

Movies for Mental Health

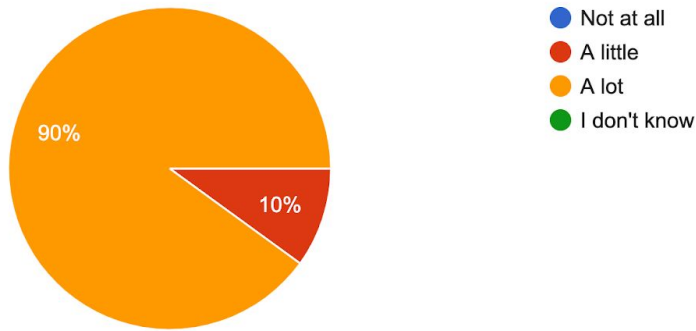
Post-Workshop Evaluations

School: Colorado College
Date: September 25, 2019

Number of attendees: 24
Number of evaluations: 10

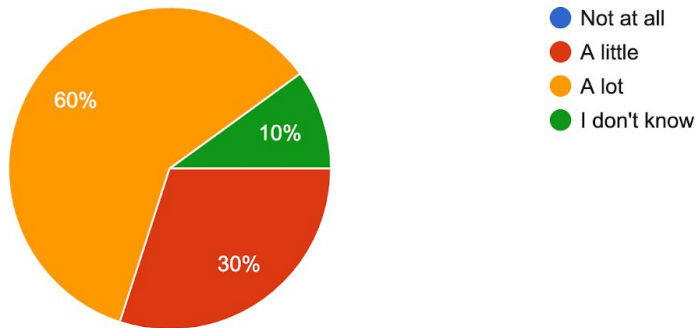
In your opinion, did this event create awareness of mental health issues?

10 responses



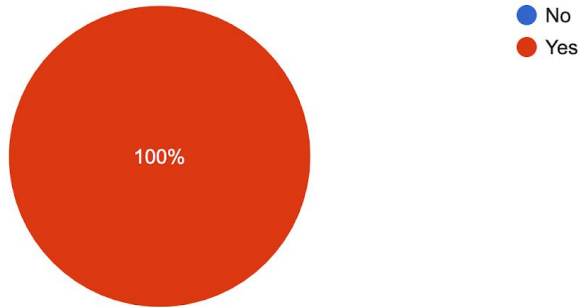
In your opinion, did this event reduce stigma related to mental illness?

10 responses



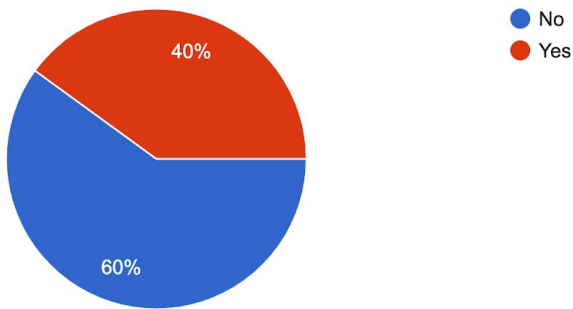
Did you know about your school's counseling services before this event?

10 responses



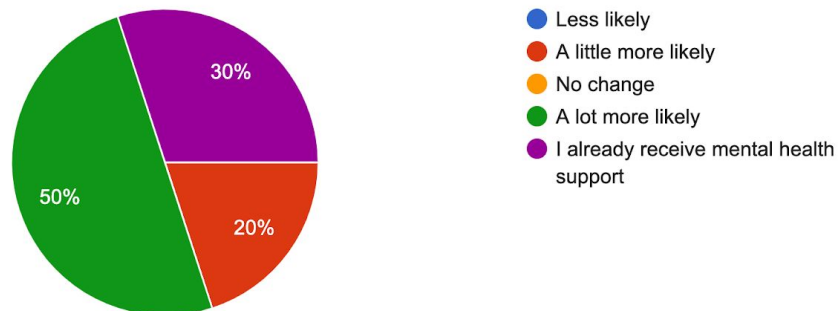
Did you know about the community resources before this event?

10 responses



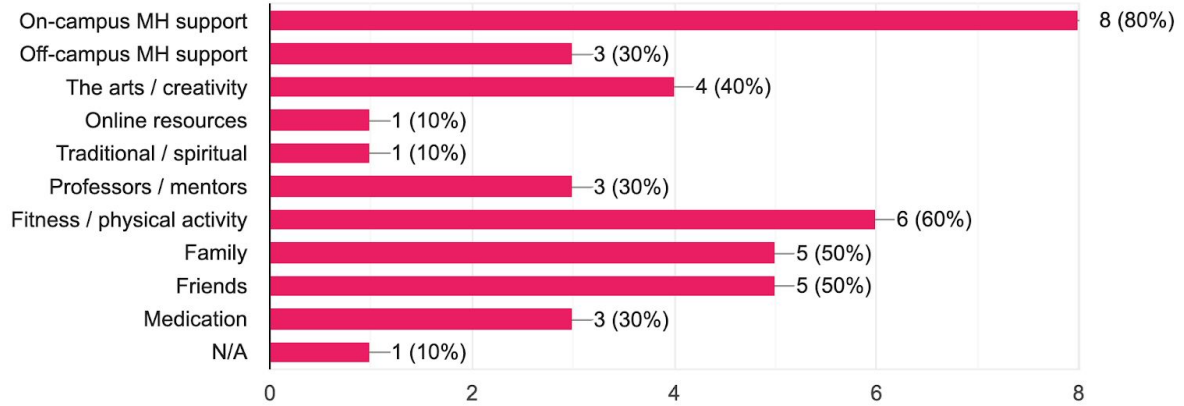
After this event, are you more or less likely to seek support for your mental health?

10 responses



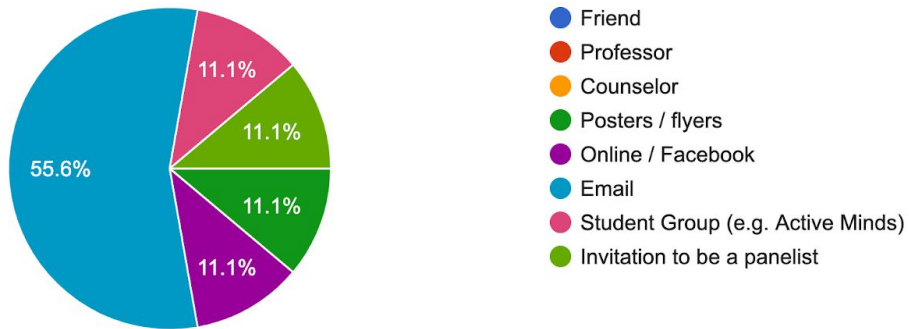
What type of mental health support do you think would be most useful to you?

10 responses



How did you hear about this event?

9 responses



What was your main takeaway?

Art can be a powerful medium to help with mental health
 More public conversation needed
 It is okay not to be okay
 How much sexual abuse and racism affect people
 Be proactive
 It's important to be open about mental health
 Art is powerful. Should find a way to make people see these films.
 Self-care
 Seek help. Talk more.

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

Meaningful
Pretty eye opening
Productive!
Really impactful and powerful
Interesting perspectives
Empowering
Emotional
Comforting

How might you use what you learned today?

Tell friends
To be well
Have a more open mind. Be less judgmental. Be a more aware listener.
Ask my loved ones how they're really doing, and listen without judgment
Share events like this with other students
Exercise

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

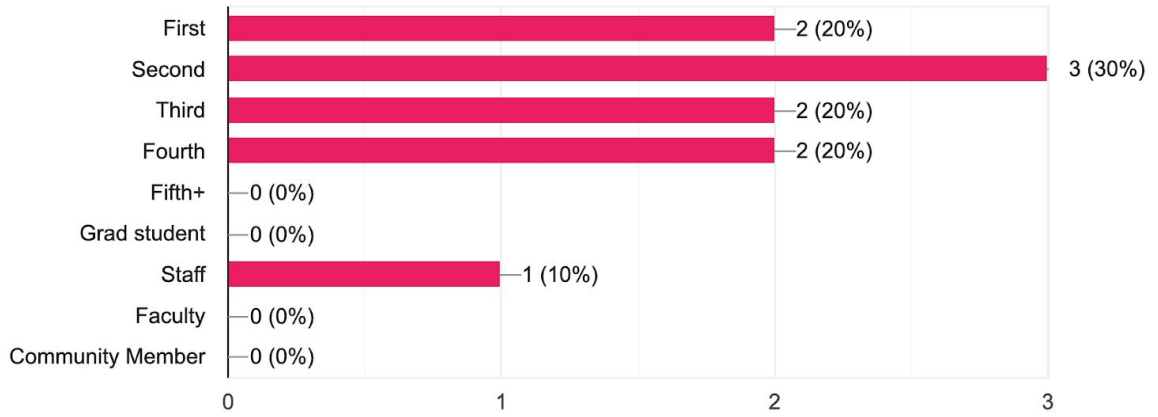
Time
My own rejection of seeking help. I think I can handle myself.
Stigma and lack of discussion.
Exhaustion
Fear of judgment
Busy
Not making time for it.

How can we improve this event in the future?

More student sharing
More personal stories
More people
I can't think of anything!
Make use of time more efficiently
Have people switch discussion groups for different perspectives

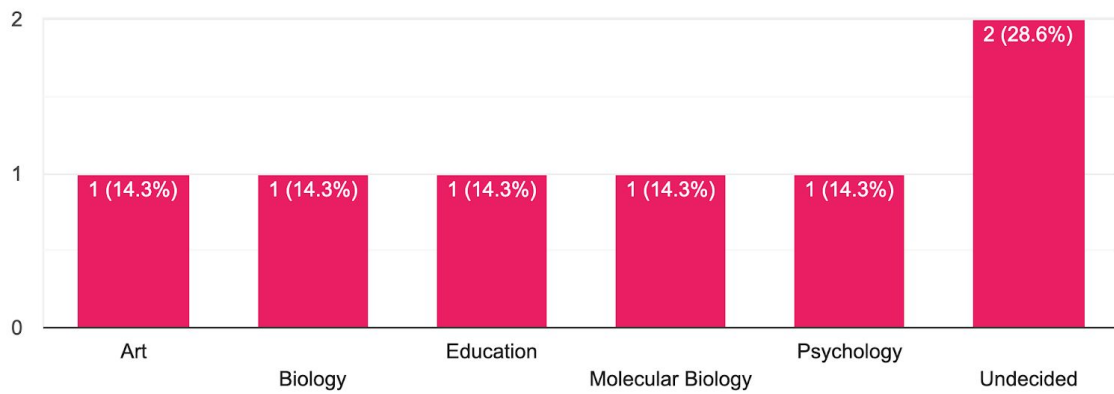
Year

10 responses



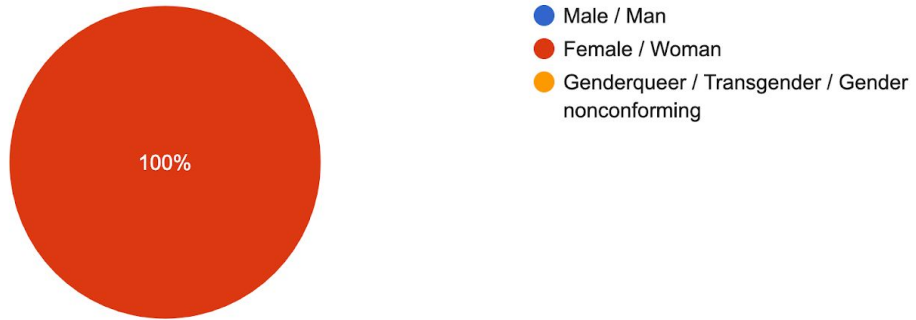
Major

7 responses



Gender Identity

8 responses



Ethnicity

9 responses

