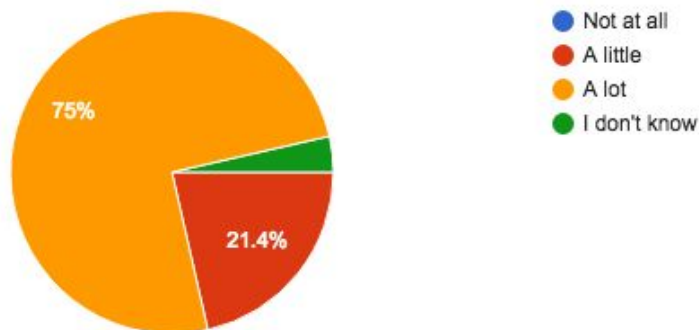# Movies for Mental Health
Phoenix College

February 21, 2018

n=57 (~90 total attendees)
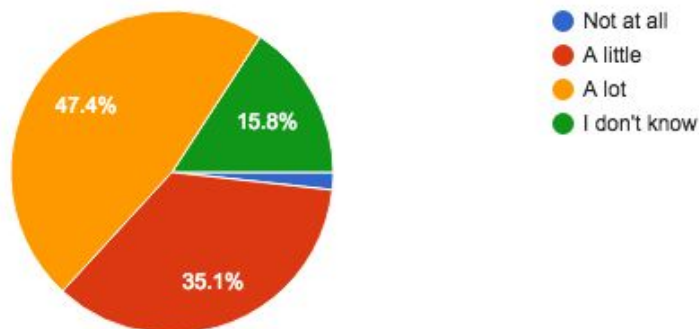
In your opinion, did this event create awareness of mental health issues?
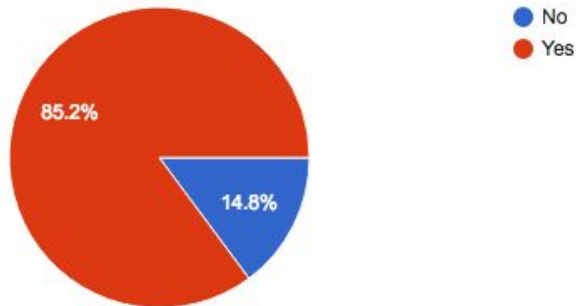56 responses

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

75%
21.4%

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

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

47.4%
15.8%
35.1%

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

54 responses

Legend:
- No
- Yes

85.2%
14.8%

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

56 responses

Legend:
- No
- Yes

35.7%
64.3%
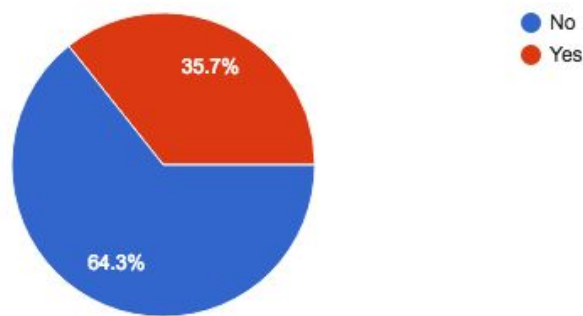
After this event, are you more or less likely to seek support for your mental health?

57 responses

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

26.3%
28.1%
38.6%
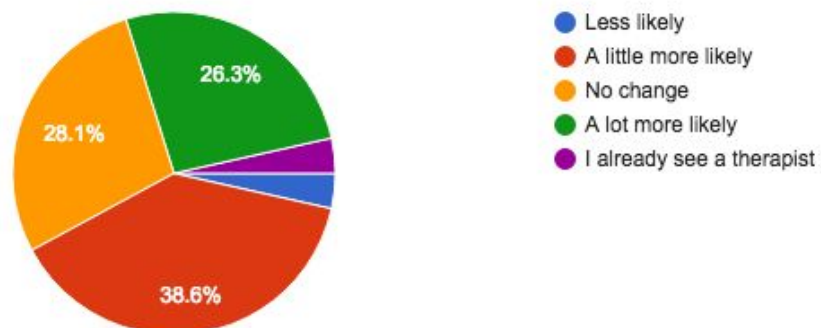
What type of mental health support do you think would be most useful to you?

54 responses

Category	Count (%)
On-campus MH…	17 (31.5%)
Off-campus MH…	10 (18.5%)
Traditional / spiri…	8 (14.8%)
Family	22 (40.7%)
Friends	24 (44.4%)
Professors / me…	10 (18.5%)
The arts / creati…	19 (35.2%)
Fitness and phy…	26 (48.1%)
Online resources	2 (3.7%)
N/A	1 (1.9%)
Pacing	1 (1.9%)
Listening to music	1 (1.9%)
Jesus Christ	1 (1.9%)
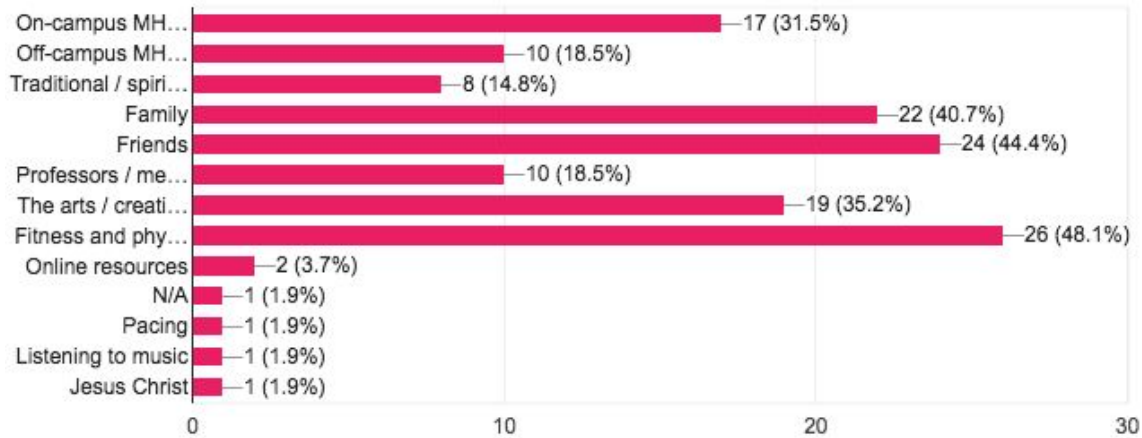
How did you hear about this event?

50 responses

Category	Count (%)
Friend	0 (0%)
Professor / Class	36 (72%)
Counselor / MH…	4 (8%)
Posters / Flyers	7 (14%)
Online / Facebo…	1 (2%)
student govern…	2 (4%)
friend who goes…	1 (2%)
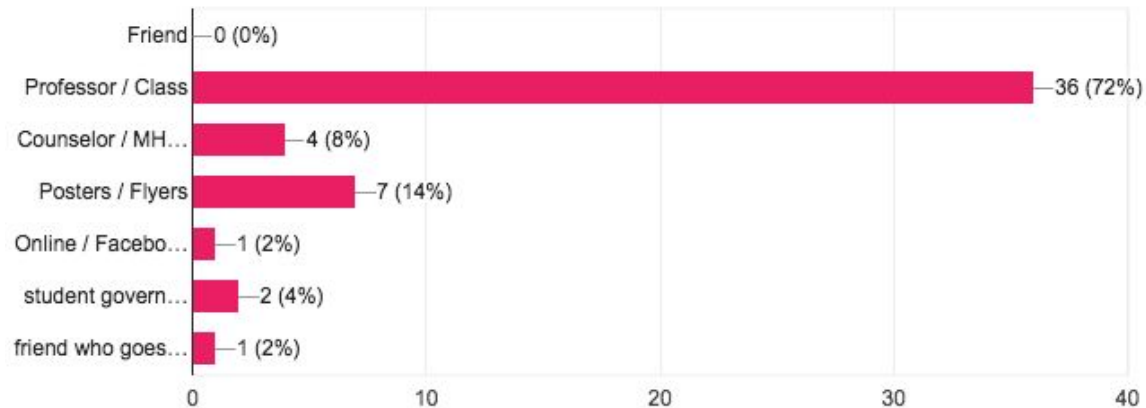
What was your main takeaway? (Highlights - see raw data for full list)

- We all face a lot of stuff
- I should look for help when I'm in trouble
- The first short film "Fine"
- Become more open
- Don't be afraid to ask for help
- The resources, the meanings, truly the whole thing
- Everyone can be affected by a mental illness and there's nothing wrong about depression etc.
- The discussions and conversations about this topic are very crucial
- It can be hard to ask for help

- You're not alone dealing with depression
- This was informational and I learned a lot I didn't know
- The sense of stigma that people feel when suffering with mental illness
- It is a lot more common than I thought

How would you describe this event to a friend? (Highlights - see raw data for full list)
- Perspective-changing
- Helpful
- Amazing!
- An event to figure out how to get help
- Ways to learn about mental health
- Very enlightening and necessary
- A safe environment
- Eye-Opening
- Valuable, knowledgeable, things that happen every day
- It was interactive
- Something that can be very helpful
- Movies to focus attention and great discussion to learn
- Emotional and important

What are the biggest barriers to your mental wellness and/or receiving mental health support?
- Stigma
- Nothing
- Not being able to open up
- School, life, college, family
- I don't like bad emotions, so I choose to ignore them.
- Fear is the biggest barrier.
- Thinking you can fix it on your own
- Not knowing how to explain my mental state
- I don't like attention. I've dealt with a lot on my own.
- I don't know
- Recognition
- Fear of being judged by my family and friends. Not having money to go get services.
- Feeling judged, and expensive
- N/A
- Pride
- Stigma, fear
- ?
- Ignorance
- Keeping it from my friends and family
- Not having acceptance with myself
- N/A
- None
- Being aware
- IDK

- Seeking help
- Looking for help
- Time
- Time and personal choice
- Have more stories
- Seeking for support and actually believing something is wrong but that's okay
- I have other stuff to worry about
- It's how I'm most of the time quiet about my problems
- Being judged, or I can handle it on my own
- Pride
- Locating of help on mental health and finding confidence
- I am too cowardly to ask for help
- My own fear
- Being scared
- Time - no time to get help, address issues
- Fear
- It is too hard to find a therapist that you can feel connected to
- Having to be judged

How can we improve this event in the future?
- N/A / nothing / it was great (x7)
- More films (x4)
- Too long, more videos
- Make it more lively
- More people
- Get more involved with the audience, make it more entertaining
- The topic is already overwhelming so making it more lively would help
- More interaction
- Jesus Christ is the way, the truth, and the life!
- Consult more students; some of us have loads to offer
- More examples
- Team with groups twice a year
- Include how alcohol and drugs cause depression.
- Visuals (not videos but Powerpoint)
- Visuals
- Cut it short a little
- Provide more examples for the panel meeting
- It was great and I believe it doesn't need to be improved
- Lack of family support
- Be more enthusiastic
- Gather more attention and involve the crowd more
- Have the panelists speak from the crowd so it is more interactive
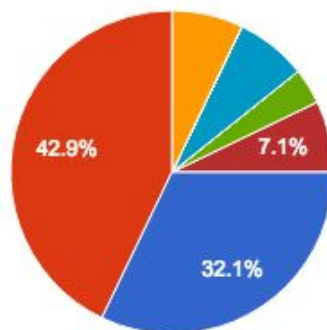- Location - tables would support conversation better

Major?
- Pre-med
- Associate in the Arts

- Business (x2)
- Creative writing/theater
- Innovation in society, Psychology
- Nursing
- Sports psychology
- Wildlife biology
- Biomedical engineering
- Social work
- English teacher for secondary education
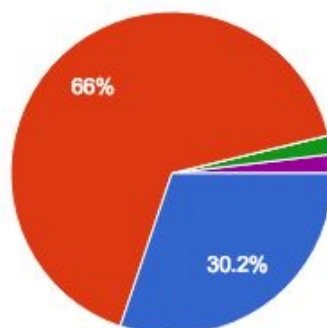- HR
- Accounting
- EMT
- Psychology

Year
28 responses

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

Values shown: 42.9%, 7.1%, 32.1%

Sex/Gender
53 responses

Legend:
- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming
- Mind your business
- NA

Values shown: 66%, 30.2%

Ethnicity

Black / African American	Middle Eastern	Asian / Asian American	White / Caucasian	Native American / First Nations	Hispanic / Latinx	Multi-Racial
2	1	1	6	3	29	8
4%	2%	2%	12%	6%	58%	16%

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.
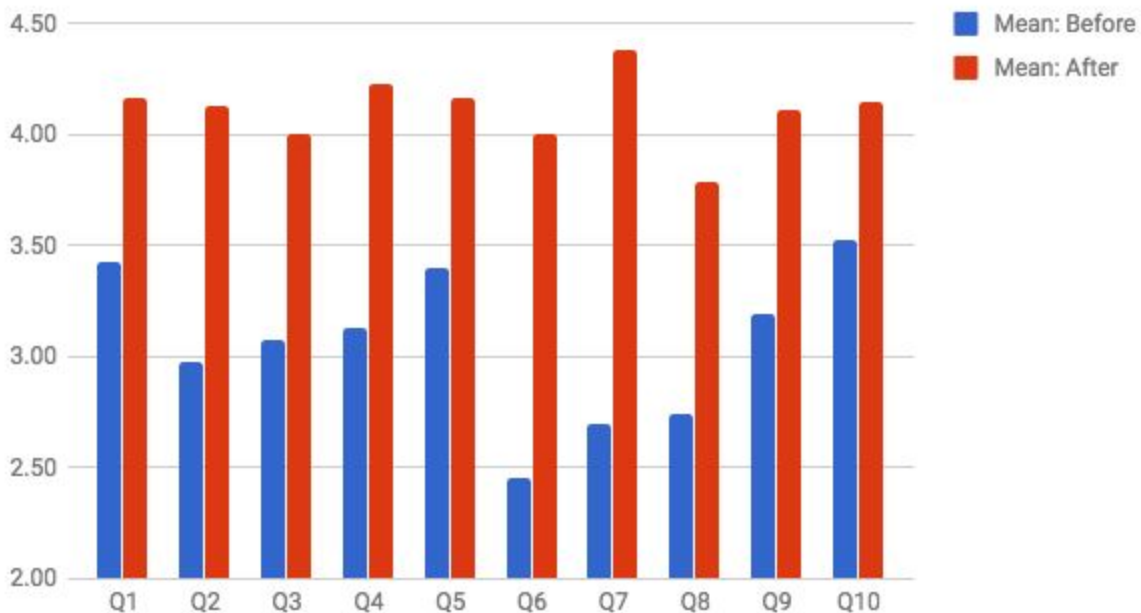
Q1: I would feel confident describing what "mental health" is to another person.
Q2: I have an understanding of what it might be like to live with a mental illness.
Q3: I know how to look for and identify signs that I or someone else might need mental health support.
Q4: I can name specific reasons why 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.