

# Movies for Mental Health

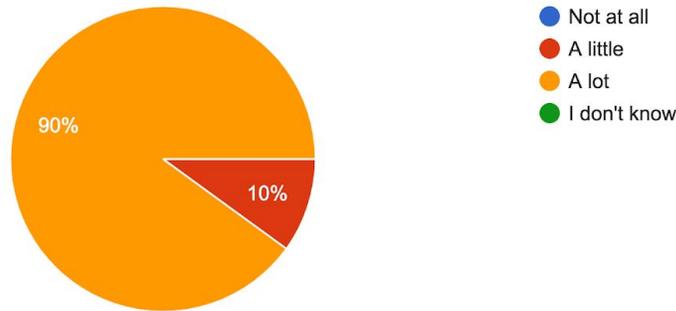
## Post-Workshop Evaluations

**Stanford University**  
February 19, 2020

Number of attendees: ~30  
Number of evaluations: 20

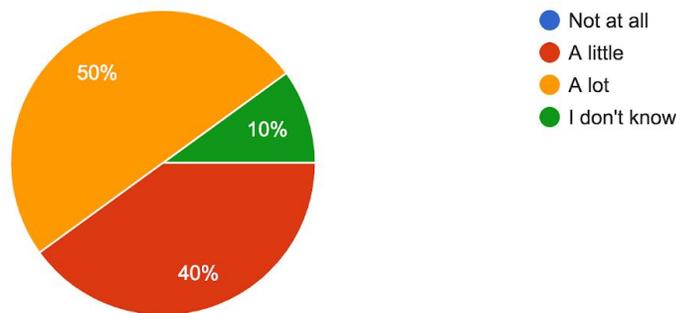
In your opinion, did this event create awareness of mental health issues?

20 responses



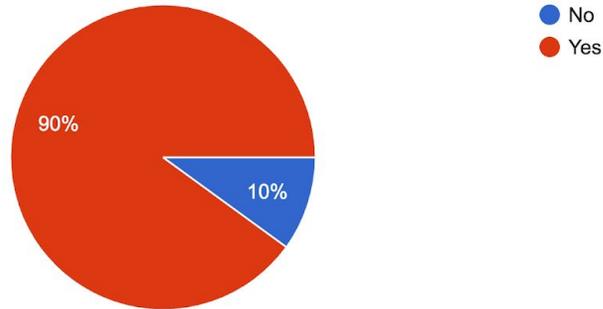
In your opinion, did this event reduce stigma related to mental illness?

20 responses



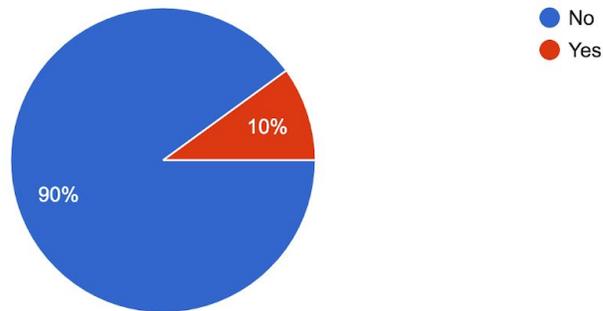
Did you know about your school's counseling services before this event?

20 responses



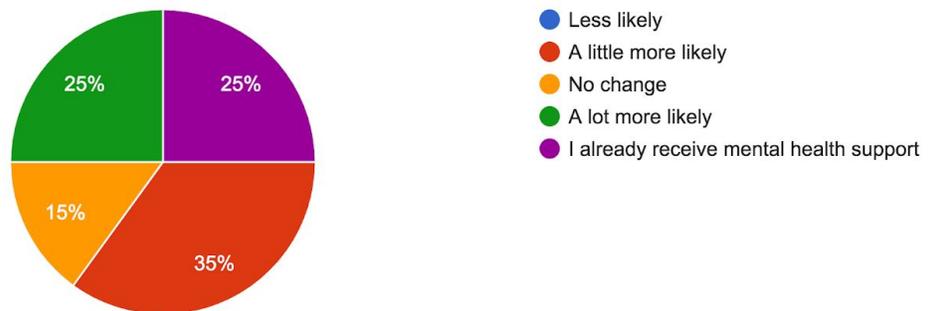
Did you know about the the Mental Health Services Act before this event?

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?	
On-campus MH support	<b>12</b>
Off-campus MH support	<b>3</b>
Traditional / spiritual	<b>3</b>
Family	<b>8</b>
Friends	<b>9</b>
Professors / mentors	<b>5</b>
The arts / creativity	<b>8</b>
Fitness / physical activity	<b>11</b>
Online resources	<b>4</b>
Medication	<b>6</b>

How did you hear about this event?	
Friend	<b>4</b>
Professor / class	<b>0</b>
Counselor / MH club / Peer Support	<b>1</b>
Student group	<b>9</b>
Email	<b>3</b>
Online / Facebook	<b>1</b>
Posters / flyers	<b>0</b>
Other	<b>1</b>

## What was your main takeaway?

(Highlights: see raw data for full list)

Dehumanization of those suffering from mental illness, and how much needs to change, also don't tell people "that's not true."  
There is a tragic lack of widespread understanding of mental health.  
I talk too much but also think lots more people than I thought were deeply informed in this (during such a busy time, etc.).  
There's such a diversity of mental health experiences, tips on how to support people with mental health.  
Mental health should not be stigmatized and there is help available.  
People struggle because they are alone.  
How pervasive and common mental illness can be.  
1) Art With Impact exists, 2) I'll search for more opportunities to get involved.  
A lot more people struggle with this issue than I thought.  
To hold space for conversations.  
There are a lot of cool videos to check out.  
Got a better idea of how differently mental illness can be portrayed person-to-person.  
How negative and villainized mental health is portrayed in mainstream media.  
The words we use to describe people with mental illness represented in the media shouldn't be how we describe people in real life.  
Talking about mental health reduces the stigma.  
Mental burden, vast array of mental health.  
"Everyone has a mental health story. Talking about it shouldn't be taboo."  
There are resources available.  
Normalization / destigmatization of mental health.

## If you were telling a friend about this workshop, you would describe it as:

(Highlights: see raw data for full list)

Open space to discuss mental health honestly in relation to the arts/personal experiences.  
An intimate workshop breaking down mental health stigma and creating awareness.  
An interesting exposure to mental health stories, experiences, and support resources.  
Helpful as a whole and in part (initial definitions, films, and panel each give unique insights).  
Supporting and validating, open to learning, vulnerable, raises awareness.  
Movies and discussion on a heavy but very relevant topic.  
A time of group reflection.  
Pizza party.  
Videos are interesting.  
Interesting workshop with videos and discussion.  
Helpful, interactive, eye-opening.  
Informative, helpful, interactive.  
Interesting & enlightening.  
Learning about stigma, discuss mental health.  
An interactive way to have a conversation about mental health and illness through film.  
Impactful, meaningful, educational, eye-opening.  
Highly educational.  
An intimate discussion about the stigma and experience of mental illness.  
Intense, thought provoking, and interactive.

## How might you use what you learned today?

(Highlights: see raw data for full list)

I would be more aware of my behavior and other's behavior.  
Making sure people I see / meet don't feel lonely or isolated.  
Being more aware of how I interact with people around me.  
I'll show it to others, also a reminder.  
Educate friends and family.  
Listen more and remember how different each person's experience is.  
More comfortably talk about / navigate these sometimes taboo topics.  
I will keep advocating for awareness after being inspired this way.  
Watch more videos, talk about it more.  
Approach mental health and illness from an even more open and empathetic place.  
Education, outreach, intentional language, supporting myself and others without judgement.  
I want to make a comic about student well-being.  
I will be more aware of how I think about mental health.  
Pass on information to peers.  
Seeking help.  
Learning more about mental health issues.  
Talk to reduce stigma.

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

(Highlights: see raw data for full list)

Accessibility, cultural raising, suspicion with Western approach of dealing with mental health.  
Lack of time, stigma, feel uncomfortable telling others about my problems.  
Finding a therapist who takes my insurance and is taking new patients.  
My own fear, lack of energy / nerves, the hoops of getting care.  
Distance.  
Time / schedule, stress.  
Finding time and ways to access resources.  
acknowledging I have have illness/problem  
stigma, fear of judgment, barriers of effort  
Internalized stigma (hypothetical).  
The weight of life's problems.  
Time/self/stigma/prioritization.  
Cultural and individual inhibitions.  
Personal doubts.  
Stigma.  
Access, finance, insurance.  
Sadness, inaction.  
Time, relative to MH to other people in my life.

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

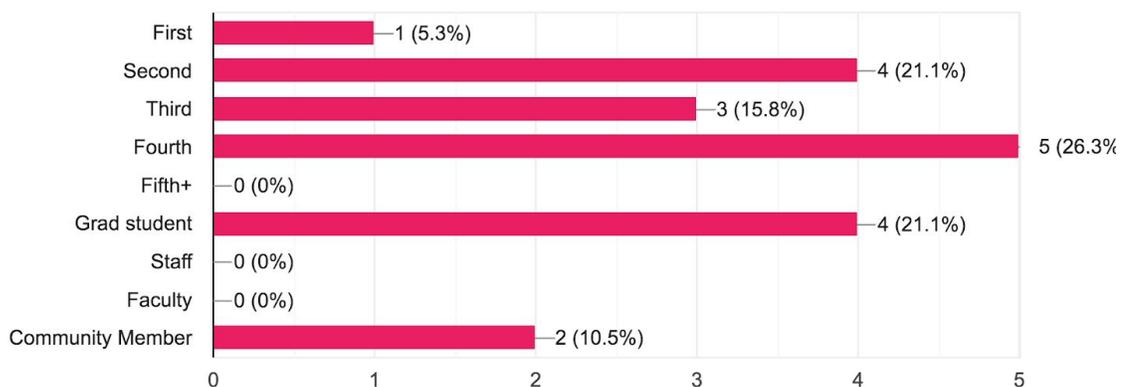
A bit more small group discussion / activity.  
 Different room / table organization, perhaps?  
 Scenarios on how to respond when people open up to you.  
 Less intro / presentation, more films, discussion, and panel especially (spend more time).  
 Force people to sit together more, have them get to know each other a little before talking about serious things.  
 Have more group activities  
 The beginning was super slow, expected films faster.  
 More small groups discussions, I feel it's easier to express my thoughts in smaller groups.  
 Pronouns are important. Can't tell someone's pronouns by looking at them.  
 Others forms of artistic expression.  
 Earlier?  
 Maybe slightly earlier time.  
 More time for panel.

## Major

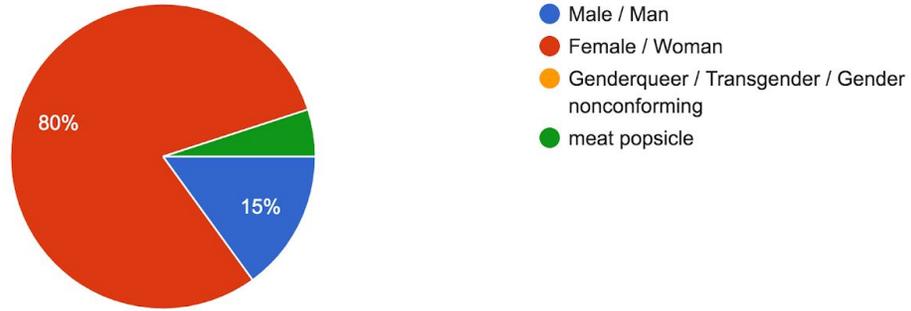
Psychology	4
Computer Science	2
Biology / Genetics	4
Interdisciplinary Studies	1
Design / Communication	2
Engineering	3

## Year

19 responses



Gender Identity  
20 responses



Race / Ethnicity		
Asian / Asian-American	6	30%
Black / African / African-American	4	20%
Hispanic / Latinx	4	20%
Indian / South Asian	1	5%
Middle Eastern	1	5%
Pacific Islander	2	10%
White / Caucasian	10	50%
Igorot (Filipina)	1	5%