

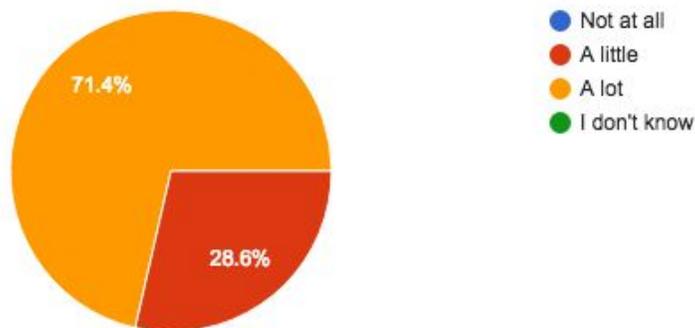
Movies for Mental Health Union College

Saturday March 3, 2018

n=14 (~18 total attendees)

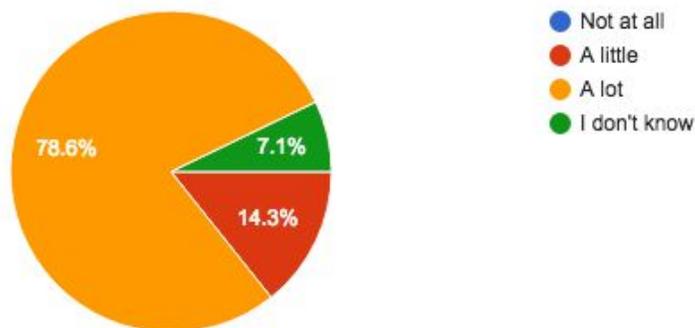
In your opinion, did this event create awareness of mental health issues?

14 responses



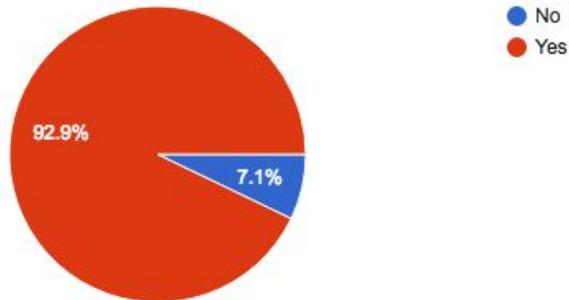
In your opinion, did this event reduce stigma related to mental illness?

14 responses



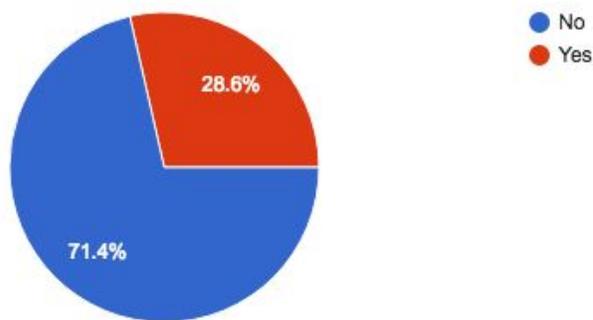
Did you know about your school's counseling services before this event?

14 responses



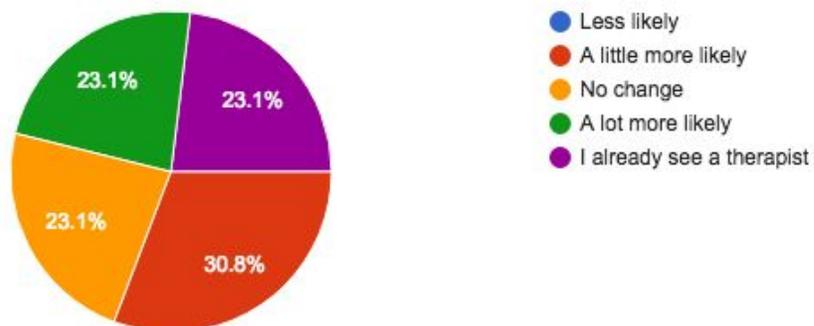
Did you know about Prop 63 / the community-based mental health resources before this event?

14 responses



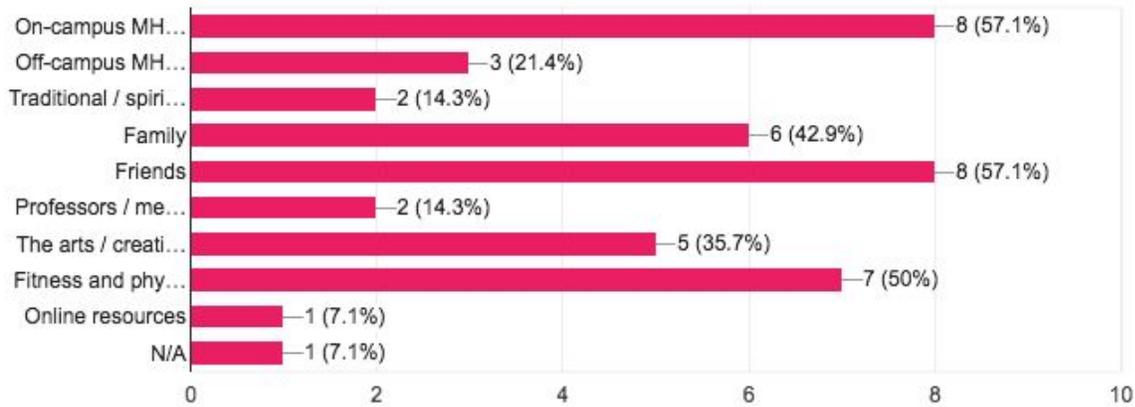
After this event, are you more or less likely to seek support for your mental health?

13 responses



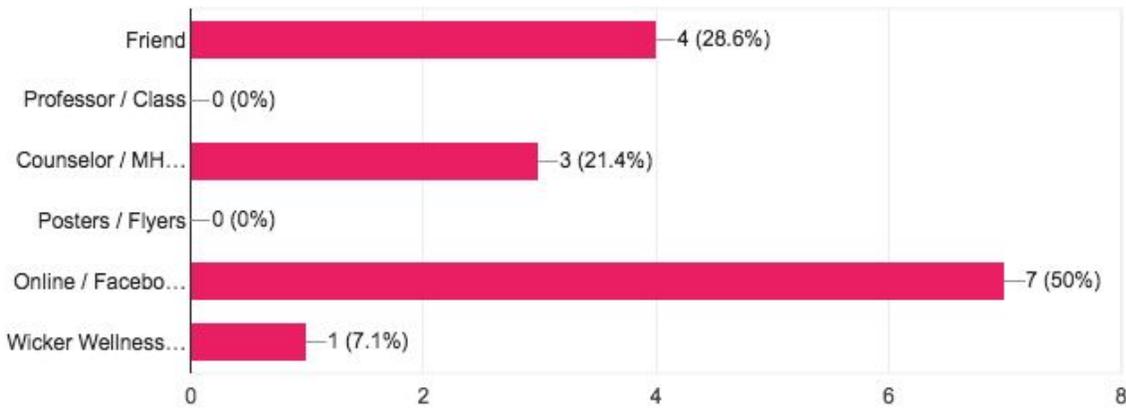
What type of mental health support do you think would be most useful to you?

14 responses



How did you hear about this event?

14 responses



What was your main takeaway?

- Mental health is something that people should know about, and it is important to listen and communicate as a friend (supportive figure)
- It is okay to not know specific things, just own your experience and people will help you.
- You are not alone
- We all have unique mental health experiences
- Resources are available
- Good connection and awareness
- Reducing stigma
- Awareness about mental health is growing

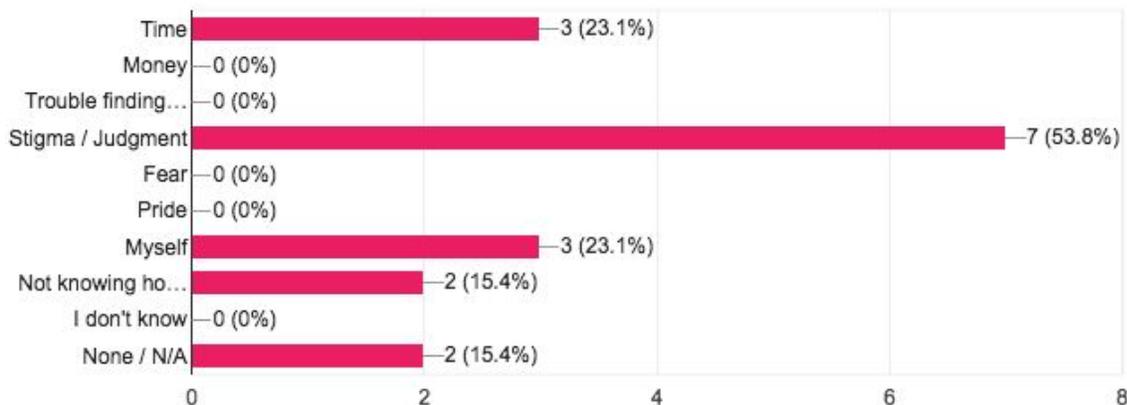
- How art can be used to express one's mental health status
- It's okay to not be okay. You can seek help; others are going through stuff too
- That I was not alone
- There are others on campus who came and are interested in discussing these topics
- Positive representations of mental health are out there

How would you describe this event to a friend?

- This was a very helpful, informative event about mental health
- Films, discussion, learn what mental health is
- Awesome
- Focused stigma reducing film screening and panel
- Mind opening
- Powerful and informative
- Effort to speak openly about mental health, reduce stigma
- Enlightening
- Intimate, informative, impactful
- A short film screening with facilitated discussion and panelists in order to reduce the stigma of mental health and discuss available resources
- A mental health awareness event
- An amazing experience where you learn about mental health
- Super accepting. Safe space to talk about mental health
- Discussion, movies, pizza, panelists

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

13 responses



How can we improve this event in the future?

- This event was very engaging, and it was great

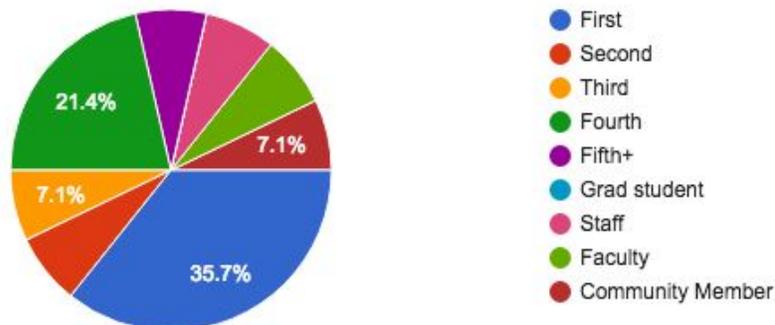
- Maybe more definitions? Need some more hard background
- Great!
- Allow for additional discussion time
- Make it slightly shorter?
- Nothing! I loved it!
- It was really well run and we had an awesome facilitator
- More publicity!
- A bit shorter perhaps?

Major?

- Biology
- French/English
- Mechanical Engineering
- English and French with Art Minor
- Psychology, Sociology
- Undecided
- Neuroscience
- Biology, Anthropology
- Political Science
- Neuroscience (English Minor)
- Psychology

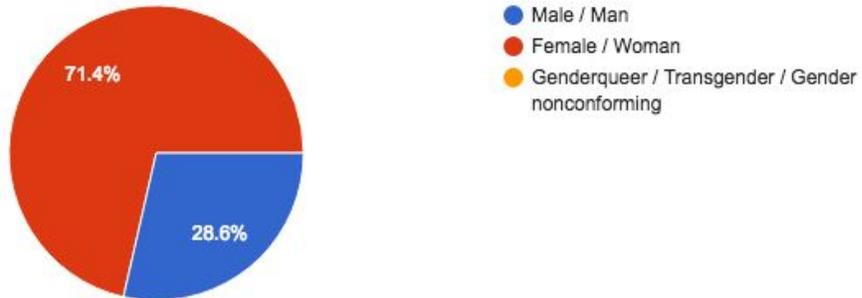
Year

14 responses



Sex/Gender

14 responses



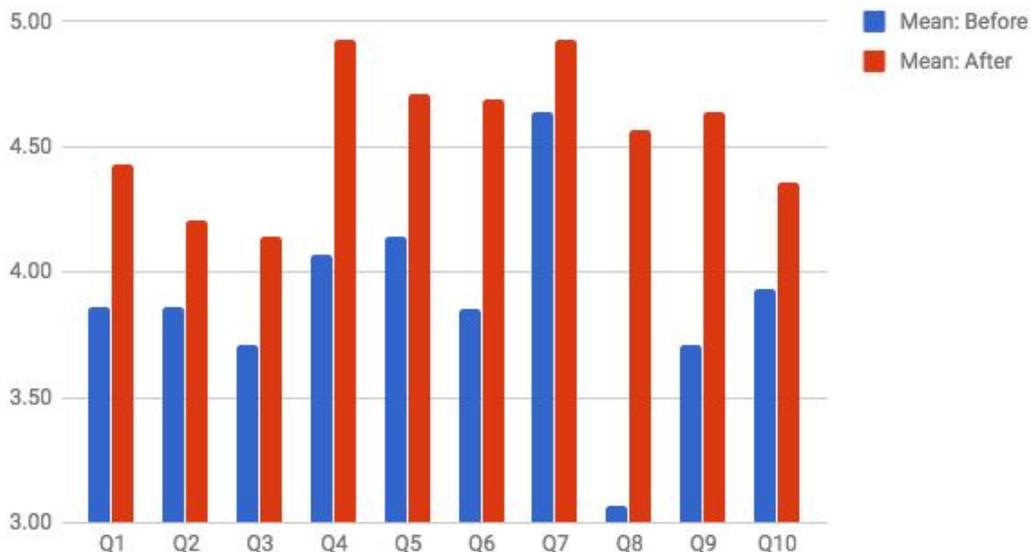
Ethnicity

Asian / Asian American	White / Caucasian	Hispanic / Latinx	Indian / South Asian	Multi-Racial
2	9	1	1	1
14%	64%	7%	7%	7%

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.

Mean: Before and Mean: After



- 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.