

# Movies for Mental Health

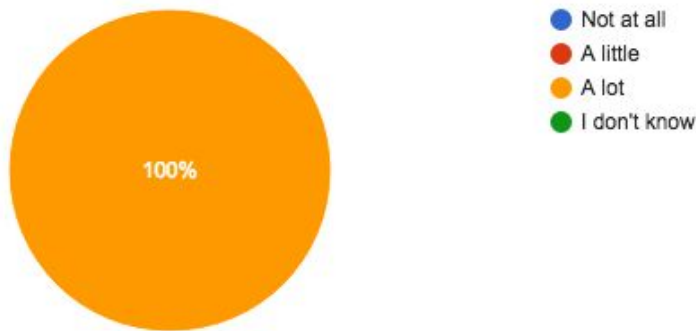
## Post-Workshop Evaluations

Beloit College  
September 12, 2018

Number of attendees: 35  
Number of evaluations: 16

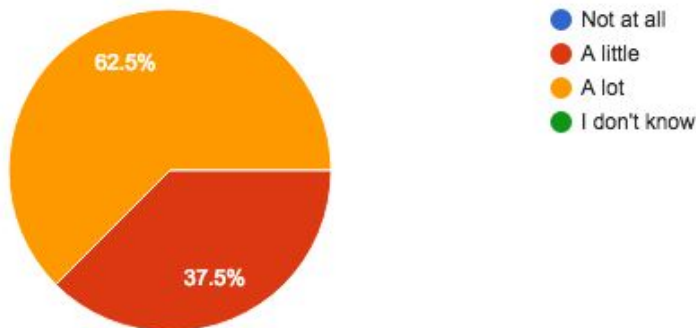
In your opinion, did this event create awareness of mental health issues?

16 responses



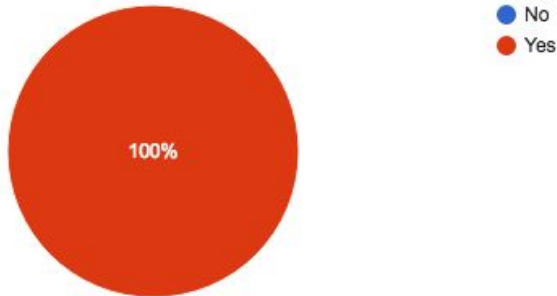
In your opinion, did this event reduce stigma related to mental illness?

16 responses



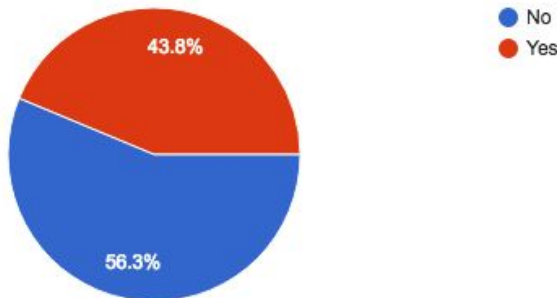
### Did you know about your school's counseling services before this event?

16 responses



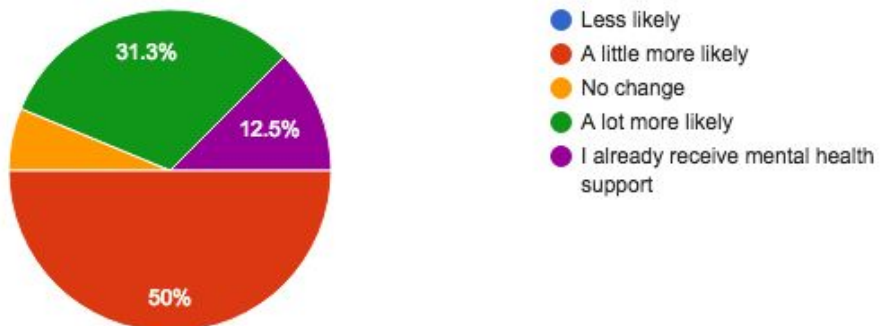
### Did you know about the community resources before this event?

16 responses



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

16 responses



What type of mental health support do you think would be most useful to you?	
On-campus MH support	<b>7</b>
Off-campus MH support	<b>3</b>
Traditional / spiritual	
Family	
Friends	<b>2</b>
Professors / mentors	<b>1</b>
The arts / creativity	<b>3</b>
Fitness / physical activity	
Online resources	
Other	

How did you hear about this event?	
Friend	<b>5</b>
Professor / class	<b>0</b>
Counselor / MH club	<b>0</b>
Online / Facebook / email	<b>2</b>
Posters / flyers	<b>8</b>
Just walked in	<b>1</b>

What was your main takeaway?
Mental Health should not be taboo Ways to talk about OCD Help is there Stop stigma! Get help! Be open I love short films as a way to show people's experience with mental health

Adrian

-stigma break downs -Visually seeing what mental health looks like in more personal ways (movies)

A lot more people deal with mental health issues than I thought

Don't be afraid to seek help

I have resources and people I can talk to

Be kind to yourself and others

It's okay to have mental illness, just try to seek help

Listening to/allowing those with mental health issues to tell their own stories can help to reduce stereotypes surrounding mental health

To accept and not try to "fix" mental health

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

A discussion-based program

Engaging with the discussions

Movie and discussion and self-reflection of mental health

Exploring mental health

A movie series and panel about mental health

Eye opening

Insightful

Welcoming, fun, educational, enjoyable

Talking about aspects of mental health not usually talked about

An opportunity to learn more about on campus help and mental health

Enlightening

An opportunity to reflect on and learn more about mental and well-being

Very helpful

Interesting

Ways mental health is viewed and how it can be wellness not an illness

How might you use what you learned today?

Stand up against stigma

Go to the counseling center to learn more about resources

Seek help for the problems I assumed minor

Try to get help

Go to a therapist

I liked the movie Little Elizabeth

Go to a counselor

Time

Engage in more conversation with friends about it. And follow up with friends.

I might go to counseling

Make sure to use counseling services when I need it

Just use it every day to help myself and people around

I might suggest seeking help to my friend

I might encourage others to seek help

To continue journaling but also start talking about mental health more

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

Being away from home

Difficulty finding a good therapist

Motivation

It's hard/limited resources

My BUSY schedule

How difficult it is to find a therapist who work for you

Time to go

Anxiety about the first time going

Depression/Social anxiety

Being afraid of judgement

Finding time

Priotizing myself

N/A

Money

Feeling comfortable going to counselors and relating to them

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

Hold it in a quieter place

More discussion of films backgrounds and more student stories

It was great!

More panel talk

Better sound

I thought it was great

More example panels

More videos. Defining the mental health.

Doesn't need improvement

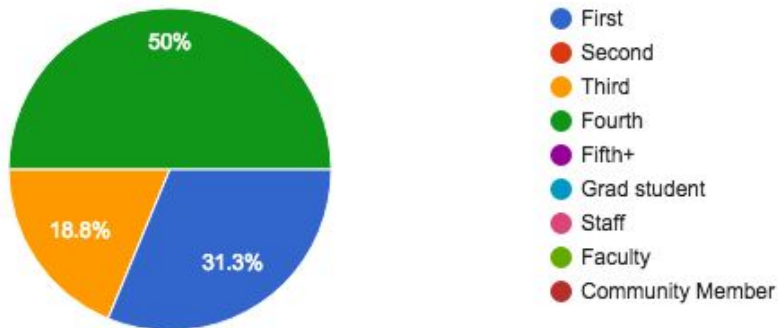
I'm not sure. I missed a lot of it

Better advertising so more people attend  
 Get rid of background noise  
 I wouldn't change it much  
 ?  
 It was great! Maybe just have the rest of Java people quieter?

Major	
Psychology	5
Philosophy	1
Art	1
Environmental Studies / Studio Art	1
Undecided	2
International Relations	1
Environmental Geography / Spanish	1
Bio Chem	1
Environmetnal Geography	1

### Year

16 responses



Gender Identity		
Female / Woman	<b>13</b>	<b>87%</b>
Male / Man	<b>2</b>	<b>13%</b>

## Ethnicity

16 responses

