

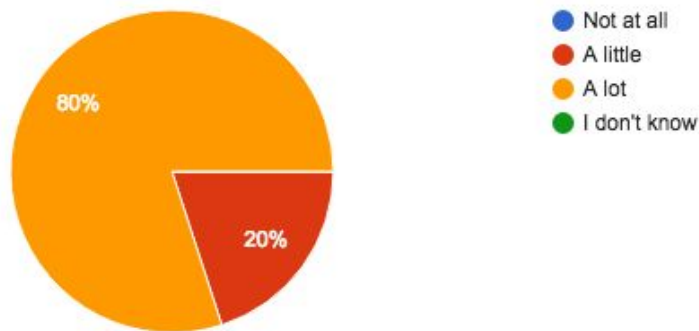
# Movies for Mental Health Temple University

April 17, 2018

n=5 (~20 total attendees)

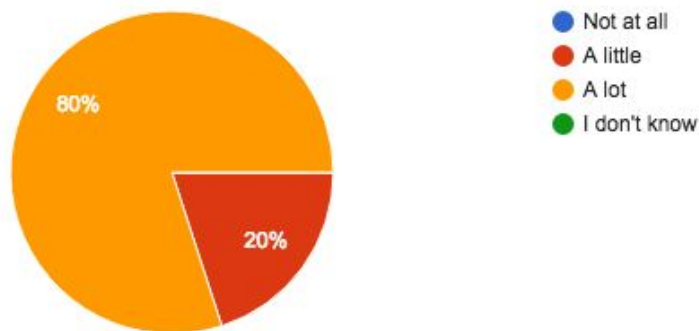
In your opinion, did this event create awareness of mental health issues?

5 responses



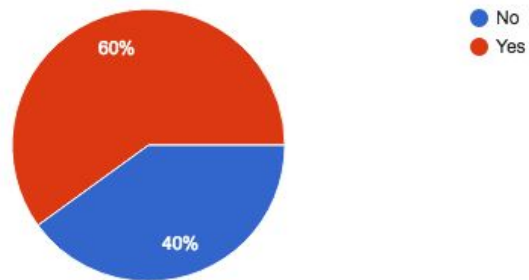
In your opinion, did this event reduce stigma related to mental illness?

5 responses



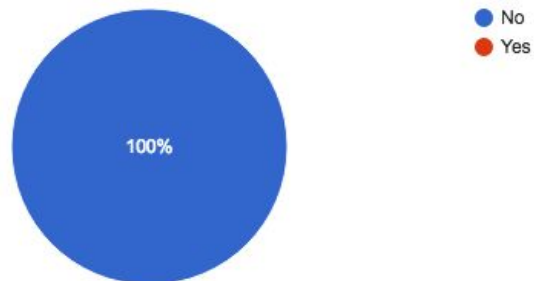
### Did you know about your school's counseling services before this event?

5 responses



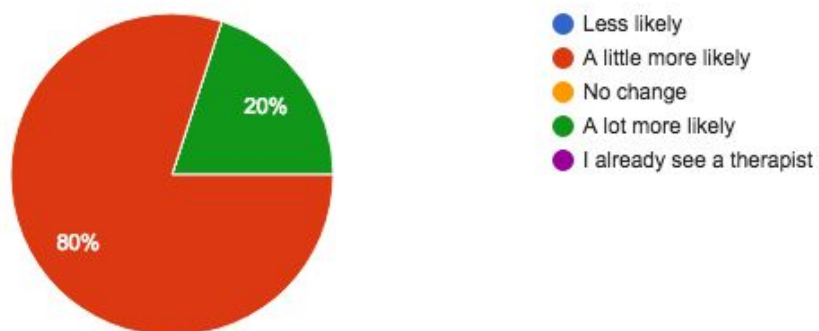
### Did you know about Prop 63 / the community-based mental health resources before this event?

5 responses



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

5 responses

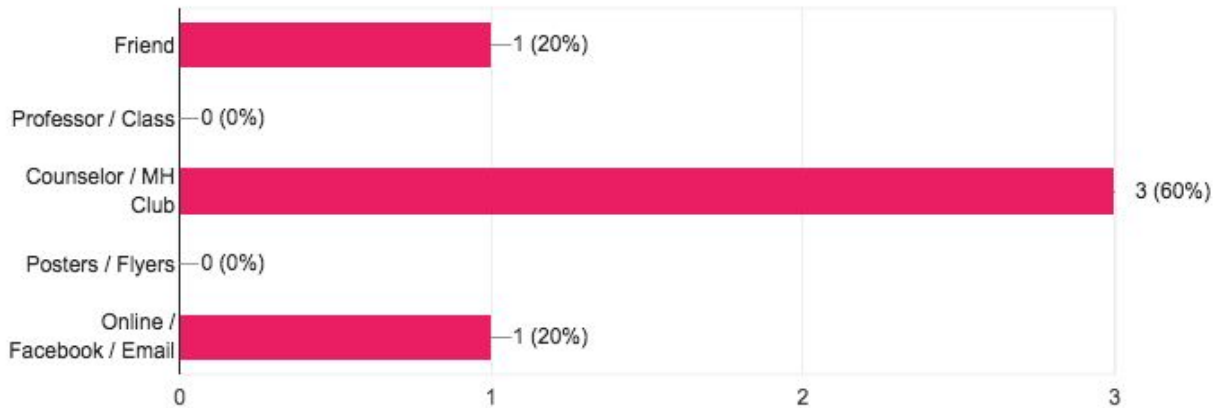


What type of mental health support do you think would be most useful to you?

On-campus MH support	5
Off-campus MH support	0
Traditional / spiritual	1
Family	3
Friends	5
Professors / mentors	1
The arts / creativity	2
Fitness / physical activity	1
Online resources	1

### How did you hear about this event?

5 responses



### What was your main takeaway?

- The feelings the videos left me with.
- How I'm feeling about myself in relation to anxiety.
- Mental Health is complicated, but it's super important to have awareness.
- Deeply moved and intrigued by all the short films.
- How visuals can explain what words can't on their own.

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

- Very informative
- Informative
- A helpful time to learn and understand
- Informative
- Helpful audio/visual representation of mental health and stigma

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

- Me not thinking that my feelings are valid, somebody else is worse off
- My own stigma
- Other people not understanding
- Time management, scheduling
- Admitting I have an issue

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

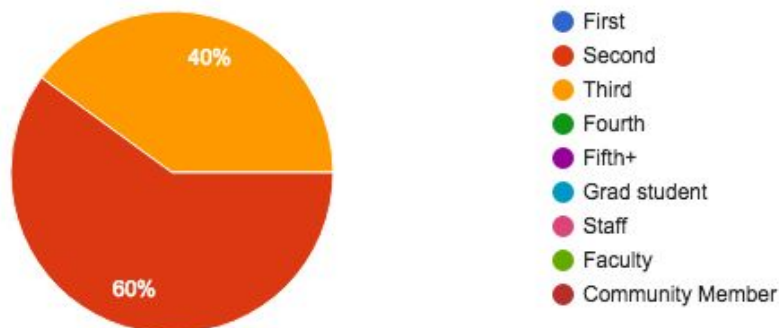
- More advertising
- It was good

## Major?

- Linguistics
- Behavioral Neuroscience
- Tourism and Hospitality
- Communication studies
- Public Health

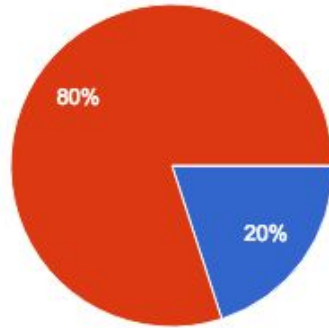
## Year

5 responses



## Sex/Gender

5 responses



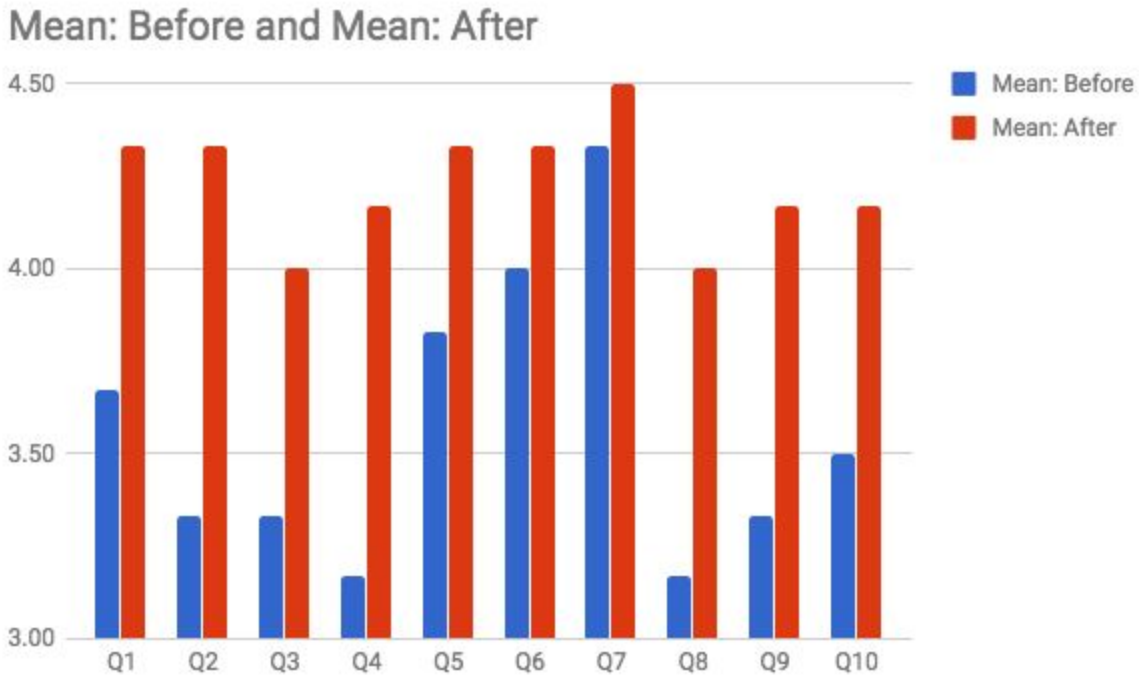
- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

## Ethnicity

White / Caucasian	Hispanic / Latinx
4	1
80%	20%

## 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.