

Movies for Mental Health

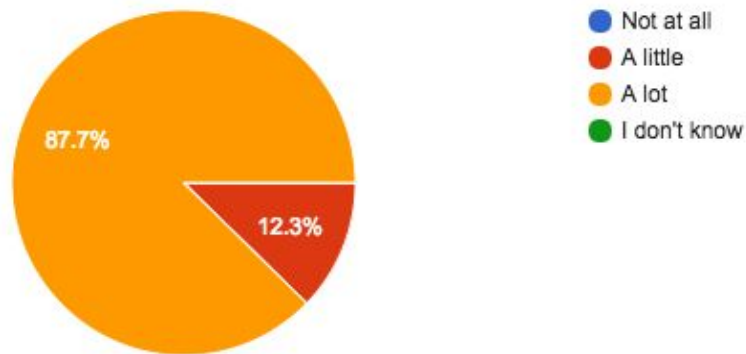
Thomas College

October 18, 2017

n=57 (~75 total attendees)

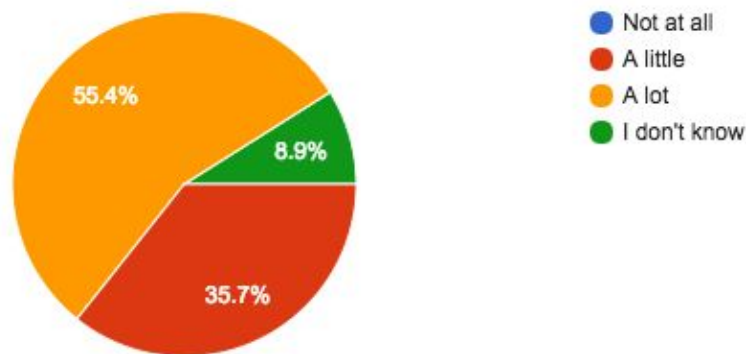
In your opinion, did this event create awareness of mental health issues?

57 responses



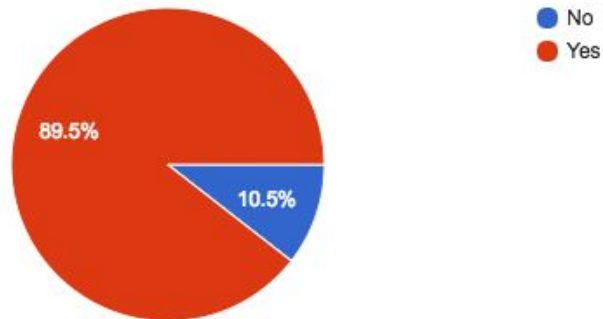
In your opinion, did this event reduce stigma related to mental illness?

56 responses



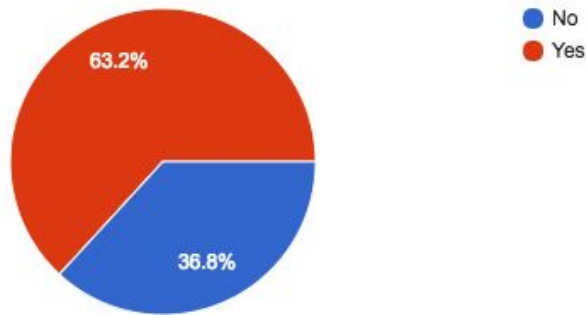
Did you know about your school's counseling services before this event?

57 responses



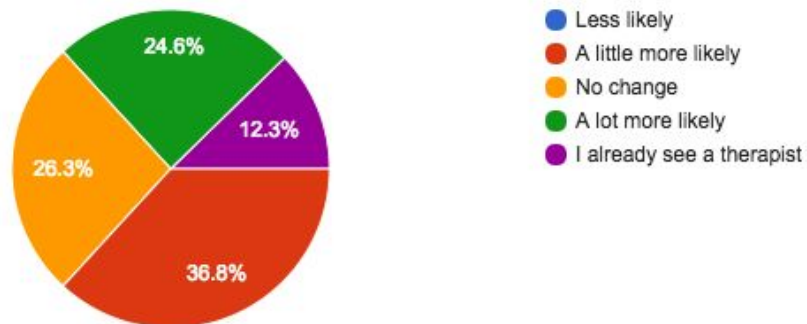
Did you know about Prop 63/ the community-based mental health resources before this event?

57 responses



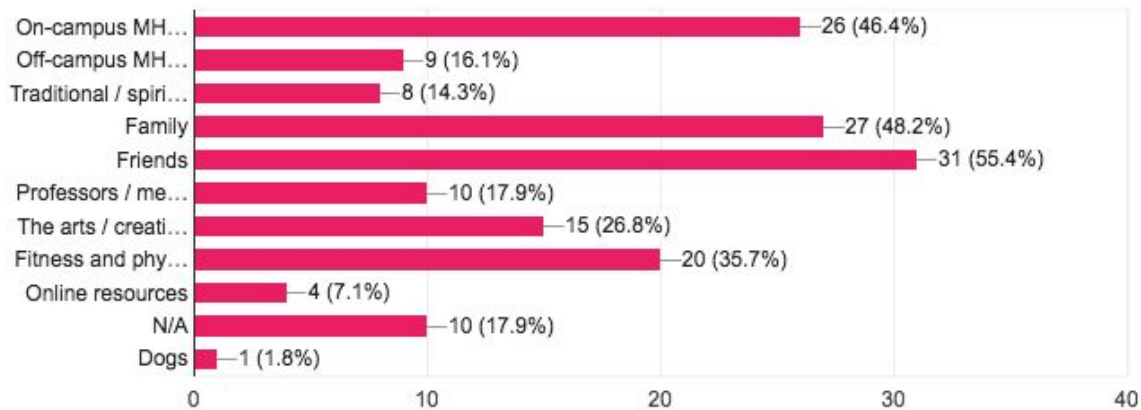
After this event, are you more or less likely to seek support for your mental health?

57 responses



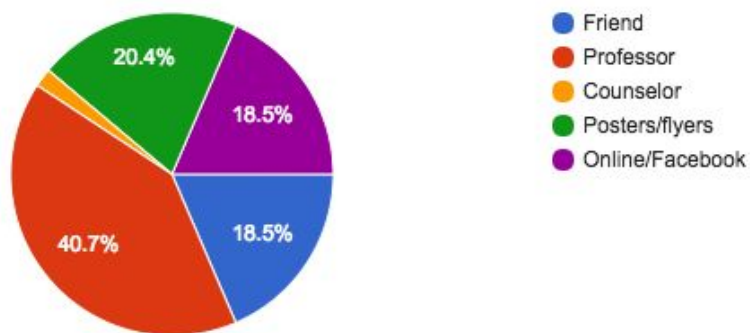
What type of mental health support do you think would be most useful to you?

56 responses



How did you hear about this event?

54 responses



What was your main takeaway? (Highlights - see Raw Data for full list)

- I'm not alone
- Mental health is a group effort - you don't have to be alone
- Inspiring and very learnable experience
- People deal with it differently
- The stigma of anxiety and depression is not necessarily true
- Maintain a positive attitude during hard times
- Seek help however it is comfortable for you
- It can happen to anyone
- That mental illness doesn't mean you can't live a "normal life"
- The ability to visualize what people go through
- There was a lot I did not know

- What it's like to live with mental health issues, resources
- There are other people on campus who feel this way too
- Mental health problems can impact in many ways
- People care
- I loved it
- Mental health is everywhere

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

- Life changing
- Beneficial insight into individuals' experiences with mental health
- Worth the emotional impact
- Eye-opening and raises awareness
- Helpful and good. I learned more than I thought I would
- Informative, interactive, laid back
- It was very helpful
- A great workshop to educate and bring attention to mental health issues. It was interesting and kept our attention via keeping us involved
- A good thing to go to for everyone to be aware
- Very empowering
- Videos/short films to show that you are not alone
- Insightful, definitely worth attending
- An enlightening event to help understand mental illness
- Emotionally impactful
- Amazing
- Very relatable and open
- Amazing and powerful

How can we improve this event in the future?

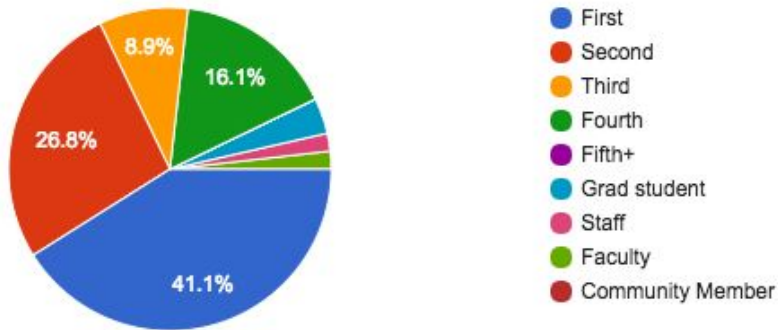
- More people
- More involvement / trivia
- N/A / No improvements / It was perfect (x25)
- More snacks
- Have a more round table discussion to initiate conversations/questions, make it a little more comfortable
- More films (x3)
- Surprise us with a dog to pet
- Less awkward pauses
- More movies, more discussion - not just relating but with info laced in with real facts to help open up more eyes on language used to describe and address more of the stigmas
- It was a great presentation
- More involved
- Different mental illnesses (bi-polar)
- More examples of different situations
- More videos. Maybe include one about mental illness in relationships.
- Not so many questions/answers

Major

- Business Management (x6)
- Accounting (x5)
- Education (x3)
- Sports Management
- Psychology (x7)
- Forensic Psychology (x5)
- Forensic Psychology and Criminal Justice (x8)
- Elementary / Secondary Education (x4)
- Criminal Justice (x2)
- Marketing Management
- Entrepreneurship (x2)
- Management
- Sports Management (x2)
- Cyber Security (x2)
- Communications / Marketing (x3)
- MBA
- Computer science
- CIS

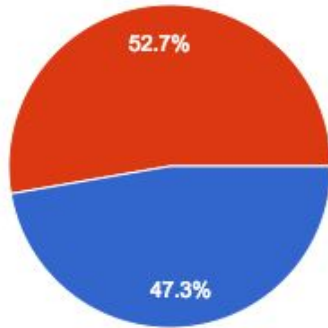
Year

56 responses



Sex/Gender

55 responses



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

Ethnicity

Hispanic / Latinx	White / Caucasian	Pacific Islander	Multi-Racial
1	52	1	2
2%	93%	2%	3%

Anything else we should know?

- Great job and thank you!