

Movies for Mental Health

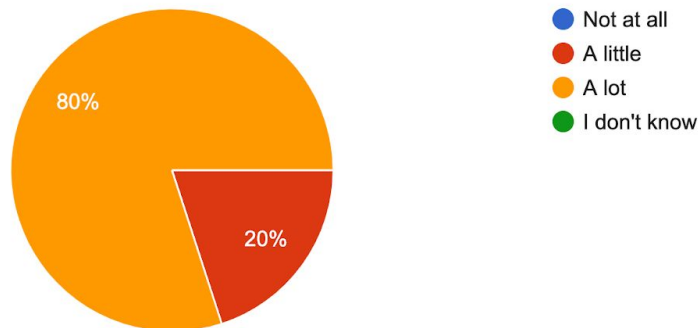
Post-Workshop Evaluations

Eastern Connecticut State University
March 19, 2019

Number of attendees: 45
Number of evaluations: 25

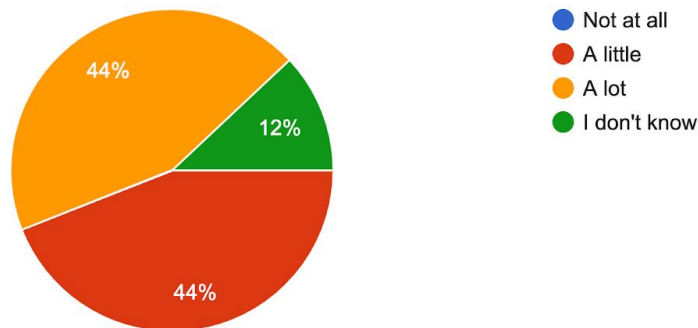
In your opinion, did this event create awareness of mental health issues?

25 responses



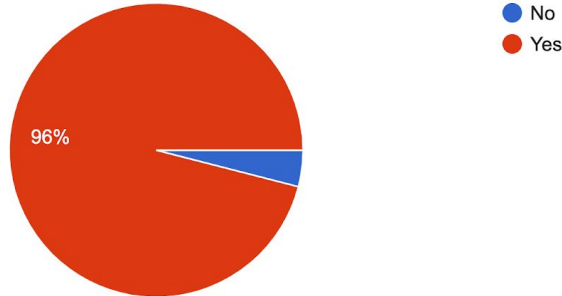
In your opinion, did this event reduce stigma related to mental illness?

25 responses



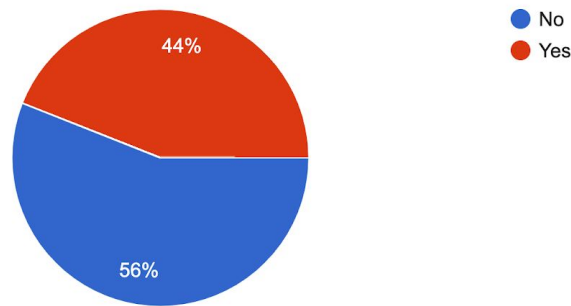
Did you know about your school's counseling services before this event?

25 responses



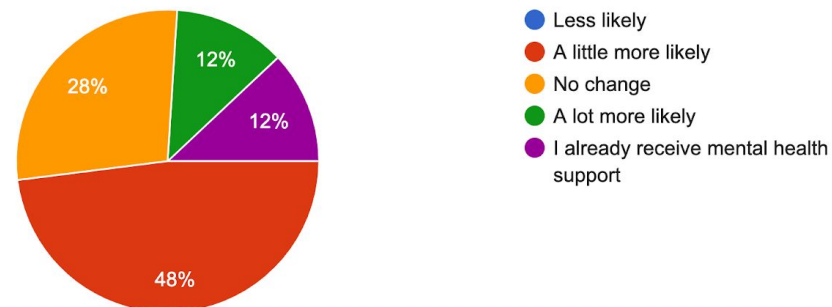
Did you know about the community resources before this event?

25 responses



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

25 responses



*68% of attendees, who are not already receiving mental health support, 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	16
Off-campus MH support	2
Traditional / spiritual	1
Family	7
Friends	6
Professors / mentors	3
The arts / creativity	6
Fitness / physical activity	3
Online resources	2
Other	5

How did you hear about this event?	
Friend / Word of Mouth	16
Professor / Class	0
Counselor / MH Club	0
Online / Facebook / Email	0
Posters / Flyers	9
Other	0

What was your main takeaway?
<ul style="list-style-type: none"> ● Talk about my issues more. ● Mental health is related to disability services. ● Addiction is not one look. ● Take care of yourself and your mental health. ● There are many things that impact mental health and many resources. ● Mental health issues are very common. ● The resources available. ● Everyone has some struggle.

- Mental illness is affecting everyone in some way.
- Mental illness/wellness is real.
- Major or minor setbacks don't dictate our lives.
- The community outreach.
- Reducing stigma and raising awareness about resources.
- That you're never going through a problem alone, someone is always there for you.
- Stigma of mental health.
- Taking care of yourself mentally.
- It's ok to have feelings.
- That stigma needs to be reduced in order to help people be more mentally well (and art is a great way to do this).
- Don't be afraid to find your therapy.
- Everyone has problems that we don't notice.
- The transition after getting help isn't easy and you may have triggers no matter how far along you are.
- For people with mental illnesses there are many many resources
- To not be afraid to ask for help.

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

- A good workshop for someone going through depression.
- A workshop that brings awareness about mental health.
- This workshop opens your eyes to mental health.
- Relating to mental issues and overcoming it.
- An important program to understand mental health.
- Creating, engaging, interacting, eye-opening.
- Mind opening to what everyone goes through.
- Films about mental health and the stigma surrounding it.
- Informational and genuine to really get to help people with their mental health.
- Motivational.
- Informative. (x3)
- Panelists talk about their experiences.
- Enlightening.
- Insightful.
- Helpful and informative.
- Beyond helpful.
- Knowledgeable.
- Very powerful, inspiring, and informative.
- The movies are powerful.
- Empowering, truthful, informative.

How might you use what you learned today?

- Be there for my friends more
- Share what I've learned to residents in my building
- Judge by appearances less
- Help myself and others
- Using resources and offering them to others
- Use resources
- Help others and friends better understand the issues
- To get help with my journey
- Pay more attention to others
- Check in on friends and myself
- If someone needs help I know resources
- Let others know of the resources that can help them mentally
- That there are people going through the same thing and that there is help
- To never give up and keep fighting
- Educate people more
- Try to educate others and reduce stigma in society
- Talking to my friends or someone who didn't attend
- If a friends has an issue I may know how to help and guide them a little more
- To help support those who have mental health challenges
- Talk to people I know that suffer with depression
- Talk to people I know that suffer with depression
- Informing someone
- Find what I enjoy doing and use that to get me through what I'm experiencing

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

- Not really knowing how to cope with stress.
- Family fear of being different.
- Time and feeling comfortable.
- Accepting help.
- Fear of being judged. (x3)
- Pride.
- Trapped in own head, money problems.
- Figuring out myself more.
- Being too scared to get help.
- I don't want to admit to myself that I can't always do everything on my own.
- Fear of what comes next and my friends knowing.
- People's thoughts/opinions of me.
- Stress (x2)
- Opening up.
- Fear, overthinking, judgement, interrogation.

How can we improve this event in the future?

- More small group activities.
- More time/longer.
- Accepting help.
- More discussion.
- Bring more people live with personal stories.
- Ways to help yourself mentally (taking care of yourself).
- Long time sitting, maybe include some activity where we can move around. (x2)
- Advertise more around campus, more students need to see/hear these types of things.
- Different setting like a place you can be in circles.
- Maybe bring filmmakers and let them share why they created the film.
- Making it more well known.

Major

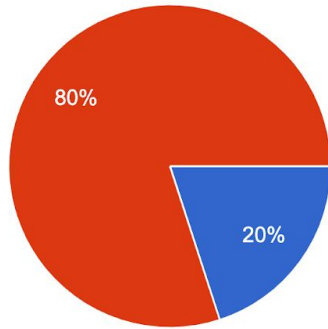
Biology	2
Communications	1
Computer Science	1
Economics	1
English	1
Finance	1
Health Sciences	3
History	1
Math	3
Psychology	2
More than one major	5

Year

First	17
Second	7
Third	1

Gender Identity

25 responses



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

Race / Ethnicity	
Black / African / African American	10
Hispanic / Latinx	5
White / Caucasian	8
Mixed Race / Ethnicity	1