

Movies for Mental Health

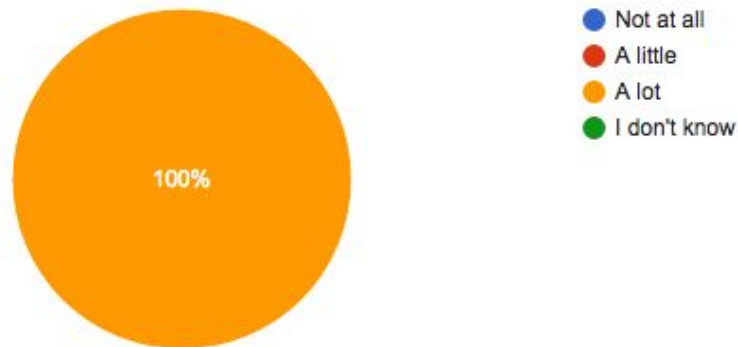
UC Riverside

May 17, 2017

n=7 (~30 total attendees)

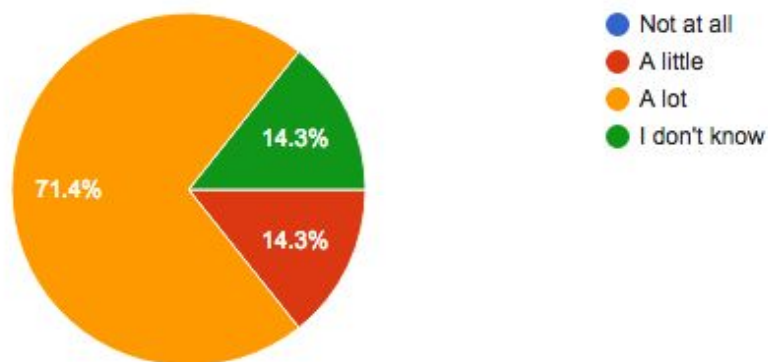
In your opinion, did this event create awareness of mental health issues?

7 responses



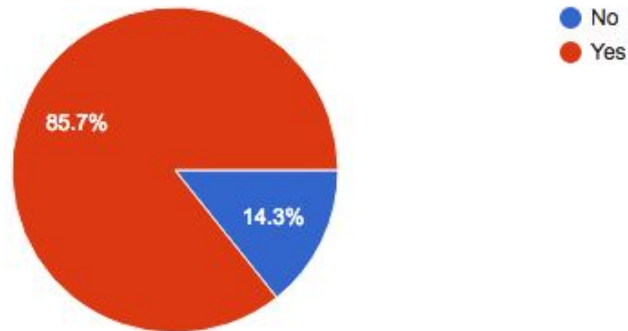
In your opinion, did this event reduce stigma related to mental illness?

7 responses



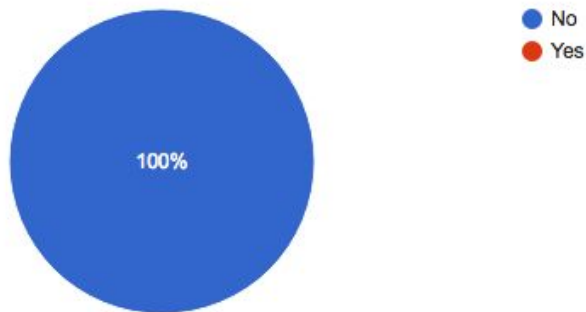
Did you know about your school's counseling services before this event?

7 responses



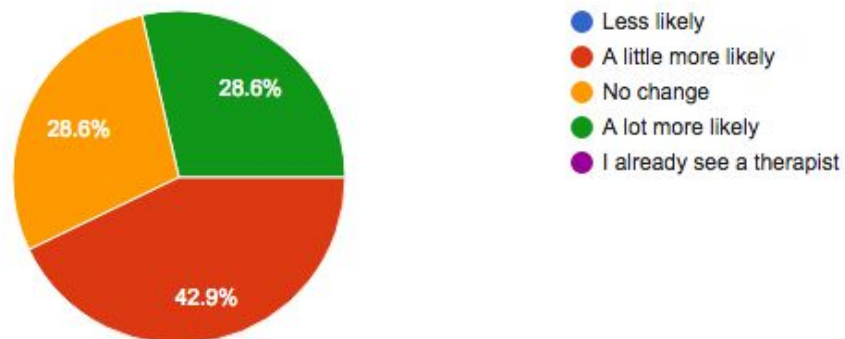
Did you know about Prop 63/ the community-based mental health resources before this event?

7 responses



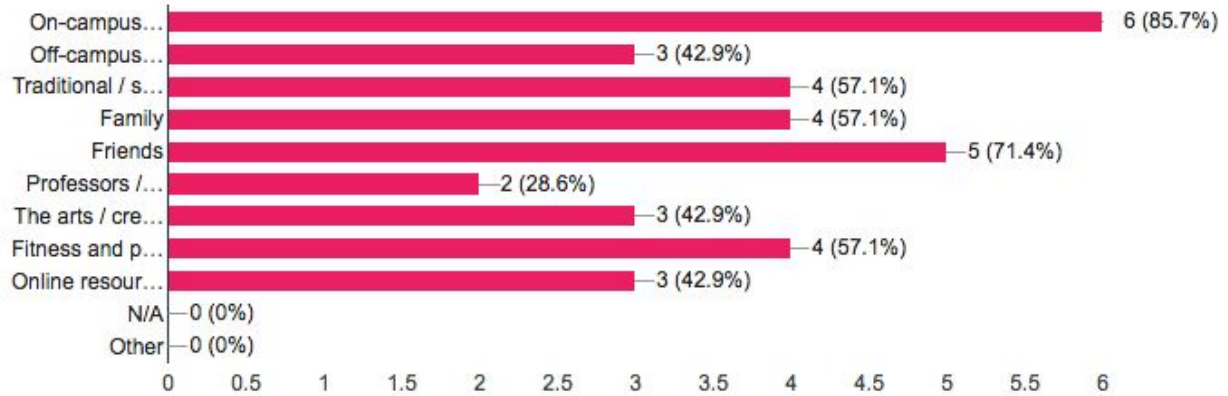
After this event, are you more or less likely to seek support for your mental health?

7 responses



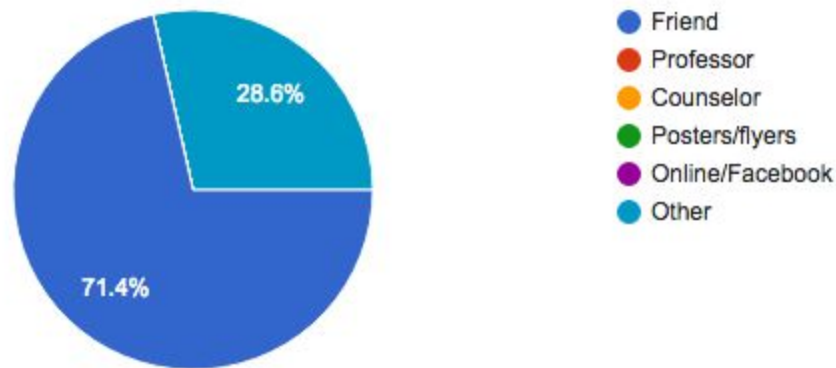
What type of mental health support do you think would be most useful to you?

7 responses



How did you hear about this event?

7 responses



What was your main takeaway?

- Stigma needs to be erased in order to get the help they need.
- Mental Illness is more complex than portrayed in the media.
- There can always be a solution, the first step is to get out of your comfort zone and seek it.
- I learned about mental illness and all of its complexities.
- The stigma of mental health should be addressed.
- Emphasis on how powerful words & thought are especially when it comes to MH. Be mindful at all times.

How would you describe this event to a friend?

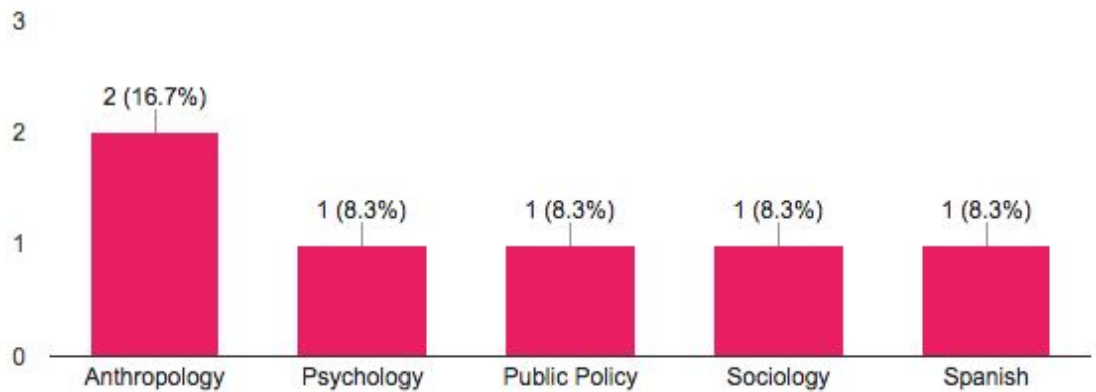
- A casual workshop with many different ways of breaking the stigma of mental health & providing resources.
- Extremely Insightful.
- Eye opening. There are feelings I didn't know can be considered as a form of mental illness.
- Very informative.
- More awareness! People need to hear about this.

How can we improve this event in the future?

- It is great as it is.

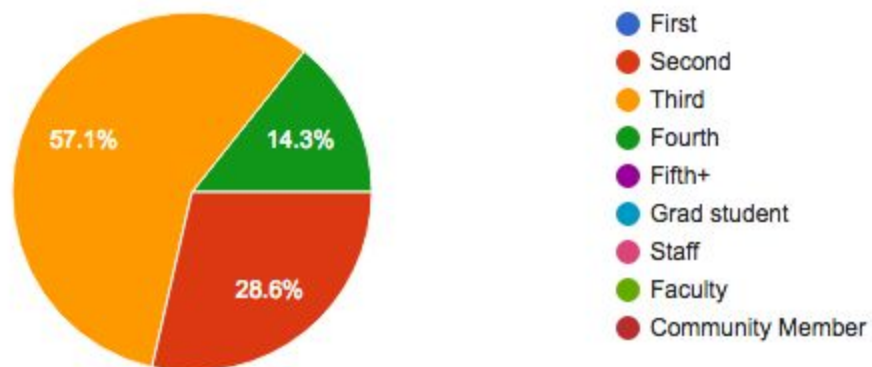
Major?

6 responses



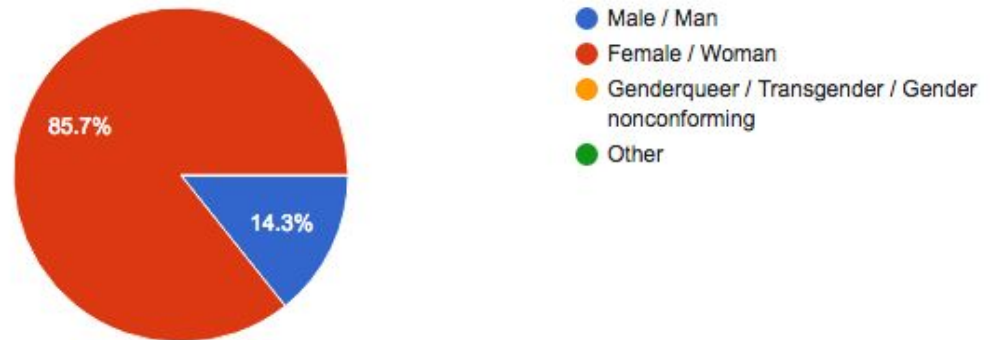
Year

7 responses



Sex/Gender

7 responses



Identifiers

7 responses

