook / Email	0 (0%)
Cary McQueen	1 (25%)
Maya	1 (25%)
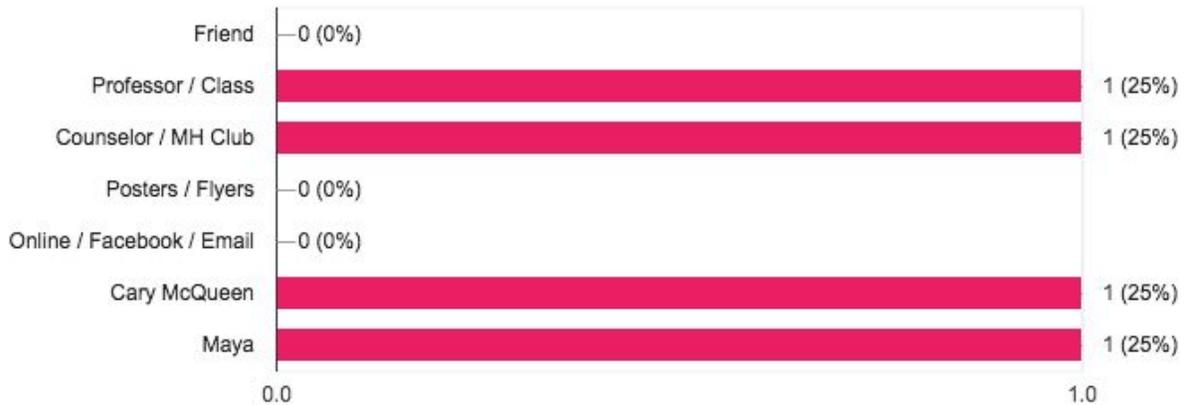
What was your main takeaway?
- How great the workshop was.
- End Stigma.
- I shouldn't feel ashamed about wanting to seek help.
- There are support services available.

How would you describe this event to a friend?
- Great way for more info on mental health and services available.
- Impactful.
- Event to spread awareness about what mental health is.

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

- Pressure.
- Feeling ashamed or judged by others in my community when I try to seek mental health services.

How can we improve this event in the future?

- More short films. The films were impactful and it made me reflect on myself.

Major?

- Psychology
- Public Health
- Biochemistry

Year

4 responses

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

Sex/Gender

4 responses

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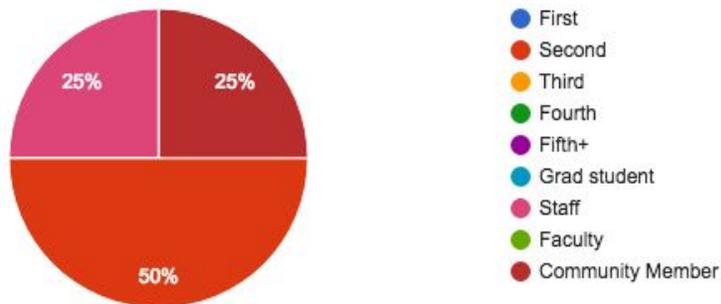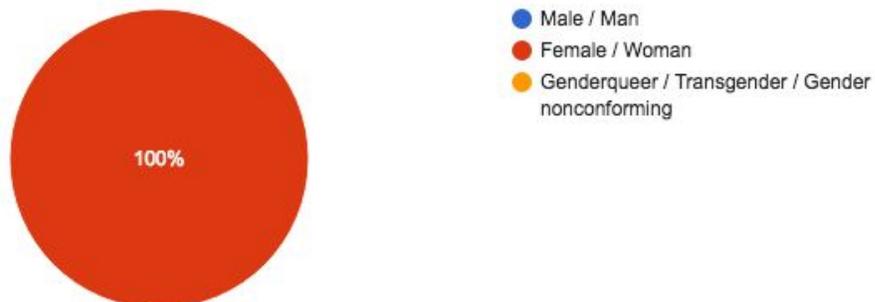
Identifiers

4 responses

|	
Asian / Asian American	0 (0%)
Black / African / African American	0 (0%)
Hispanic / Latinx	2 (50%)
White / Caucasian	1 (25%)
Native American / First Nations	0 (0%)
Indian / South Asian	0 (0%)
Pacific Islander	0 (0%)
Middle Eastern	1 (25%)
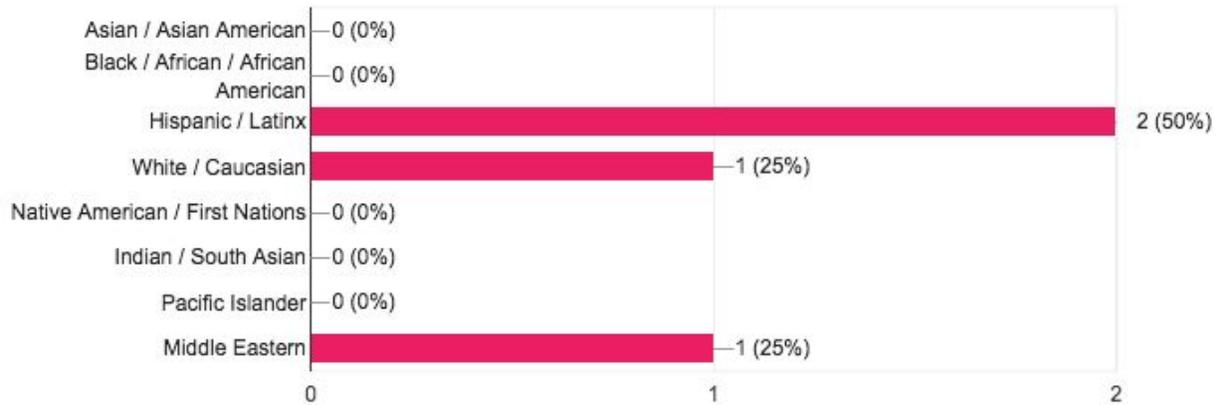
Before / After Surveys

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. We have data for 9 participants from this workshop.

Mean: Before and Mean: After
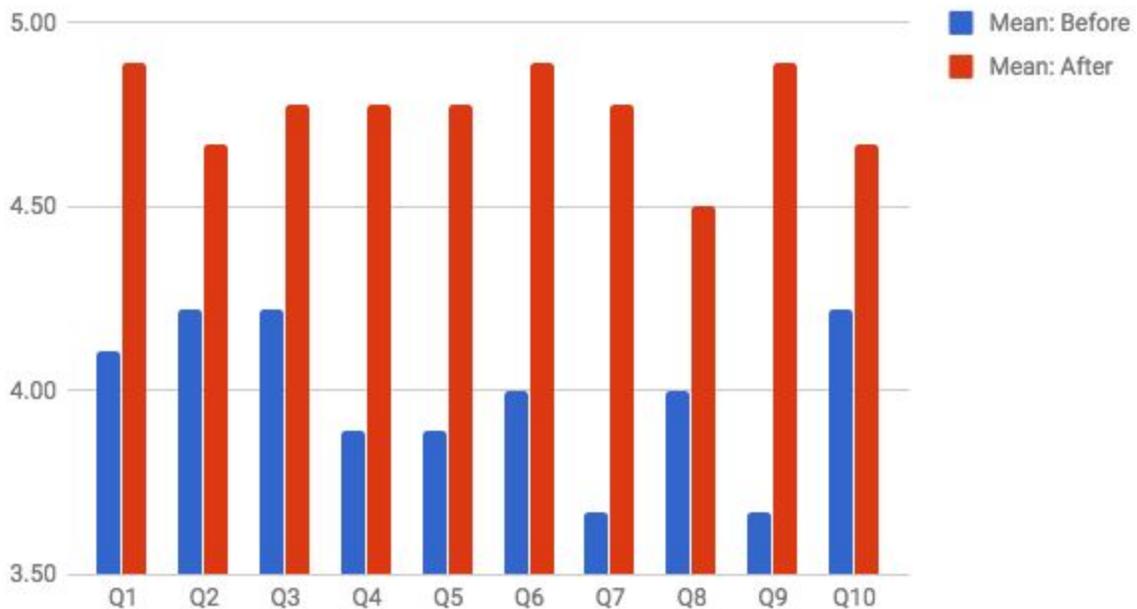
Q1: I would feel confident describing what "mental health" is to another person.

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.