

# Movies for Mental Health

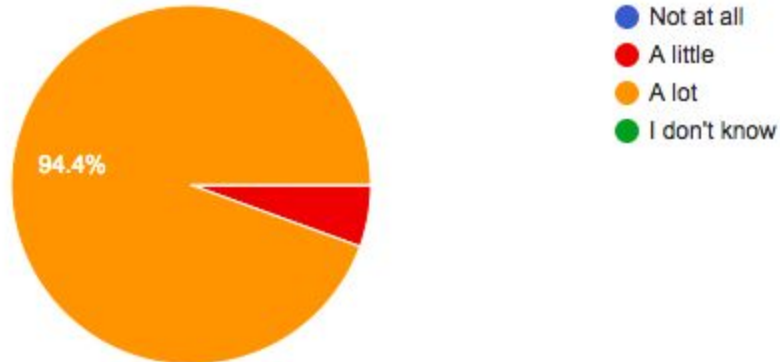
## Xavier University

Monday, September 25, 2017

n=18 (~40 total attendees)

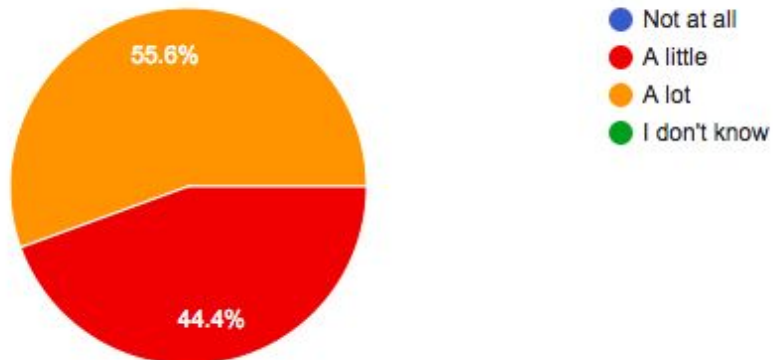
**In your opinion, did this event create awareness of mental health issues?**

18 responses



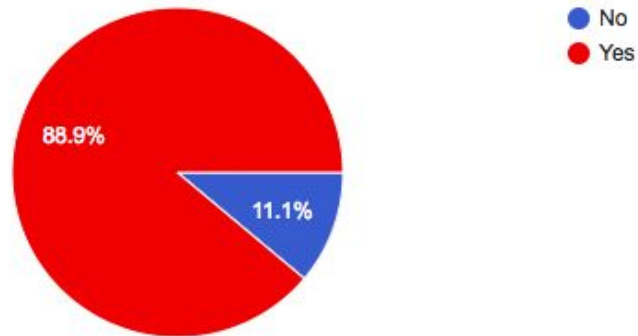
**In your opinion, did this event reduce stigma related to mental illness?**

18 responses



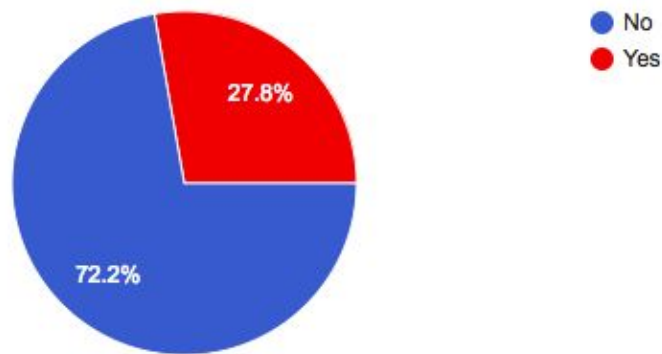
### Did you know about your school's counseling services before this event?

18 responses



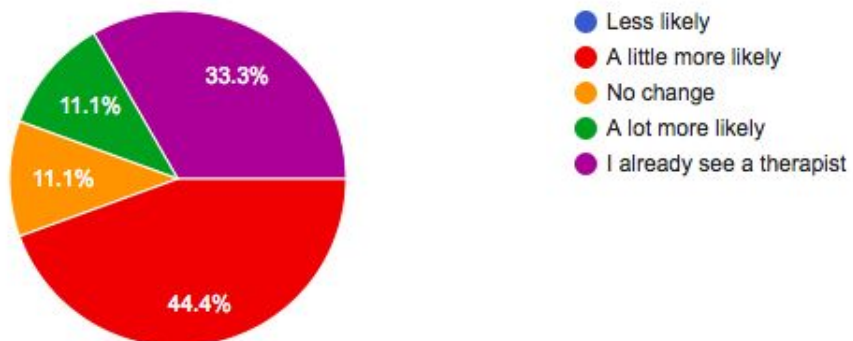
### Did you know about Prop 63/ the community-based mental health resources before this event?

18 responses



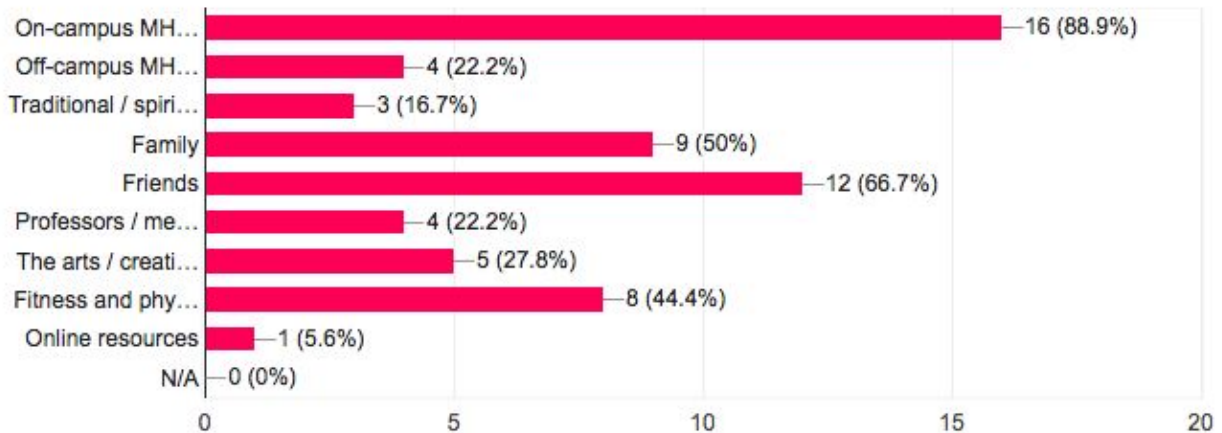
### After this event, are you more or less likely to seek support for your mental health?

18 responses



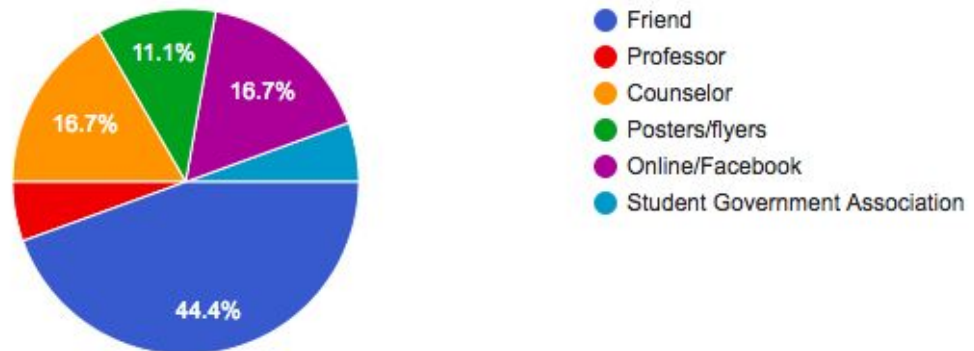
## What type of mental health support do you think would be most useful to you?

18 responses



## How did you hear about this event?

18 responses



## What was your main takeaway?

- There is no shame in being awkward
- Mental illness, there's more to it.
- Create a space for awareness and understanding
- How lucky I am to have no recurring mental health issues
- Resources
- Not alone
- Mental illness comes in all shapes
- it's okay to ask for help with my mental health
- There are other outside sources I can utilize
- Go get help if you need it.

- It's good to get help.
- Mental health is important
- That mental health has intersectionality
- There is no problem in talking about your mental health
- Mental illness doesn't define you.

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

- A way to help and learn
- A seminar panel discussion
- Insightful
- An eye-opening experience
- Comforting
- Powerful
- Great
- Thought provoking
- Informational & Supportive
- It was to learn about mental illness and understand it in your own terms.
- Interesting
- Movies that share stories of mental health.
- Not sure
- The opportunity to discuss mental health
- Information & emotional
- A seminar about mental illness

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

- OCD triggering
- Less small group talks
- Advertise more! We could have had a full house!
- Say more why you're doing this
- Not as long
- More films included.
- It's good
- More probing discussion
- Maybe watch all films then do discussion after.
- Talk more about anxiety

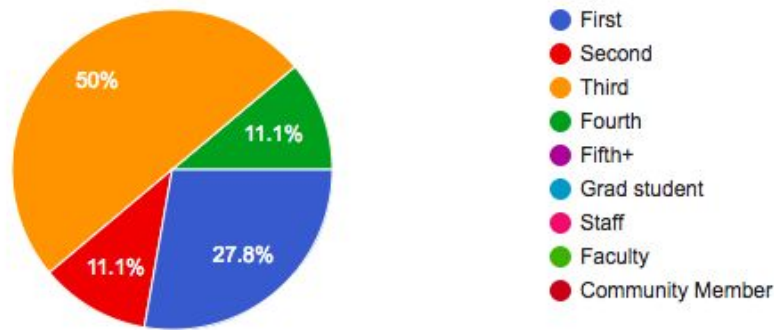
### Major?

- Biology x3
- Occupational Therapy x3
- Theatre/Communications
- English/Film
- Theatre
- Psychology
- Marketing
- History

- Nursing
- PPP
- Psychology/Criminal Justice
- Psychology/Biology
- Business

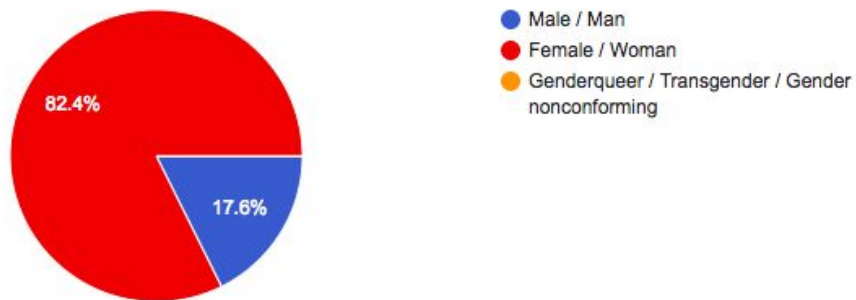
## Year

18 responses



## Sex/Gender

17 responses



## Identifiers

18 responses

