

# Movies for Mental Health

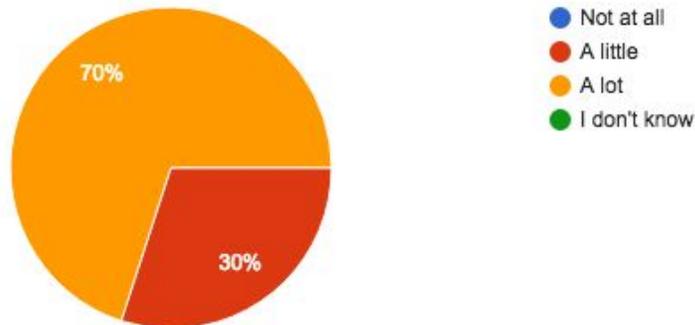
## Truckee Meadows Community College

March 13, 2018

n=21 (~35 total attendees)

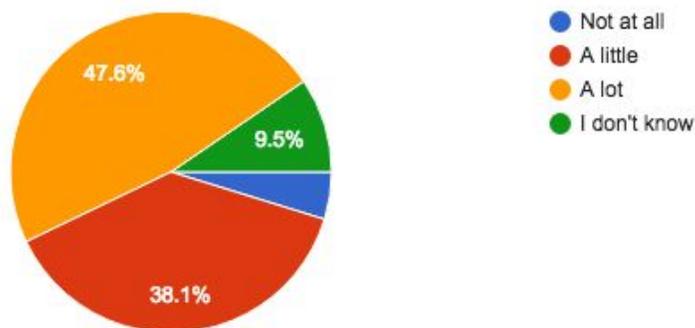
**In your opinion, did this event create awareness of mental health issues?**

20 responses



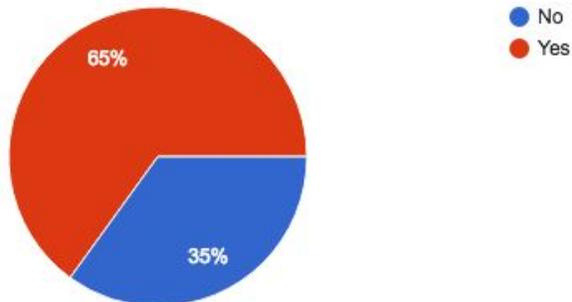
**In your opinion, did this event reduce stigma related to mental illness?**

21 responses



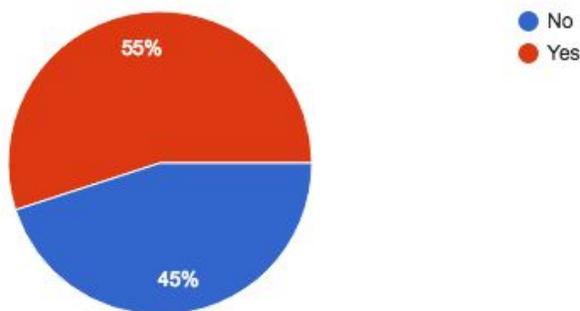
### Did you know about your school's counseling services before this event?

20 responses



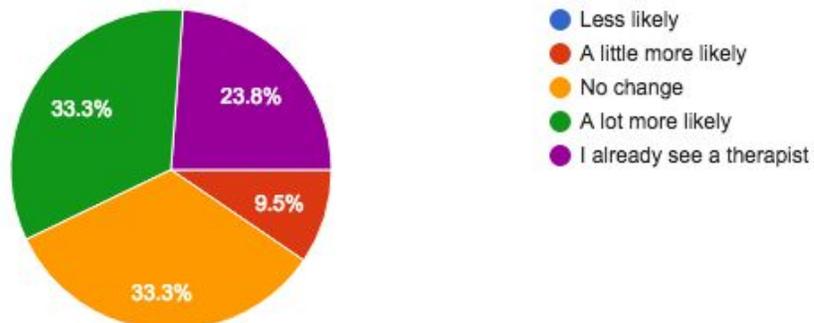
### Did you know about Prop 63 / the community-based mental health resources before this event?

20 responses



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

21 responses



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

On-campus MH support	7
Off-campus MH support	5
Traditional / spiritual	3
Family	13
Friends	11
Professors / mentors	3
The arts / creativity	7
Fitness / physical activity	9
Online resources	3
Philosophy / psychology	1

How did you hear about this event?

Friend	1
Professor / class	7
Counselor / MH club	2
Online / Facebook / email	5
Posters / flyers	0
Other	1

What was your main takeaway?

- I should look into AWI and do are more personally
- Meaning of stigma
- Prevention, understanding
- That if we treated mental illness/health without stigma we could better deal with it and educate people better
- Film content/creativity
- To take mental health seriously and not ignore it
- Getting rid of stigma, talk freely
- We need to reduce stigma and there are ways to seek help.
- Do not be ashamed of mental illness. Take care of your mental health.
- We need more discussions about mental health

- awareness
- Stigma related to mental disorders
- There is support available
- Learned quite a lot about mental problems
- We need to be more accepting
- Do things to take care of yourself continuously

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

- A little slow, but some great info
- Mental health is not easy to understand
- Amazing
- Tell him about stigma and how films help
- Really useful and gives a lot of knowledge about mental health and resources on it
- A comfortable environment
- Awareness of mental health and how to seek help
- Show films and then discuss
- Informative and films are heartfelt
- Informative, eye-opening
- Educational
- Talking about films
- Useful
- Good
- Need to go
- Excellent, informative
- It was a great event to learn new things about mental illness

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

- N/A (4)
- I had a terrible mental health crisis experience, takes me a long time to trust a new doctor
- Suggest or introduce counseling people
- Speaking
- My family/culture
- Anxiety
- Finding what contributes to my own mental illness
- None - I have sought therapy and found it helpful
- Not thinking I have any problems

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

- More interaction, more direction on group discussions
- More to the people
- Thanks for the food but it would help to call it pizza rather than lunch so people could bring their

own food as necessary for their diet

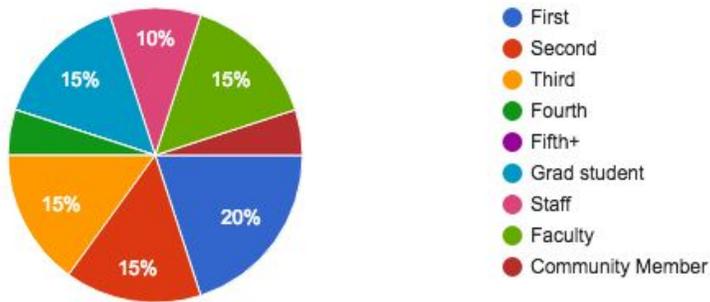
- Have someone who knows what they're doing run the computer:-)
- N/A (x2)
- Let more students know
- Broader topic range

### Major?

- Dental hygiene (x2)
- Non-degree or N/A (x2)
- Social Work (x2)
- Business
- Geology
- Nutrition
- General studies
- AA
- Psychology
- School counseling
- Education
- Radiology

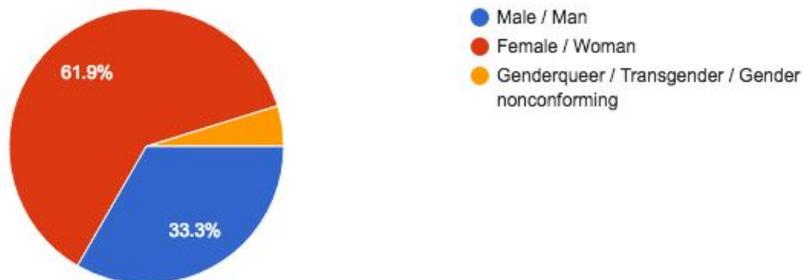
### Year

20 responses



### Sex/Gender

21 responses

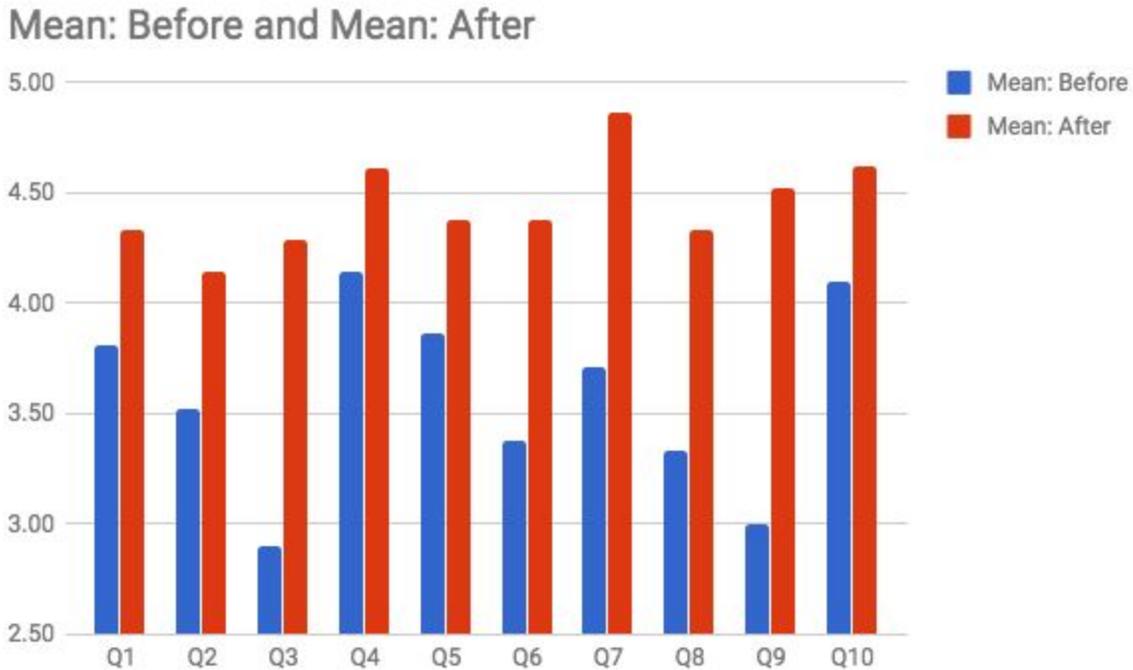


### Ethnicity

Asian / Asian American	White / Caucasian	Hispanic / Latinx	Middle Eastern	Multi-Racial
2	9	4	1	4
10%	45%	20%	5%	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.