

# Movies for Mental Health

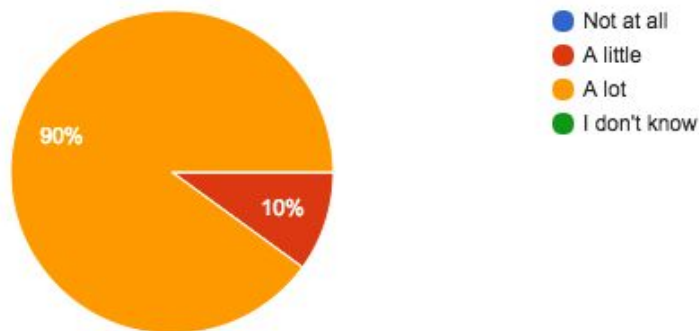
## Rowan University

October 25, 2017

n=20 (~35 total attendees)

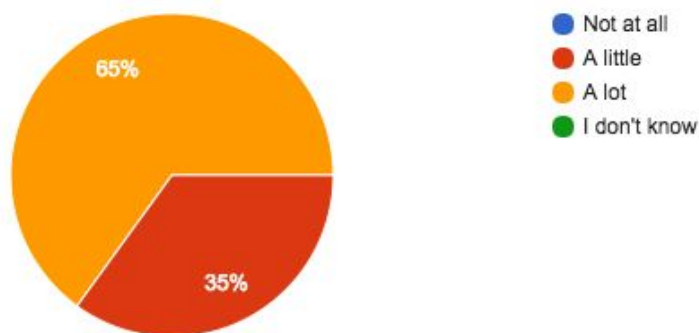
**In your opinion, did this event create awareness of mental health issues?**

20 responses



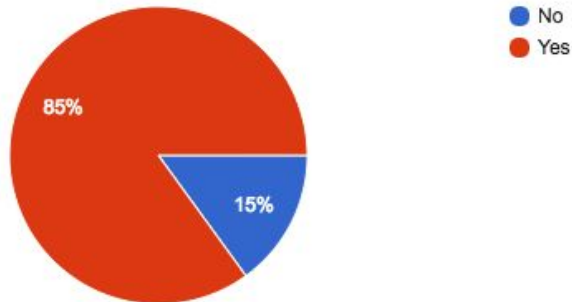
**In your opinion, did this event reduce stigma related to mental illness?**

20 responses



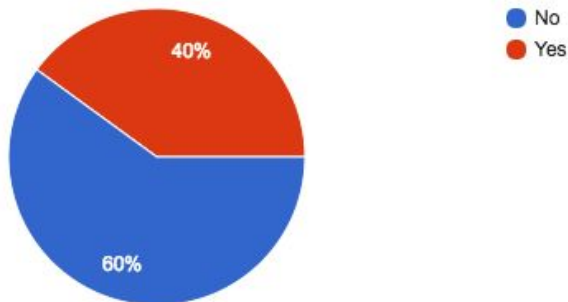
### Did you know about your school's counseling services before this event?

20 responses



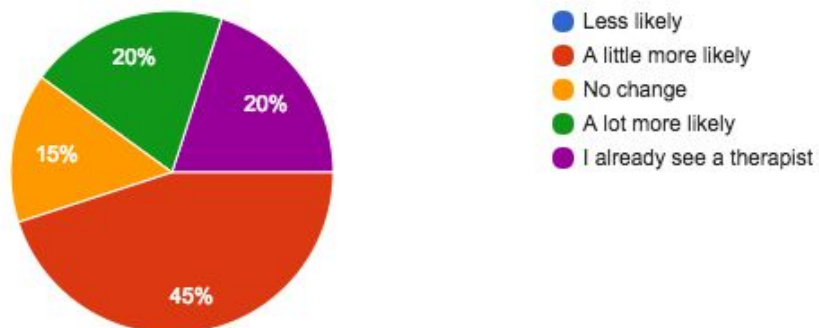
### Did you know about Prop 63/ the community-based mental health resources before this event?

20 responses



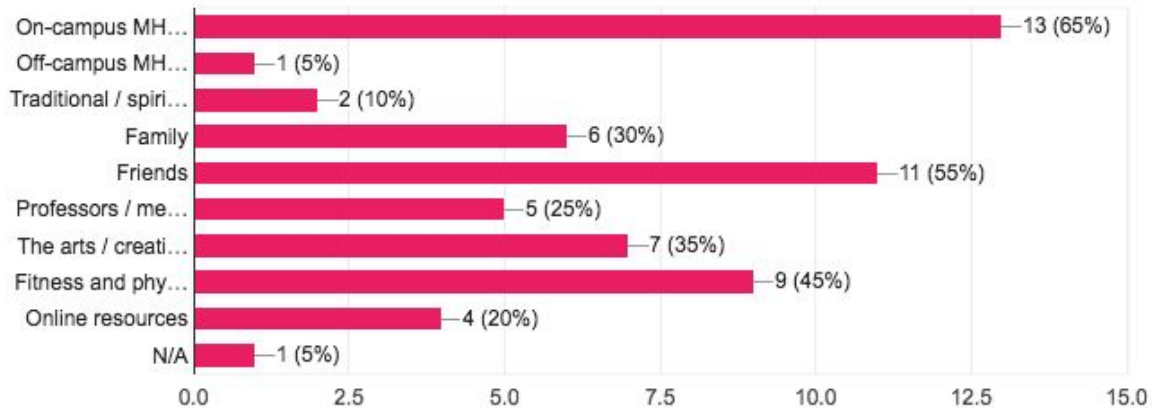
### After this event, are you more or less likely to seek support for your mental health?

20 responses



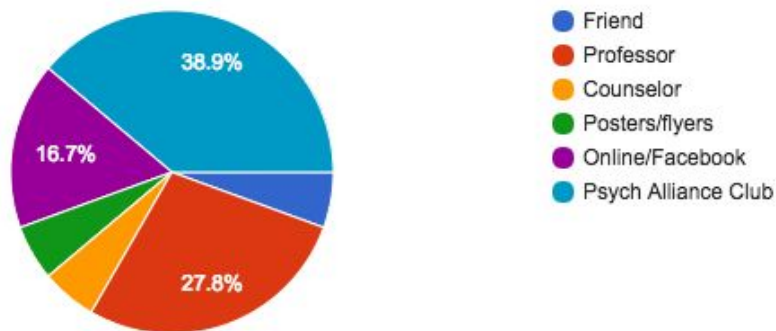
## What type of mental health support do you think would be most useful to you?

20 responses



## How did you hear about this event?

18 responses



## What was your main takeaway?

- The resources are on campus. More than what I've heard of before.
- Mental health is different for everyone.
- Mental health does not discriminate.
- Be mindful that you may not know or understand what other people are experiencing.
- Mental illness impacts everyone in certain ways, and it may not always be recognizable.
- Mental illness can affect anyone.
- Mental health is taken way more seriously in college nowadays.
- Mental illness can affect anyone; treatment is helpful.
- Reducing stigma is important for mental health.
- To make sure to be taking care of myself and making sure those around me are also taking care of their mental wellbeing.

- Helping out people for mental wellness.
- The movies.
- Mental health should be made aware of to individuals who don't suffer from it.
- I consider myself well-educated in this field, so I had a good understanding of mental illness and stigma and it's hard to assess this event's effectiveness.
- Stigmas are no good, everyone struggles.
- Mental health issues are more broad than I thought.
- Everything. The videos was a great addition.
- There are services to help with mental disorders / illness.

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

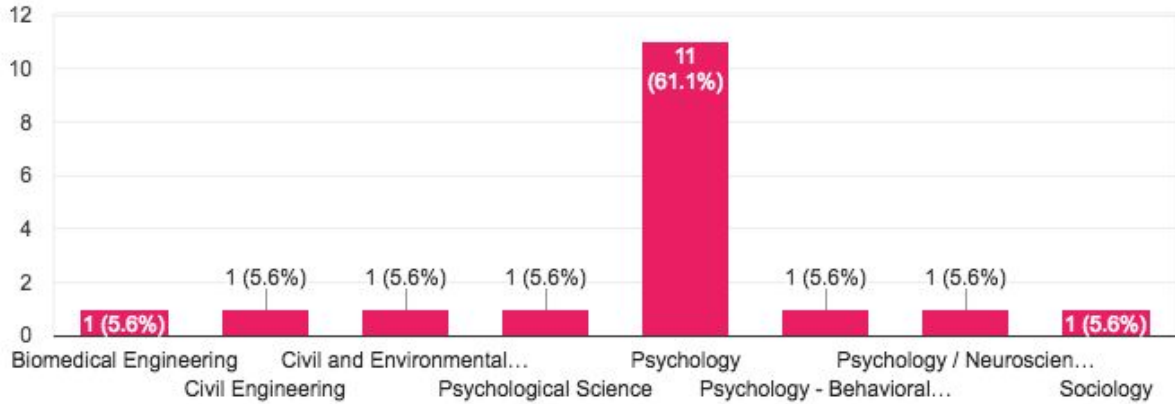
- Hearing other stories of students that I can relate to.
- A discussion on awareness on mental health.
- An eye-opening experience
- It was an event that attempted to address and discuss stigma and mental illness.
- Discussions on mental health.
- Sit, chill, listen, eat the free food. Food for thought.
- A discussion of mental health and the stigma that surrounds it, facilitated by short films.
- Discussion and art around mental health and combatting stigma.
- Informational and important as we often put our mental health on the backburner.
- It was emotional, mind-opening.
- About mental illness and how it is stigma.
- Interactive.
- Movies used as art to describe mental health realistically.
- Good information. Helpful resource.
- A must see / attend. Learned a lot in groups about stigma.
- Essential info for on-campus mental health

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

- Advertise so more people know
- Include other forms of art
- Nothing
- A little bit shorter
- More variety of everything
- More advertising maybe
- I enjoyed this event as is
- Detail about stigmas
- Make it a bit shorter with less how people feel and think
- Treat the audience like they know things - some higher order info. More movies!?!
- Interview panel before handing this out

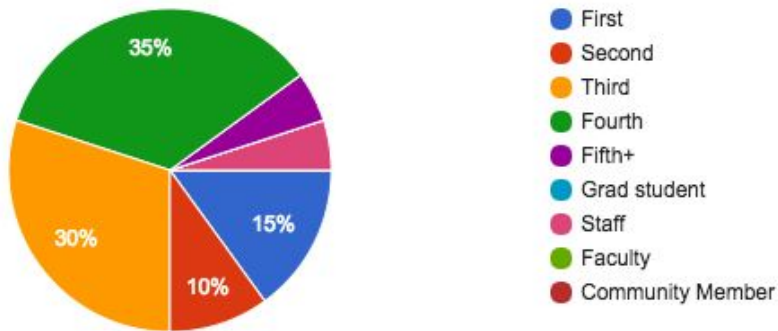
## Major?

18 responses



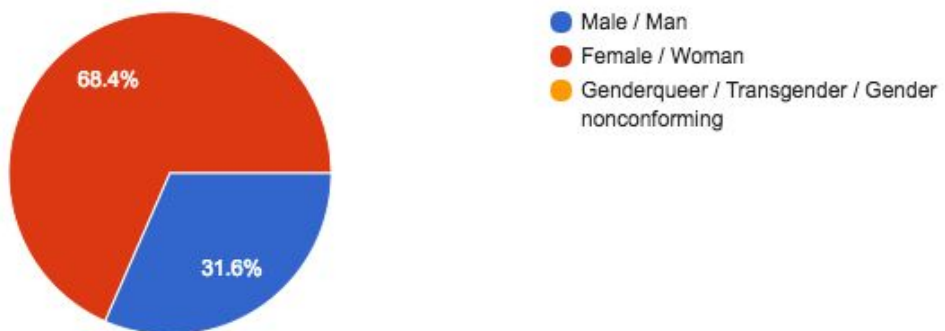
## Year

20 responses



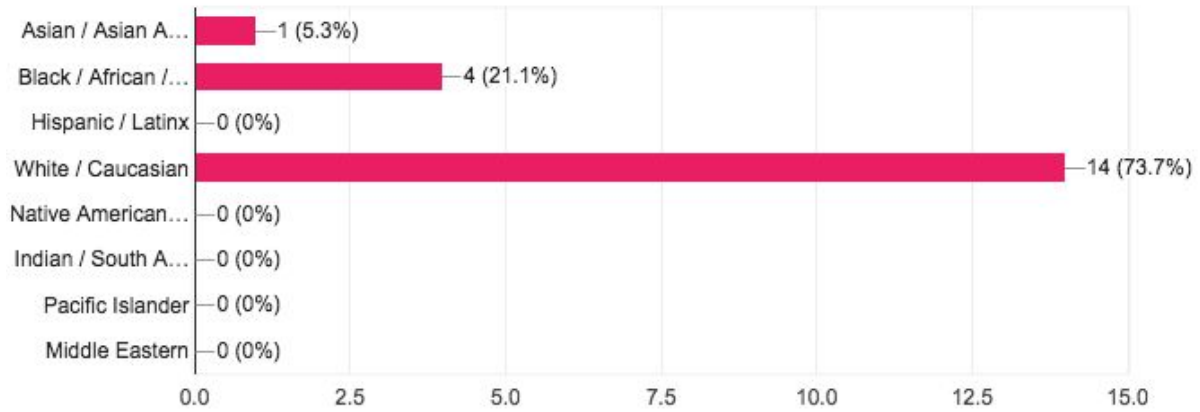
## Sex/Gender

19 responses



## Identifiers

19 responses



### Anything else we should know?

- I'm trying to see a therapist but I've been on the waiting list at the wellness center for two months.