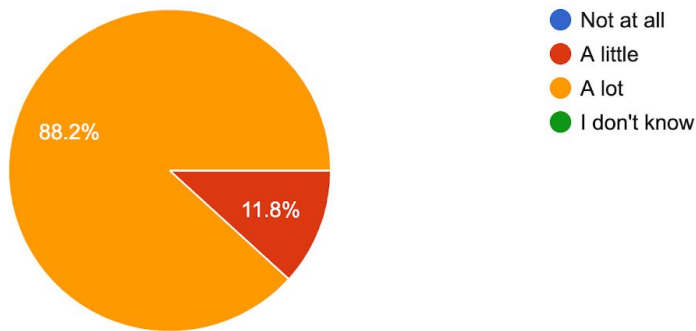# Movies for Mental Health

Post-Workshop Evaluations

School: Penn State University Park
Date: December 3, 2019

Number of attendees: 70
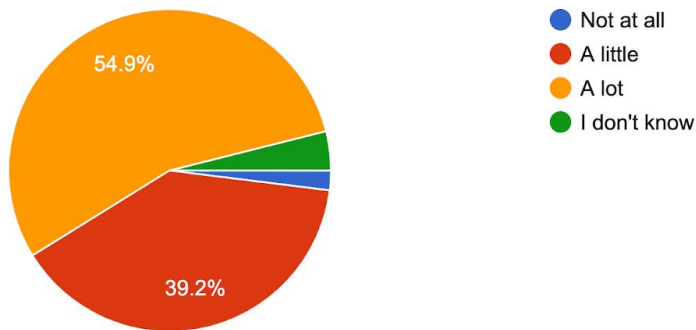Number of evaluations: 51

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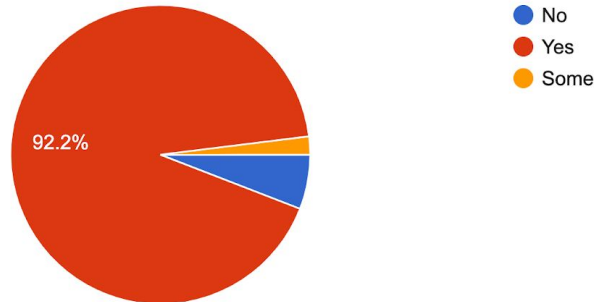51 responses

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

88.2%
11.8%

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

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

54.9%
39.2%

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

- ● No
- ● Yes
- ● Some

92.2%

Did you know about the community resources before this event?
51 responses

- ● No
- ● Yes
- ● Some
- ● =

62.7%

31.4%
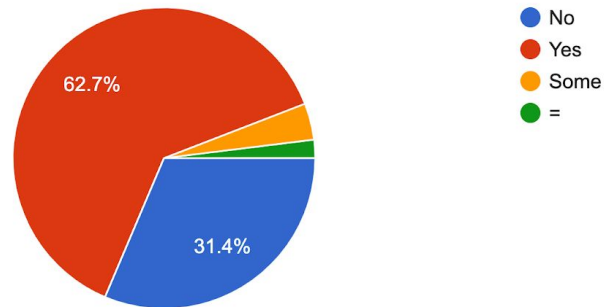
After this event, are you more or less likely to seek support for your mental health?
50 responses

- ● Less likely
- ● A little more likely
- ● No change
- ● A lot more likely
- ● I already receive mental health support
- ● Less likely, but that's not a reflection of the event at all. The story from th…
- ● N/A
- ● A lot more likely, but I also receive…

14%   20%

10%

50%
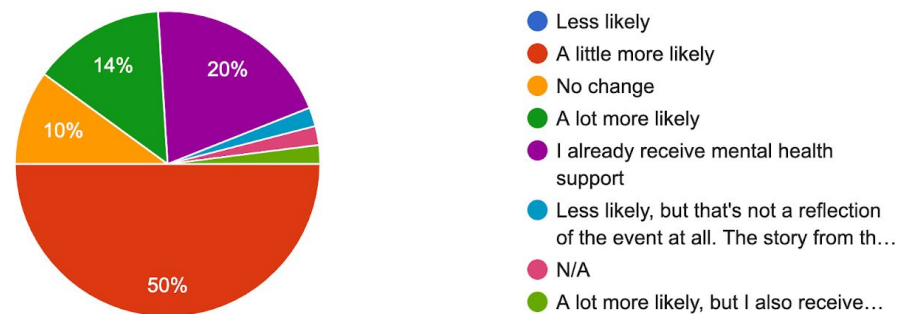
What type of mental health support do you think would be most useful to you?

49 responses

On-campus MH support — 19 (38.8%)
Off-campus MH support — 9 (18.4%)
The arts / creativity — 13 (26.5%)
Online resources — 8 (16.3%)
Traditional / spiritual — 5 (10.2%)
Professors / mentors — 6 (12.2%)
Fitness / physical activity — 28 (57.1%)
Family — 16 (32.7%)
Friends — 28 (57.1%)
Medication — 8 (16.3%)
N/A — 1 (2%)
Time — 1 (2%)
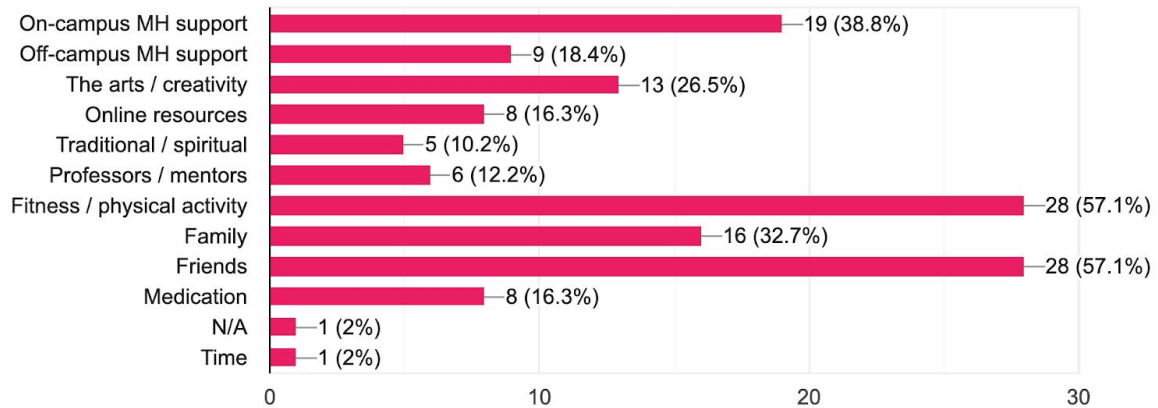
How did you hear about this event?	
Friend / Panelist	**11**
Professor / class	**2**
Student Group / Greek Life	**6**
UPUA (University Park Undergraduate Association)	**17**
Online / Facebook / Instagram	**3**
Posters / flyers	**3**
Other	**4**

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

Being more aware personally (x3)
Cultural sensitivity, difficulty accessing resources
Differences in culture and community
Do not be afraid to speak up, and media has to be more realistic about mental health
Everyone and anyone could be struggling with mental illness / MH is different for everyone (x5)
Great discussion about mental health within the Black community
Great films
How powerful the stigma about mental health is and how it can suffocate

I am a lot more educated on the reality of mental health
I have a community / students care about each other (x2)
I thought stigma vs. stereotype was very interesting -- I never knew that
It feels good to talk about these issues
It is healthy to talk about mental health
Learn to have better awareness of your mental status
Listen. Speak up when feeling bad
Making more intentional programs for students of color/culture, etc.
Mental illness is not a thing to be ashamed of
My main takeaway is that people of all backgrounds/languages/genders/sexualities are all going through different things, mental health-wise, and to be aware of stigma
Our Penn State community needs to talk more about the impacts of mental health
People often don't feel like they want or need to reach out for help
Recognize the stigma and move past it (x6)
Supporting everyone / nobody is alone (x2)
The best thing to do about mental health is talk about it (x3)
The way we as a society portray mental illness has to change
There are few, if any, positive depictions of mental health in media
There are many resources/people available to help (x2)

If you were telling a friend about this workshop, you would describe it as:
(Highlights: see raw data for full list)

A better understanding of what mental health is
A safe space to talk about mental health
A safer space to learn about the Black community's mental health as well as students' wellness stories
An interactive program depicting the artistic experiences of individuals who suffer from mental illness
An interactive workshop that educates and explores the stigmas/stereotypes of mental health
Connective
Educational and interactive / valuable (x2)
Educational, moving, fascinating, deep
Educational, freeing, really cool
Effective
Engaging
Enlightening (x2)
Eye-opening. Gives a better understanding of mental health (x5)
Food and discussion about portrayals of mental health
Helpful and powerful / intense (x4)
Impactful and interesting. The speaker was very well spoken and engaging (x2)
Informative, learn about other cultures' attitude towards MH, how media shows people with MH issues
Informative / critical thinking (x3)
Movies provided good discussion / cool place to start the talk (x2)
Amazing / outstanding! (x2)
Personal // Professional // Inclusive
Powerful
Putting words to ideas that come up in the conversation about mental health
Refreshing
Thought provoking and honest conversations regarding mental health (x2)
Touching
Valuable
Very impactful and honest (x2)

How might you use what you learned today?
(Highlights: see raw data for full list)

As a way of listening to my friends better / differently and speaking up (x3)
Be a better friend / advocate (x3)
Be a part of changing the negative stigma around mental illness
Be open minded when someone talks to you about their issues
Better able to articulate feelings around stigma and personal experiences
Broadening my perspectives and acknowledging the struggles of others
By trying to put myself in other people's shoes
Continuing advocacy for mental health
Correct those who misuse stereotype / stigma and look down upon the importance of mental health
Have a more open discussion about mental illness to move people
Have more discussions about mental health with people / spread awareness (x2)
I will love it forever and cherish it
In my group therapy sessions on campus
Listening / accepting and being empathetic towards what other people might be going through
May be better equipped to help / understand a friend who is struggling
Personal growth
Reach out to people with mental health issues to see if I can be a resource to them
Recognize the challenges that people face who battle mental health issues
Seek help / to think more critically about my own mental health (x2)
Share with a friend / share resources (x4)
Start the conversation / talk more openly (x3)
Support
To be more aware of what people are going through especially across different languages and cultures
To enable mental support amongst others
Try to be more compassionate
Use some of the resources to help combat symptoms (x2)
Videos
When communicating with individuals with mental health challenges, I am more educated on the subject when talking about it

What are the biggest barriers to your mental wellness and/or receiving mental health support?
(Highlights: see raw data for full list)

Accepting that you need help (x3)
Accessibility on campus
Admitting imperfection
Being around people who are not supportive and loving. Time (but already have the help I need)
Cultural stigma----> I'm a Latino transman
Denying that it's existed before
Family / culture
Fear of being judged or misunderstood / feeling of shame and fear (x4)
Feeling like I'm just stressed and not actually struggling
Finances, not wanting to ask people for help
How difficult and time consuming the process can be

I don't have any help, I'm alone
Insecurity opening up to others in times of struggle
Lack of open conversation
Lack of time (x5)
Money (x2)
My pride and my time (x2)
Myself -- getting out of my own way (x3)
Not enough professionals
Not knowing enough about resources
Recognizing that even when things are good, externally, mental health can still be an issue
Stigma in family, no help, financial struggles
Stigma... For LGBT+ and hispanic people
The stigma surrounding seeking help (x2)
Time / money
When I talk about it, I feel like a burden to others

How can we improve this event in the future?

A little shorter (x2)
Bigger room
Figuring out how to maintain attention throughout
I really enjoyed it! / it was perfect (x5)
I think that, at times, the focus on minorities made it seem like only minorities had an excuse not to get help or talk to somebody
Include hands-on activities to really get everyone in the room involved / more interactivity (x2)
Interaction prior to videos
More detailed talking points
More small group discussions earlier in the presentation (x2)
More student stories but great as is / more time for panel (x2)
More time
More videos -- they are very well done (x2)
Possibly less typing out. Maybe (if possible), for some things, have people go up to a white board and write things to change it up
Share ways to put words to feelings and how to better communicate during conversations about MH
Watching a video first (x2)

Major	
Biology	3
Business / Finance	3
Classics	1
Communications / Communication Sciences and Disorders	2
Education	2
Engineering (Aerospace, Industrial, Neural)	4

|	
English	1
Film	2
Genetics	1
Hospitality Management	1
International Politics / International Relations	2
Information Sciences and Technology	1
Kinesiology	1
Marketing	1
Management	1
Political Science	7
Political Science / Communications / Arts & Sciences	1
Political Science / History / Jewish Studies	1
Political Science / Women's Studies	1
Psychology	6
Public Relations	1
Telecommunications	1

Year
47 responses
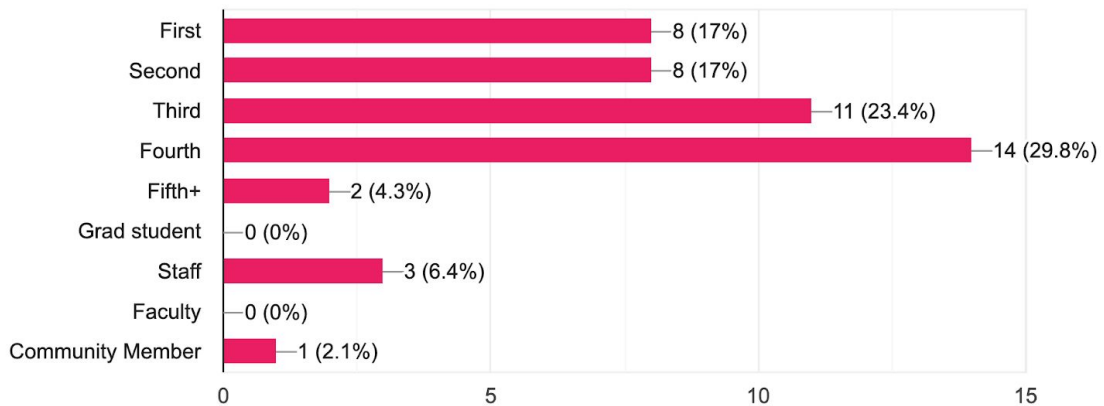
Gender Identity

48 responses
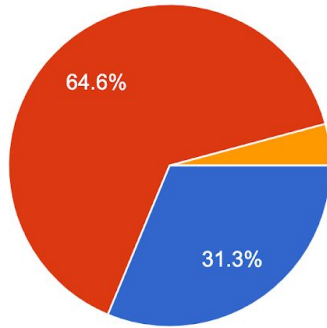
- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

64.6%

31.3%

Race / Ethnicity		
Asian / Asian-American	1	2%
Black / African / African-American	1	2%
Hispanic / Latinx	5	10%
Indian / South Asian	2	4%
Middle Eastern	0	0%
Native American / First Nations	0	0%
Pacific Islander	0	0%
White / Caucasian	30	63%
Multiracial	9	19%