

Movies for Mental Health

Chabot College

November 10, 2016

n=12 (~35 total attendees)

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

Not at all	A little	A lot	I don't know
0	3	8	1
0%	25%	66%	8%

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

Not at all	A little	A lot	I don't know
0	3	4	5
0%	25%	33%	42%

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

No	Yes
4	8
33%	66%

Did you know about Prop. 63 before this event?

No	Yes
9	3
75%	25%

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

Less likely	No change	A little more likely	A lot more likely	I already see a therapist
0	5	3	3	1
0%	42%	25%	25%	8%

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

- N/A (3)
- Counseling/therapy (2)
- Anxiety support (2)
- I don't know (2)
- None (1)
- Depression support (1)
- Film Three (1)

How did you hear about this event?

N/A	2	17%
Online	1	8%
Teacher	9	75%

What was your main takeaway?

- Thoughts, feelings, reactions
- Mental health
- Everyone goes through mental illness
- Three
- Mental illness awareness
- Illnesses aren't always obvious
- Mental illness is a serious thing

How would you describe this event to a friend?

- A nice, friendly event
- Talk about depression
- Very helpful, informative
- Nice
- Informative
- Informational

How can we improve this event in the future?

- Spread the word

Major:

- Accounting
- Animal Health Science
- CS Engineering
- English
- GE
- Math
- Psychology
- Sociology
- Studio Art (2)

Year

Staff	First	Second	Third	Fourth	Community
0	7	1	2	1	1
0%	58%	8%	17%	8%	8%

Gender

Female	Male
5	7
42%	58%

Ethnicity

Asian / Pacific Islander	White / Caucasian	Hispanic / Latinx	Black / African American	N/A	Mixed Race
4	1	3	2	1	1
33%	8%	25%	17%	8%	8%

Anything else we should know?

- Encourage more people to check their mental health daily and consider counseling
- Go Prop 63!!