

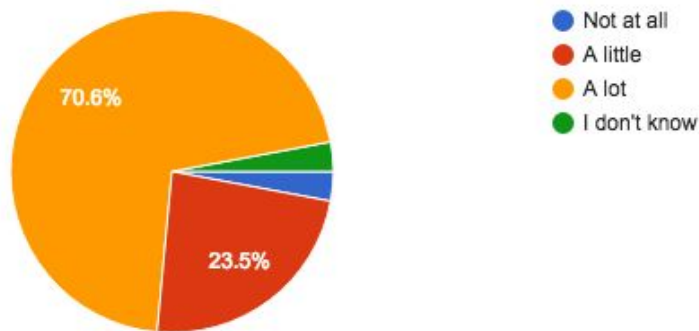
Movies for Mental Health Swarthmore College

April 7, 2018

n=34 (~75 total attendees)

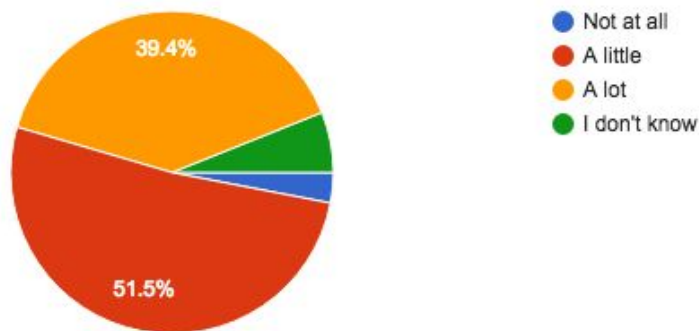
In your opinion, did this event create awareness of mental health issues?

34 responses



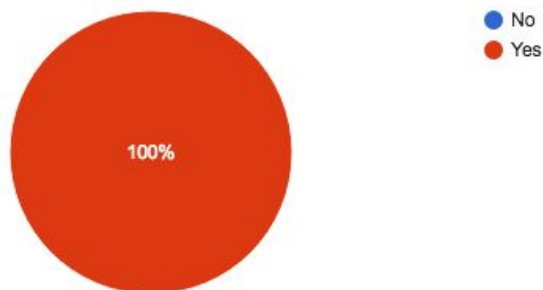
In your opinion, did this event reduce stigma related to mental illness?

33 responses



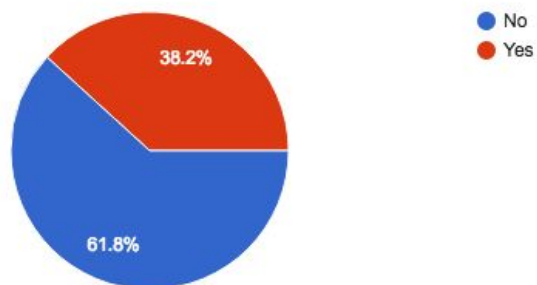
Did you know about your school's counseling services before this event?

34 responses



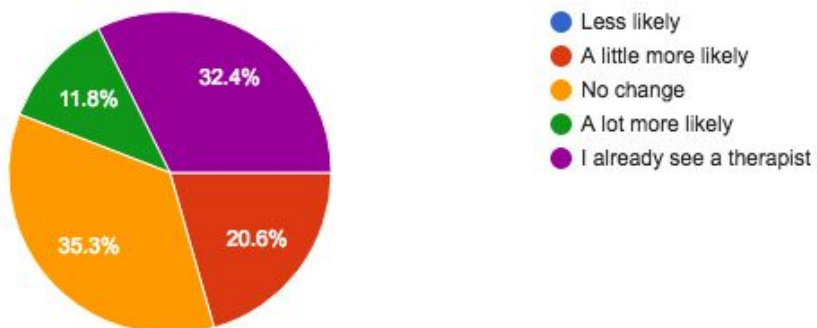
Did you know about Prop 63 / the community-based mental health resources before this event?

34 responses



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

34 responses



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

On-campus MH support	20
Off-campus MH support	6
Traditional / spiritual	6
Family	14
Friends	21
Professors / mentors	11
The arts / creativity	13
Fitness / physical activity	18
Online resources	3

How did you hear about this event?

Inclusive Leadership Conference	26
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What was your main takeaway?

- Better methods to advocate for students with MH issues
- Mental health is different for everyone
- Listen and understand others when they come to you with mental health concerns
- I think films can be a really powerful way to tell important stories
- Reach out and be easy to reach out to
- Listen to what people feel they need
- You defeat stigma by talking about it
- There are many creative resources for exploring mental health
- The complexity of mental illness and how it is discussed
- Mental health is more difficult to define and describe than many people think
- It's ok to ask for help when you are struggling because in reality a lot of the people around you are also hurting and asking for help
- Don't be closed minded with others, use resources
- Mental health is a huge issue
- Support for mental health whether for myself or others is important
- Stigma exists and its existence perpetuates fear of accepting mental health
- How to combat mental health stigmas
- Mental health stigma is bad, mental health is complex
- Had to attend for inclusive leadership training
- I can respect people's mental health situations and avoid stigma

How would you describe this event to a friend?

- Interesting crash course in mental health
- A conversation of mental health guided by film and visual media
- See above
- Info and experiences of/about stigma surrounding mental health
- Insightful
- Informative
- It was informative
- Great
- Sad
- Watching films about mental health and discussing them
- A good summary of on campus resources for getting help as well as an in depth description of what it's like to live with mental health situations as well as cope with them effectively
- Analyzing stigma around mental health
- Eye opening
- Better understanding of mental health
- Short film on mental health will guide the event and clarify mental health and people who struggle with it
- Helpful but lecture was a bit long
- Intro-level mental health stigma awareness
- Informative about mental illness issues

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

- Stubborn, have a hard time opening up to others
- Time, Fear
- I am from a Lutheran family and I have intentionally inherited some of their ideas about mental health
- Internal doubts
- Friends' bad experiences
- Bad reputation of support institutions
- Not believing that my mental health problem is "bad enough"
- Homesickness and being 2,000 miles away
- Money and time
- Time - I have a very busy schedule so very often addressing my mental health goes to the bottom of my to do list
- Not wanting help; don't feel valid enough to seek help
- Cost, access to effective resources, severity of illness
- N/A
- I think that it might be environment based and that it could not be as big as I think it is
- I am too worried about my performance in comparison to others
- Feeling pathetic or weak
- Feeling like it's not serious enough, not an "illness"
- Money
- None

How can we improve this event in the future?

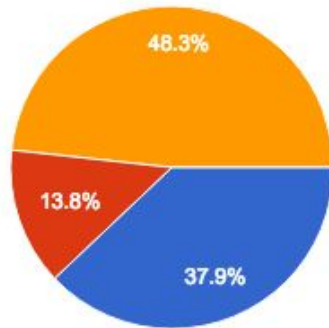
- Screen closer
- More group interaction
- Not make it in such a big room during lunch
- Try to get people to share more in a less on the spot manner
- More popular films
- I really loved the videos that were shown and would have wanted to see one or two more in the presentation
- Other opportunities for people who may experience discomfort while watching the films
- I would have thought this event would be better if it wasn't during lunch.
- Reduce lecture time and increase conversation time, maybe not over lunch
- Thought having a triggering eating disorder related video shown during our only lunch opportunity was weird
- Shorter

Major?

- Psychology - 4
- Engineering - 3
- Economics - 2
- Education - 2
- Computer Science - 2
- Biology - 2
- Peace and Conflict Studies - 2
- Engineering and Music
- History
- Peace and Conflict Studies, Linguistics, Computer Science
- Math
- Political Science
- English
- Chemistry
- Philosophy
- Neuroscience
- French

Year

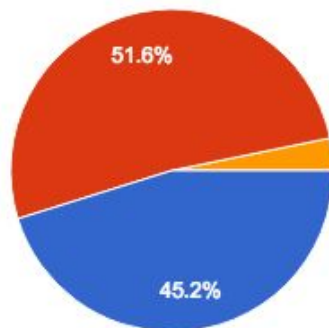
29 responses



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

Sex/Gender

31 responses



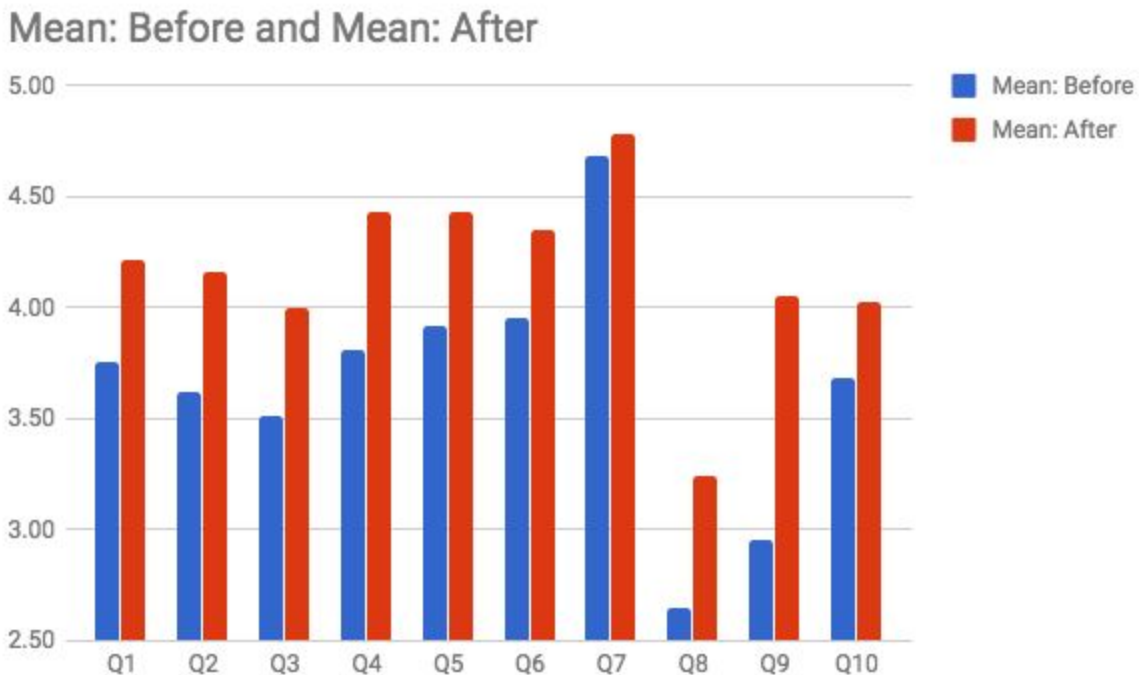
- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

Ethnicity

Black / African American	White / Caucasian	Asian / Asian American	Hispanic / Latinx	Multi-Racial
4	9	8	1	7
14%	31%	28%	3%	24%

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.