

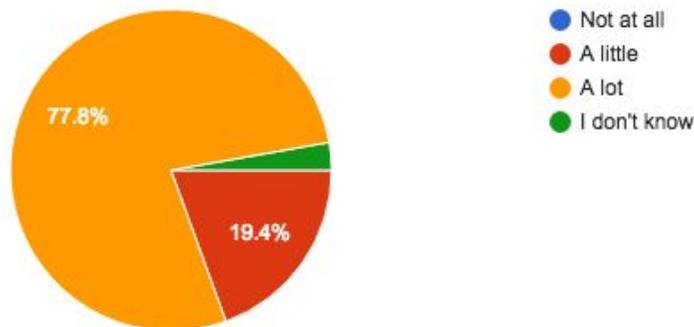
# Movies for Mental Health St. Thomas Aquinas College

February 21, 2018

n=36 (~50 total attendees)

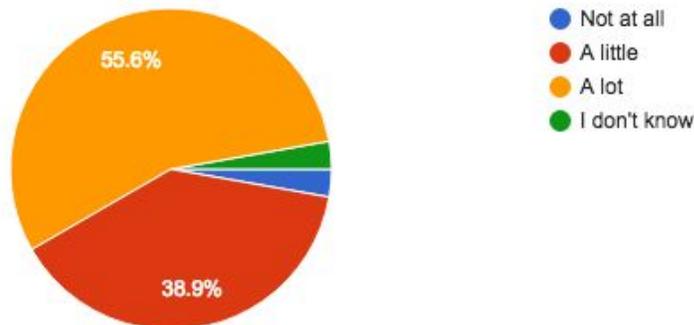
**In your opinion, did this event create awareness of mental health issues?**

36 responses



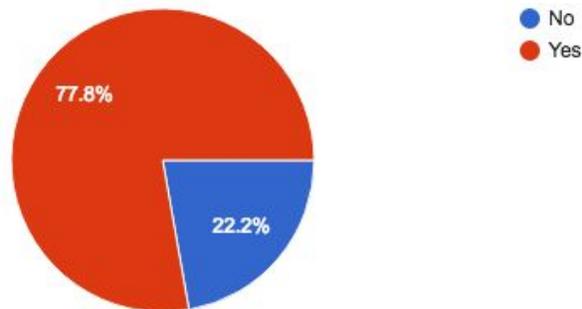
**In your opinion, did this event reduce stigma related to mental illness?**

36 responses



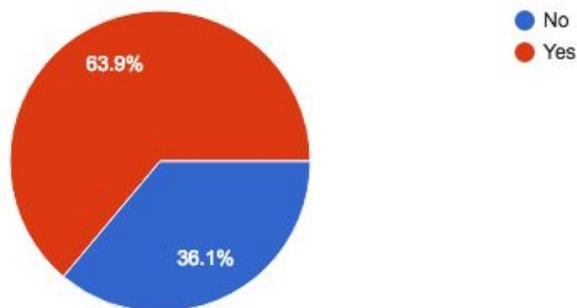
### Did you know about your school's counseling services before this event?

36 responses



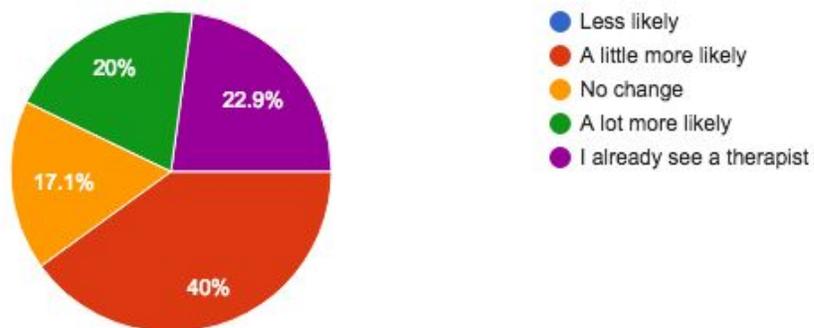
### Did you know about Prop 63 / the community-based mental health resources before this event?

36 responses



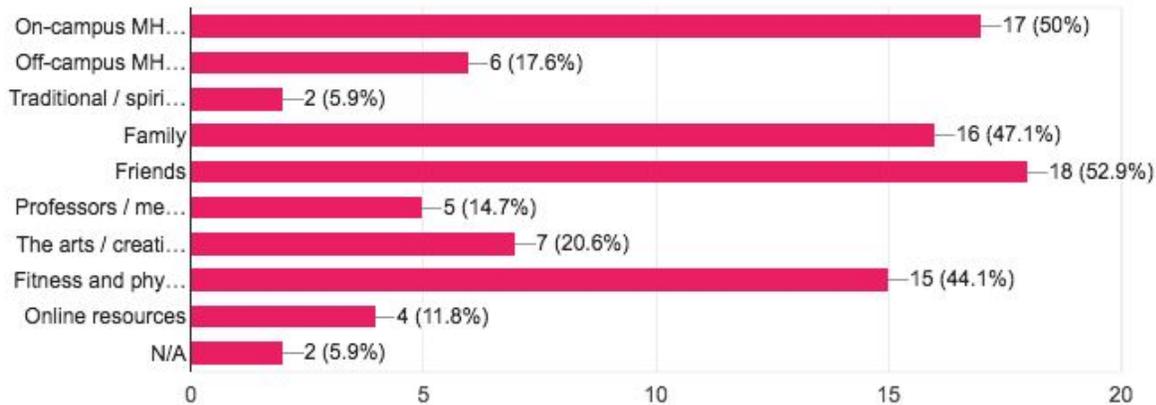
### After this event, are you more or less likely to seek support for your mental health?

35 responses



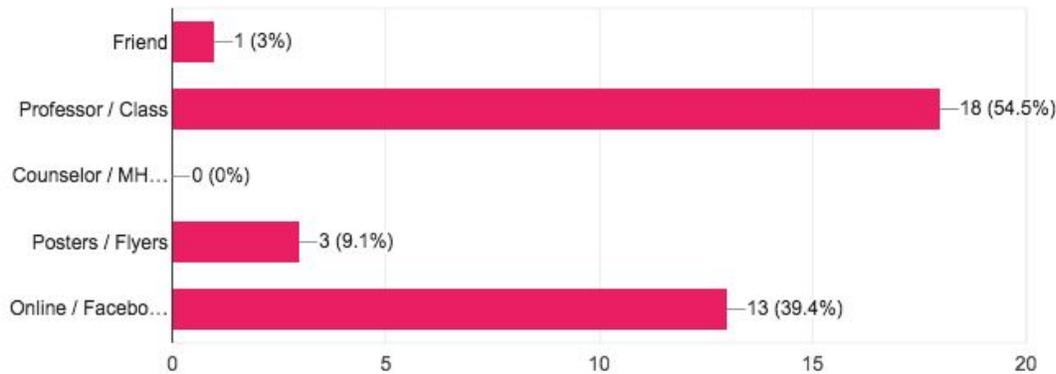
## What type of mental health support do you think would be most useful to you?

34 responses



## How did you hear about this event?

33 responses



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

- We are not alone
- How important mental health is
- Mental health is an important issue
- Be positive and listen
- Gives real insight into what people experience
- Your actions can affect other people
- Mental health is not limited by gender and race and everyone feels some type of way
- Presence of counseling services
- More info about mental illness
- Videos were engaging
- It's ok to not be ok

How would you describe this event to a friend? (Highlights - see raw data for full list)

- Meaningful
- Empowering / helpful
- Powerful movies about mental health issues
- Powerful and enlightening
- It helps paint a view of mental health
- Worth the time to learn what's not talked about everyday
- Engaging and necessary
- Helpful, informative
- An event that shows its ok to be mentally ill

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

- None / N/A (x4)
- No time and difficulty seeking resources
- The stigma socially
- Seeking support
- Anxiousness (x2)
- Judgement
- Stress
- Thinking that I will be ok
- Negative people
- Judgement
- Yourself
- Fear / insecurities
- Not knowing if my problems are worth it
- Social stigma
- Sociocultural misconceptions (x2)
- Society (X2)
- Access

How can we improve this event in the future?

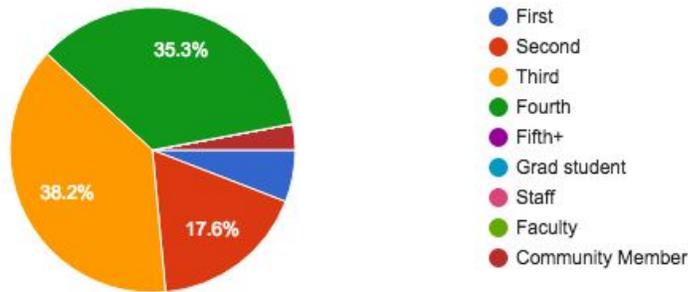
- N/A / it was great (x7)
- Nothing - getting people together to discuss this topic and come together is great.
- More movies that show disabled people
- Longer films
- More promo
- Correcting people who say "incorrect" statements
- More videos
- The moderator can give more affirmative responses
- More videos
- Bigger room

Major?

- Psychology (x8)
- Criminal Justice (x4)
- Communications (x4)
- Sports Management (x4)
- Art Therapy (x3)
- Special Education (x2)
- Education (x2)
- Business Management
- Social Science
- Management
- Psychology and Creative Writing
- Biology

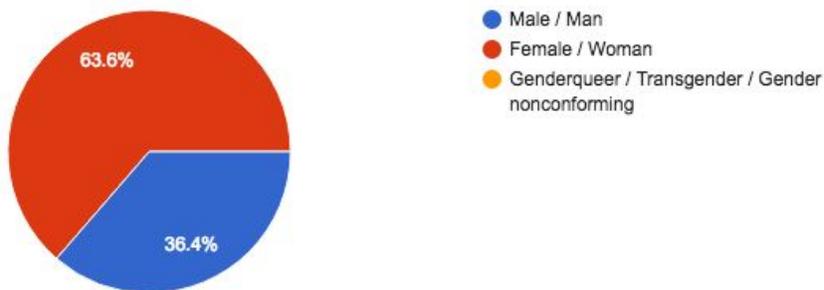
### Year

34 responses



### Sex/Gender

33 responses

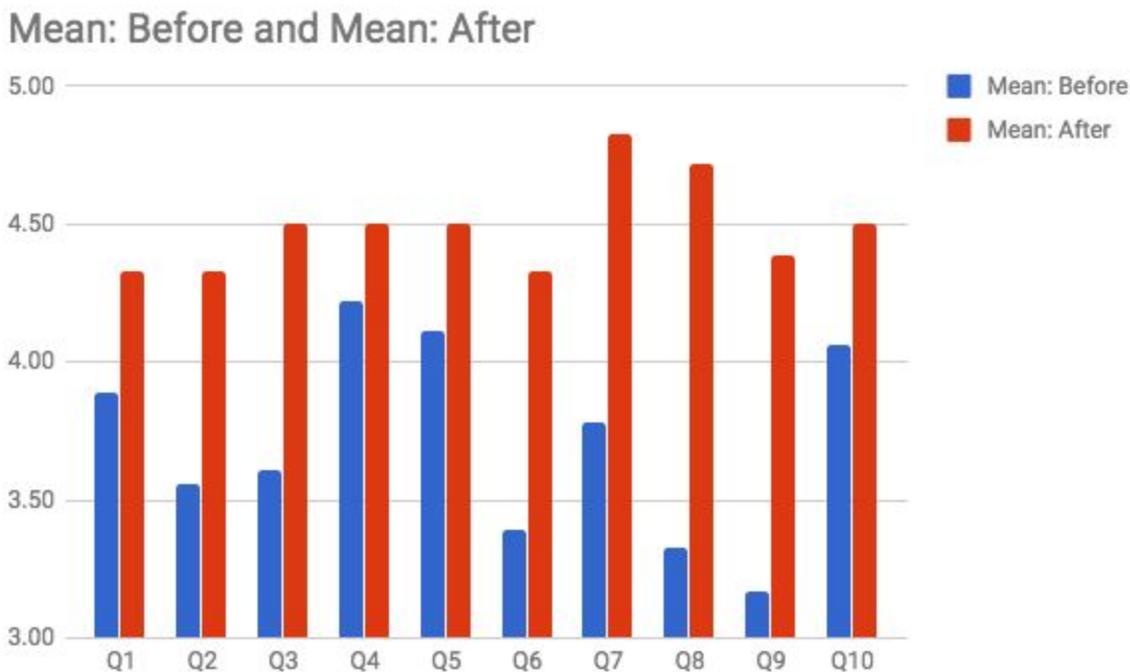


### Ethnicity

Black / African American	Asian / Asian American	White / Caucasian	Hispanic / Latinx	Multi-Racial
8	4	14	4	2
25%	13%	44%	13%	6%

## 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.