

# Movies for Mental Health

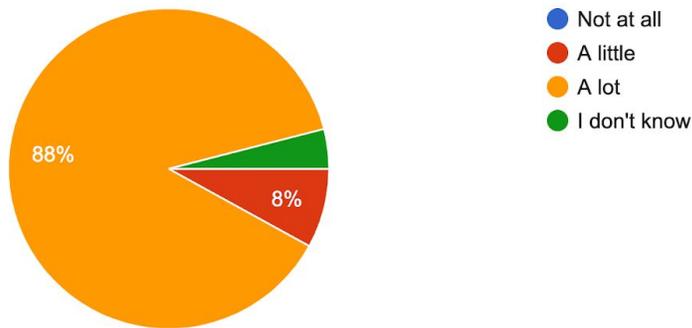
## Post-Workshop Evaluations

School: Cecil College  
Date: October 24, 2019

Number of attendees: 100+  
Number of evaluations: 25

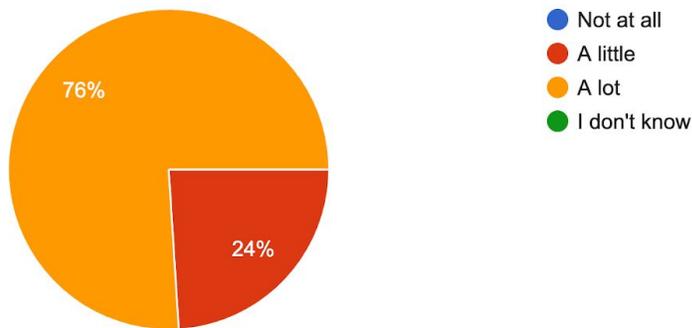
In your opinion, did this event create awareness of mental health issues?

25 responses



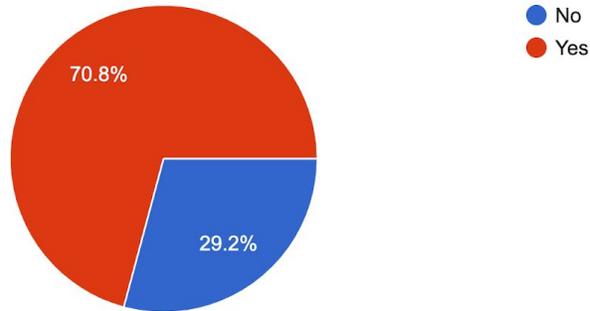
In your opinion, did this event reduce stigma related to mental illness?

25 responses



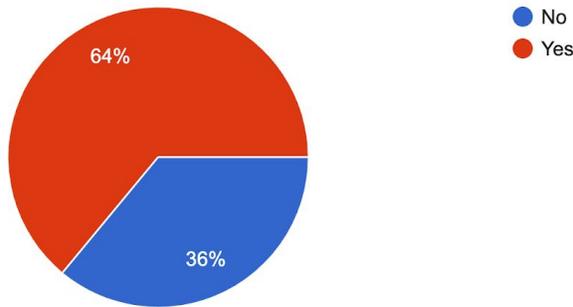
### Did you know about your school's counseling services before this event?

24 responses



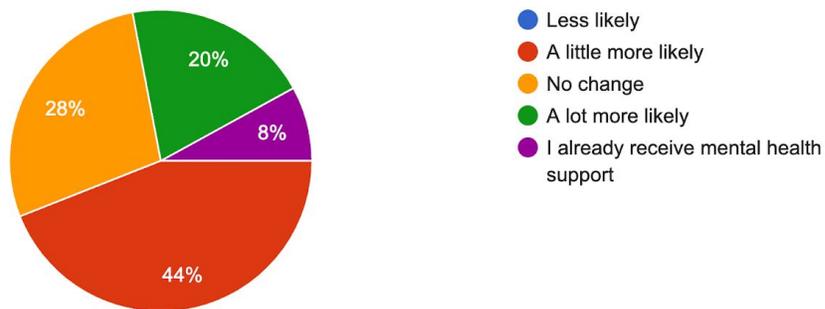
### Did you know about the community resources before this event?

25 responses



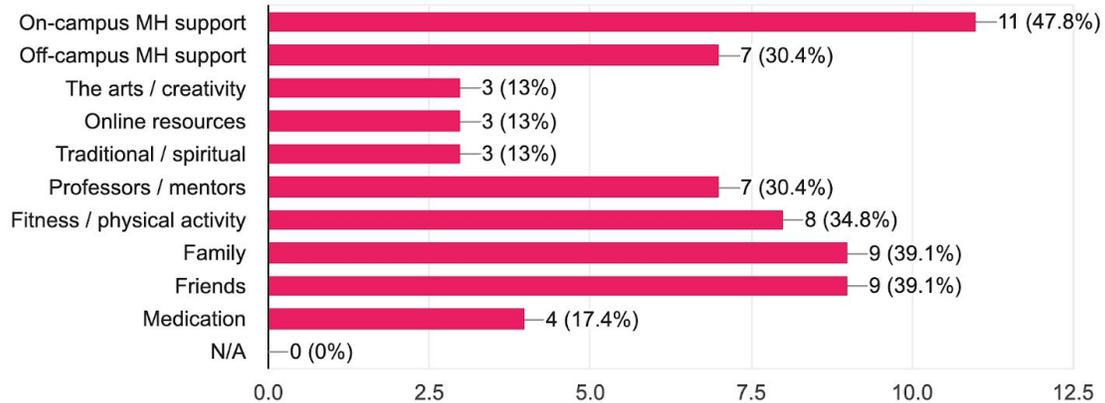
### After this event, are you more or less likely to seek support for your mental health?

25 responses



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

23 responses



### How did you hear about this event?

Friend / panelist	1
Professor / class	12
Counselor / MH club / Peer Support	1
Email	2
Online / Facebook	0
Posters / flyers	5
Other	3

### What was your main takeaway?

(Highlights: see raw data for full list)

There is support around me and I will support others  
 Mental health is important  
 Don't be afraid to get help and take care of yourself (x6)  
 Mental health issues can be seen in a variety of ways  
 MH is nothing to be embarrassed about, everyone has their thing  
 Talking about mental health is important  
 The growth with people and the resources they fund  
 I'm not alone

That there needs to be more awareness (x2)  
Mental health issues are not something you should handle alone  
Mental illness is serious and okay  
We all have issues, some the same and some different  
I should talk to people more about how I feel (x2)  
Mental illness affects 1 in 4 people

If you were telling a friend about this workshop, you would describe it as:  
(Highlights: see raw data for full list)

A very friendly and relatable place  
Emotional  
A good presentation to go to  
Informative, supportive  
Informative (x2)  
Very informative  
Decent  
Supporting and clarifying  
Interactive, informative, creative  
Informative and thought provoking  
Helpful / resourceful (x4)  
Something great opens up your eyes  
Informative and inclusive  
Impactful / personal  
Empowering  
Moving  
A life-changing experience  
I would give them a sneak peek  
Educational

How might you use what you learned today?  
(Highlights: see raw data for full list)

Learn more about mental health and possibly seek help (x2)  
Now know how to reach out  
To help friends that come to me for help (x3)  
To support my son who is autistic  
Go check out Cecil's MH help (x2)  
Tell people you can always find help and there are others who experience the same thing  
Be there for people (x2)  
I will definitely speak to someone if I need the help. This was a great experience  
Volunteering with participating organization  
I'm not alone, who cares what they think  
Recognizing people who need help (x2)  
To encourage others / share with others (x3)  
I'd like to start talking to people about my feelings  
Continue to listen and support students

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

(Highlights: see raw data for full list)

Shame and isolation  
 Reaction from family  
 Finding the right person to go to  
 Time and money (x2)  
 Don't like therapist in Cecil County, and it's hard to talk to my Dad about getting help  
 Insurance (lack of) and stigma  
 Stigma (x2)  
 Talking about problems I go through  
 Feeling like I am failing myself upon seeking help  
 Independence  
 Feeling embarrassed  
 Fear  
 My pride, stigma  
 "Men don't cry"  
 Time

How can we improve this event in the future?

Make sure the audio works (x4)  
 I think it should add more treatment ideas or how it affects people differently  
 N/A -- It's AMAZING! (x5)  
 More events on campus  
 Guide discussions a little more, there were a lot of long silences  
 More panelists  
 Multiple sessions  
 Thoughts and feelings should be combined to one text box  
 Run through a "test" with computer ahead of time and different room  
 Bring therapists to offer their services, business cards

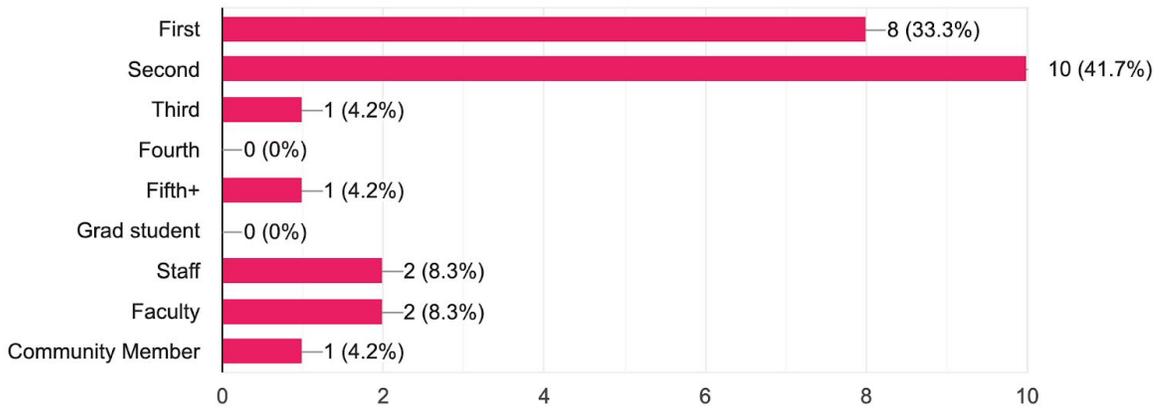
Major

Cybersecurity	1
General Education	3
Social Work	4
Computer Science	1
Accounting	1
Earth Science	1

Nursing	2
Business	3
Psychology	1
Paralegal	1
Chemistry	1
Biology	1

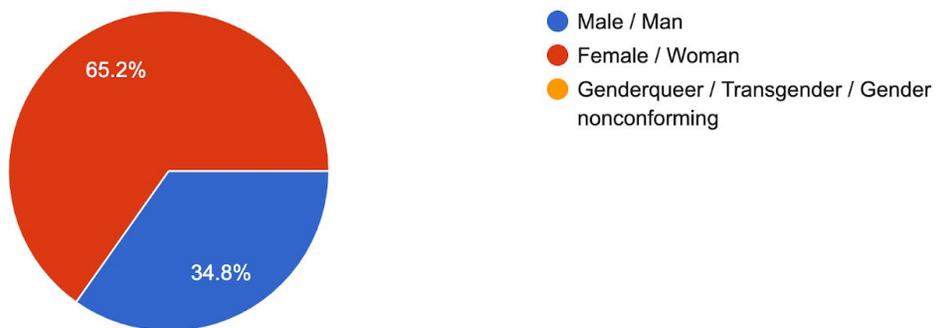
### Year

24 responses



### Gender Identity

23 responses



Race / Ethnicity		
Asian / Asian-American	<b>0</b>	
Black / African / African-American	<b>3</b>	<b>12%</b>
Hispanic / Latinx	<b>2</b>	<b>8%</b>
Indian / South Asian	<b>0</b>	
Middle Eastern	<b>0</b>	
Native American / First Nations	<b>0</b>	
Pacific Islander	<b>0</b>	
White / Caucasian	<b>18</b>	<b>72%</b>
Multiracial	<b>2</b>	<b>8%</b>
Other	<b>0</b>	