

Movies for Mental Health

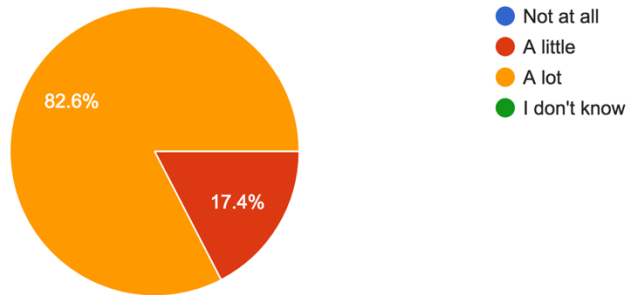
Post-Workshop Evaluations

Albright College
October 29, 2018

Number of attendees: #54
Number of evaluations: #46

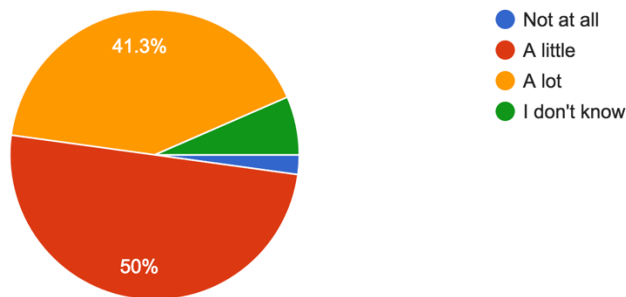
In your opinion, did this event create awareness of mental health issues?

46 responses



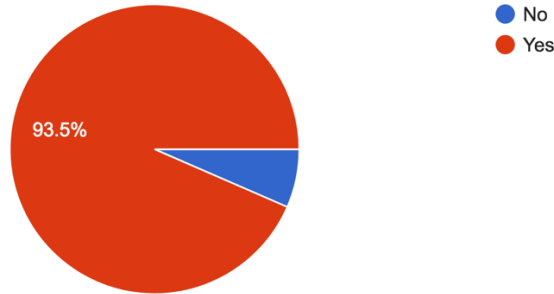
In your opinion, did this event reduce stigma related to mental illness?

46 responses



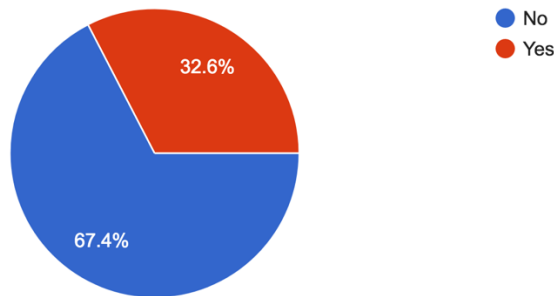
Did you know about your school's counseling services before this event?

46 responses



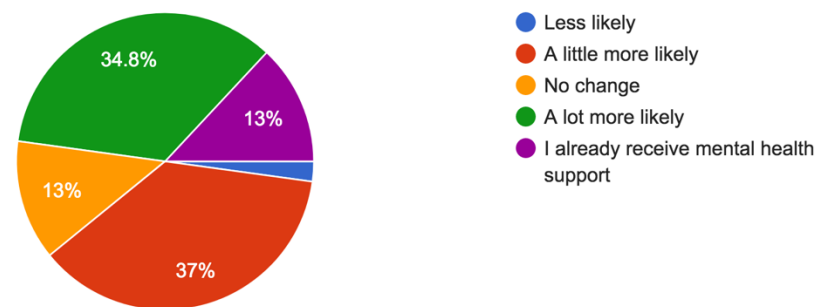
Did you know about the community resources before this event?

46 responses



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

46 responses



*82% of attendees are more likely to see mental health support after this event.

What type of mental health support do you think would be most useful to you?	
On-campus MH support	23
Off-campus MH support	4
Traditional / spiritual	7
Family	6
Friends	19
Professors / mentors	6
The arts / creativity	17
Fitness / physical activity	18
Online resources	7
Other	1

How did you hear about this event?	
Friend (Word of mouth)	7
Professor / class	1
Counselor / MH club	2
Online / Facebook / Email	28
Posters / flyers	7
Other	0

What was your main takeaway?
<ul style="list-style-type: none"> • Social anxiety • That it's okay to get help and it's very available. • Spreading awareness about mental health • It's okay to ask for help. • To be more open about discussing mental health. • You are not alone. It's okay to ask for help. • How stigmas affect others

- It is important to be there for my friends
- Mental health stigmas are an issue and need to be addressed!
- Mental health does not deserve a stigma
- Don't be afraid of people that are different
- Challenges on mental health
- Very relatable
- Love yourself
- Talk to someone
- Talk to people around you. Don't be distracted by your phone
- Mental health is real everywhere
- Mental illness experienced by many
- Everyone has issues
- Talk and seek help
- Mental illness is not all you are
- To seek help and don't feel bad about myself
- Seek help even if you feel like no one understands
- I don't really have any
- To take better care of myself
- That mental health issues are more prevalent than most think
- Reaching out
- Listen to each other.
- More awareness on mental illness and help
- Representation and reflection matter
- Reach out for your own sake and others too
- You don't know what others may be going through.
- Everyone has their own issues
- I'm not alone
- Creating awareness
- Mental health and illness awareness
- Stigma associated with mental health
- Mental health can affect anybody
- Be there and support and be serious
- Getting help can make a difference
- That everyone has feelings and that their feelings are really important.
- You are the only person who knows when you need help, get it
- Listen to your friends
- Taking mental health seriously

If you were telling a friend about this workshop, you would describe it as:

- Very helpful
- Information about mental health

- Informative
- A very helpful. Kind event that made me realize a lot about MH.
- Eye opening
- A very insightful and eye opening view on mental health.
- Helpful
- Informative, an important event with good and insightful discussions
- A wonderful experience! Very enlightening and emotional.
- You should have gone.
- Impactful
- A way to your journey of help
- Helpful/insightful
- Powerful
- Helpful
- Informative
- Educational
- Helpful
- Informative and interesting
- Helpful
- Helpful
- Very helpful
- Very informative and a calm space with others who aren't that much different from me.
- Very insightful
- Useful for those who are ignorant
- Helpful
- A talk about mental health
- I'll go with them to get help
- Thoughtful
- An eye opener on mental health and stigmas
- A bit triggering, but very educational and thought provoking
- Informative
- Helpful, accepting.
- Informative
- Eye opening
- Long
- Spread insight on mental health and stigmas surrounding it
- Informative, thoughtful, personal and supportive
- Useful, helpful, and informative
- Informing and helpful
- Very insightful
- Intense, helpful, informative
- Enlightening, interesting, a little sad, real

- A conversation, lens, and education about the landscape of mental health
- A mental health stigma breakdown

How might you use what you learned today?

- As an eyeopener to get help and a lesson
- Telling my other friends that I might be struggling
- Try to break the stigma of mental health
- Check out the other options (off campus)
- To look closer at my own mental health
- Be more open to asking for help/reaching out to others.
- Share what I learned with others
- Make sure I really pay attention to my friends and peers
- Assist others who may need help and resources
- Lessen the stigma
- Pass it along to a friend
- Aware and acknowledged
- Try to be more positive
- Find coping skills
- Help others
- I'm more likely to schedule an appointment with a counselor
- Try to help someone with anxiety to calm down and help them do an activity
- Talking about it
- Talk more about mental health
- Helping others
- Use it to support people that need it.
- Saying hi, being there
- I think I'll go back to seeing my counselor
- Pass it on to someone else
- Have an education session on mental health with my family
- Be more self-reflective
- Try to get help
- Say hello to people
- Don't ignore my friends if they reach out to me
- Encourage others to realize these things exist
- As a film student, I want to try to use my films as a way to normalize mental health
- Help others seek help
- Be considerate of others
- To spread awareness
- Create awareness
- Important to end stigma
- Be more considerate in view in perspective that people with mental illness suffer

- Find a good support system
- I may check out the website of Mrs. Heffner
- I will really listen to my friend's problem
- To encourage others to get help
- Helping a friend, practicing support to others
- I will make better choices based on what I feel
- Be a catalyst for those looking to seek help
- To keep people around me informed on mental health

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

- I don't have barriers
- Myself building up the courage as well.
- No support
- Family and religion
- Access
- Family/finances/fear
- Time and money
- Fear
- Understanding it myself. I don't know how to identify my issues.
- If the person understands my mental wellness/Not taking
- Being judged
- Speaking out about it and taking that first step
- Getting help
- Fear
- Time/not that serious
- Procrastination
- None
- Finances
- Time
- No time, a lot of effort
- Fear
- I don't have the time
- Feeling alone in the journey
- Having family that doesn't understand mental health
- Not being taken seriously
- Being able to pay for it
- Myself
- Nothing
- My own mind

- Afraid of feeling shame
- The feeling that my life is already okay enough and that I like myself already
- Not having support from family
- I don't depend on others for much.
- I'm not good at talking about myself
- Fear and judgment
- Money and time
- That it will be pointless or I'll be judged
- Loneliness and fear of uncertainty
- Admitting you have a problem
- Nothing
- Finances, judgments
- Acceptance, misunderstood, misinterpretations
- Accepting that you are unwell and need help is the biggest barrier
- Not being taken seriously
- Taking time for myself and understanding others relate

How can we improve this event in the future?

- Show more videos
- Not sure
- More videos
- Add a more hands-on activity
- N/A
- N/A
- Asking more "why" and "how" questions
- N/A
- More videos with even more variety of mental health.
- Give a true depiction of mental illness, do not demonize it.
- Great event!
- More input and awareness of others perspectives/interpretations
- Add more films?
- Nothing
- More pizza, less veggies and chicken
- More time with panelists
- None
- It's perfect
- N/A
- Good as is
- Maybe make it a week-long event
- N/A
- The audience should probably be to people who are more ignorant of the subject

- Shorter
- N/A
- I would reach out
- Media related examples (TV shows or movies)
- More interactive
- A wider range of films (different illnesses, different genres, different styles, etc.)
- N/A
- It was fine as it is
- Films on less known mental issues
- More films maybe
- Shorter
- Show more videos and have a panel of people that actually have mental illness
- It is fine as it is
- It is great now :)
- You are doing a great job!!
- Find a way to receive more input from the audience
- Having better promotion
- More videos, more definitions of key terms

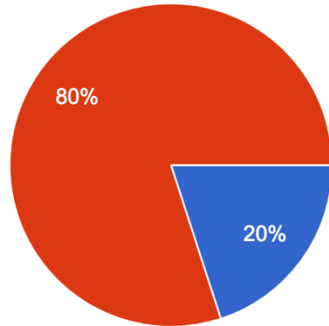
Major	
Theater	1
Business Administration	4
Fashion Design and Merchandising	6
Criminology	2
Biology/Biotechnology/Biochemistry	7
Music Industry Studies	1
History	1
Communications	1
Child and Family Studies	4
Political Science	2
Alpha	1
Anthropology/Public Health	1

Psychology	4
Environmental Studies/Spanish	1
English	1
Digital Arts	1
Journalism	1
Anthropology	1
Sociology	1
Computer Science	1
Art	1
Undecided	1

Year	
First	30
Second	6
Third	8
Fourth	3
Fifth +	0

Gender Identity

45 responses



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

Race / Ethnicity		
Black / African / African American	28	61%
Hispanic / Latinx	9	20%
White / Caucasian	8	17%
Asian / Asian American	1	2%
Native American / First Nations	1	2%
Indian / South Asian	1	2%