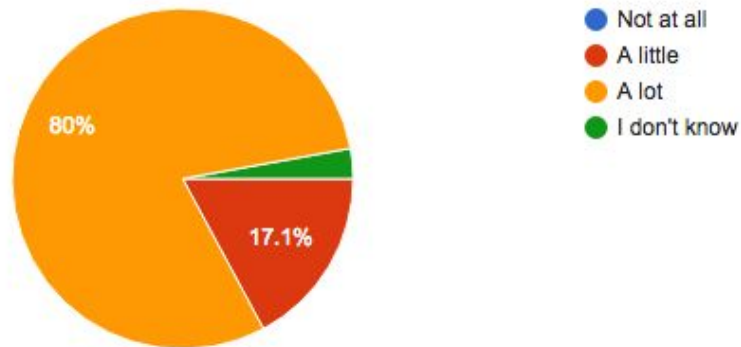# Movies for Mental Health
De Anza College

May 10, 2017

n=37 (~175 total attendees)
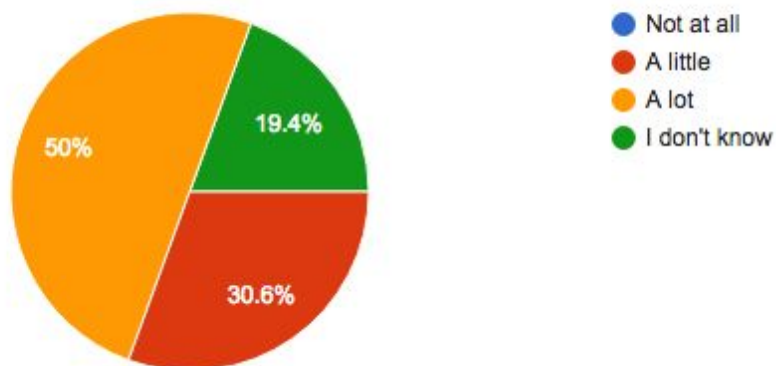
In your opinion, did this event create awareness of mental health issues?
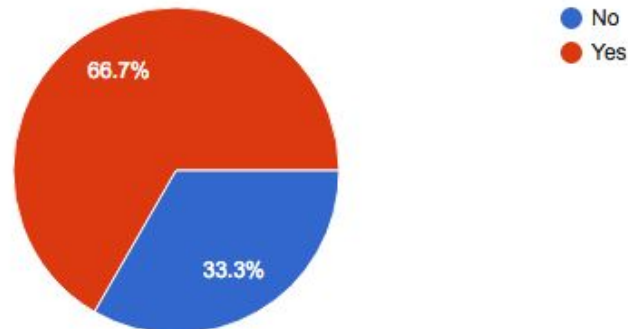35 responses

- Not at all
- A little
- A lot
- I don't know

80%

17.1%

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

- Not at all
- A little
- A lot
- I don't know

50%

19.4%

30.6%

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

36 responses

- ● No
- ● Yes

66.7%

33.3%

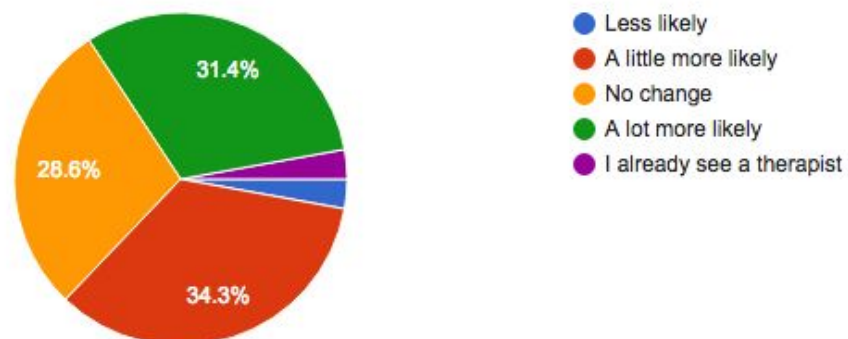## Did you know about Prop 63/ the community-based mental health resources before this event?

36 responses

- ● No
- ● Yes

13.9%

86.1%
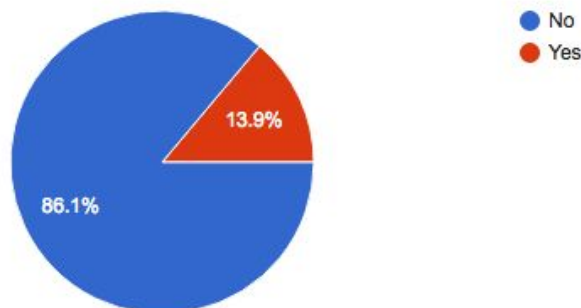
After this event, are you more or less likely to seek support for your mental health?

35 responses

- ● Less likely
- ● A little more likely
- ● No change
- ● A lot more likely
- ● I already see a therapist

31.4%

28.6%

34.3%

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

35 responses

Category	Count
On-campus...	15 (42.9%)
Off-campus...	5 (14.3%)
Traditional / s...	5 (14.3%)
Family	19 (54.3%)
Friends	23 (65.7%)
Professors /...	15 (42.9%)
The arts / cre...	9 (25.7%)
Fitness and p...	11 (31.4%)
Online resour...	1 (2.9%)
N/A	3 (8.6%)
Other	0 (0%)
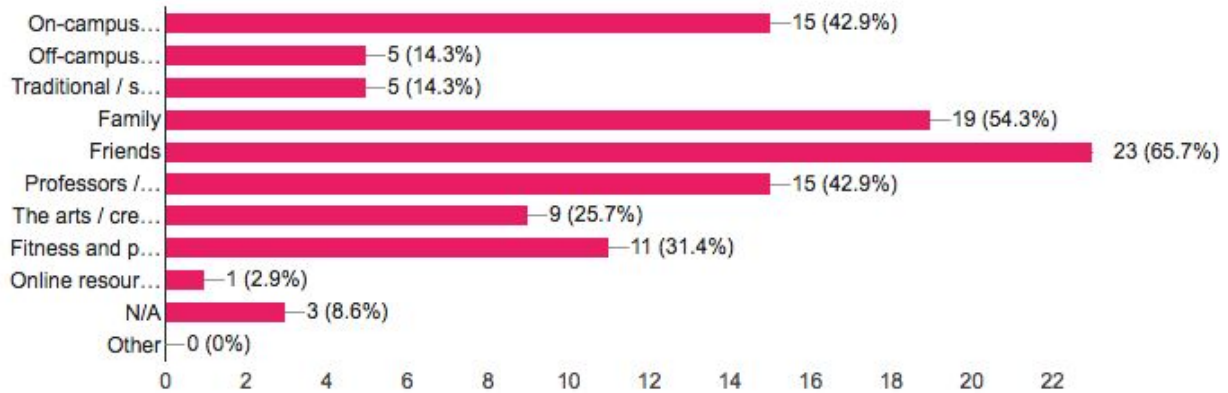
How did you hear about this event?

33 responses

- Friend
- Professor
- Counselor
- Posters/flyers
- Online/Facebook
- Other

97%
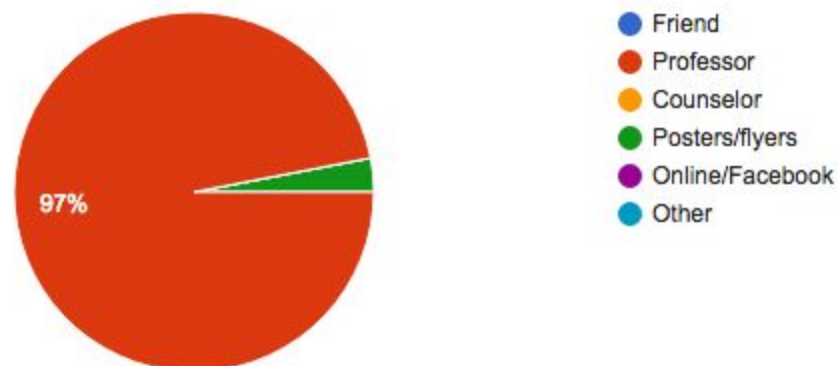
What was your main takeaway? (highlights - see raw data for full list)

- I would like to help others who suffer mental illnesses
- What having a mental illness is like
- I was able to better understand certain struggles that come with mental illnesses
- Always seek help and believe that things can get better
- That I'm not the only one who has dealt with loneliness
- You are not your mental illness
- People with mental illness deal with them in different ways
- We all face something but don't need to face it alone
- It was a great way to bring awareness to mental health. Really good way to show us and educate

3

us on issues and stigmas around mental health

How would you describe this event to a friend? (highlights - see raw data for full list)

- A great source of information that helps understand mental illnesses
- Great event that makes you understand mental health in depth
- Informative and builds compassion towards the issue
- Very informative and life-changing
- Fantastic. Short but a lot to learn
- Enlightening
- It was really inspiring and educational
- Empowering, informative
- A mental health awareness event that showcases what it is like to have a mental illness

How can we improve this event in the future?

- Having a microphone (x4)
- Event was great all around already (x5)
- Pre-prepared questions for panelists to answer
- More discussion
- More personal stories
- Longer videos
- Real story
- More interaction, faster paced
- Maybe icebreaker activities
- More awareness
- Limit people on their input
- More participation and it was really good
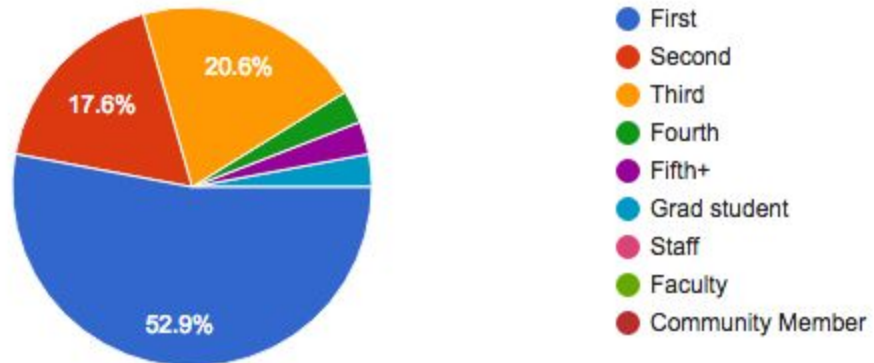- More interactive
- No

Major?

- Medical field
- Business (x6)
- Undecided (x3)
- Psychology (x4)
- Art
- Biology
- Nursing (x2)
- Computer Science (x2)
- Bio engineering
- Liberal Arts
- Anthropology
- FMT
- Interior Design
- Journalism

- Sculpture/acting
- Kinesiology
- Communications
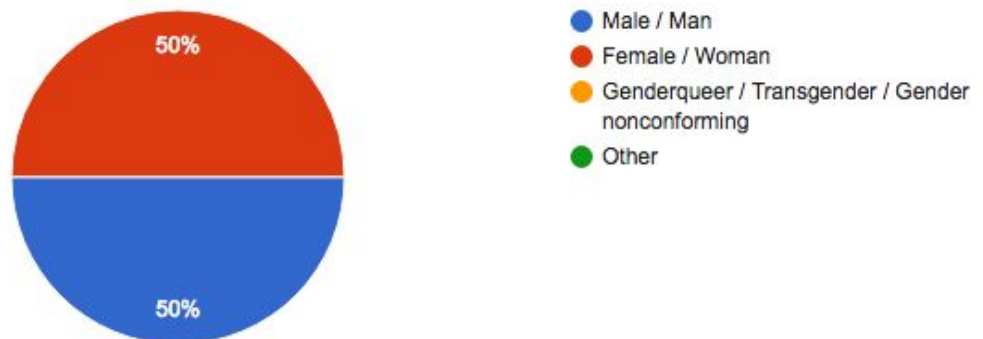- Social Work
- Cognitive Science
- Music

Year

34 responses

- First
- Second
- Third
- Fourth
- Fifth+
- Grad student
- Staff
- Faculty
- Community Member

Sex/Gender

34 responses

- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming
- Other

Identifiers

Asian / Asian American	Hispanic / Latinx	White / Caucasian	Black / African / African American	Indian / South Asian	Multi-Racial
14	8	2	1	1	8
41%	24%	6%	3%	3%	24%