

Movies for Mental Health

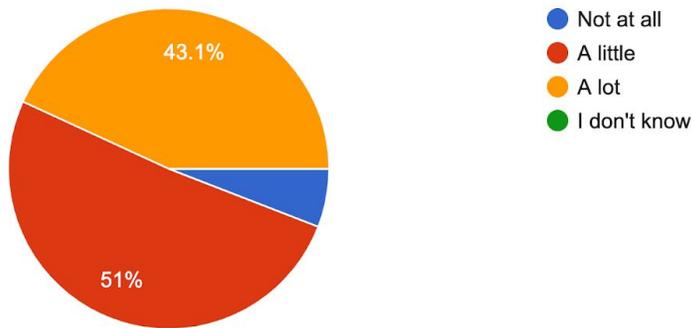
Post-Workshop Evaluations

School: Hiram College
Date: December 5, 2019

Number of attendees: 282
Number of evaluations: 102

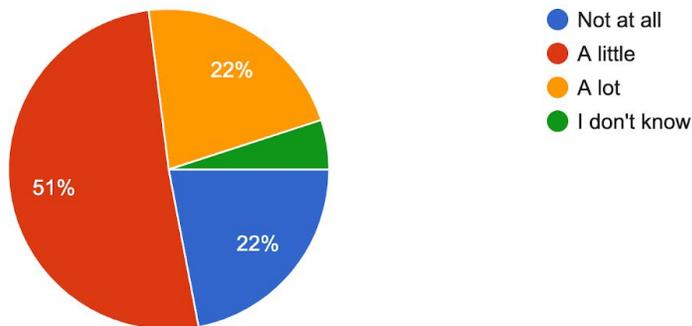
In your opinion, did this event create awareness of mental health issues?

102 responses



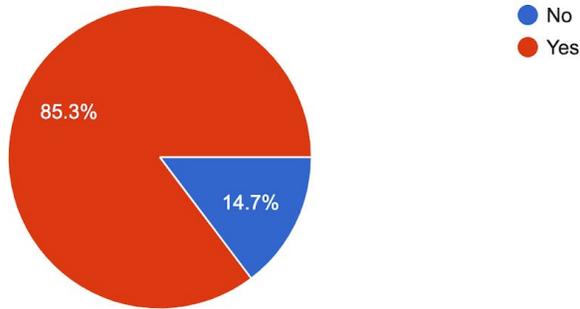
In your opinion, did this event reduce stigma related to mental illness?

100 responses



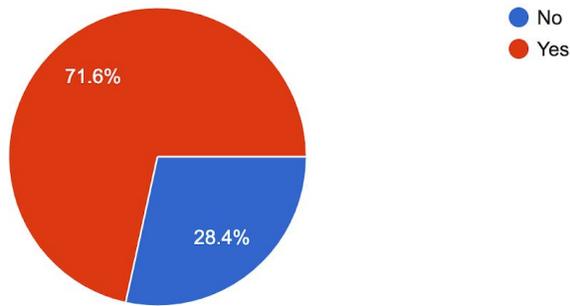
Did you know about your school's counseling services before this event?

102 responses



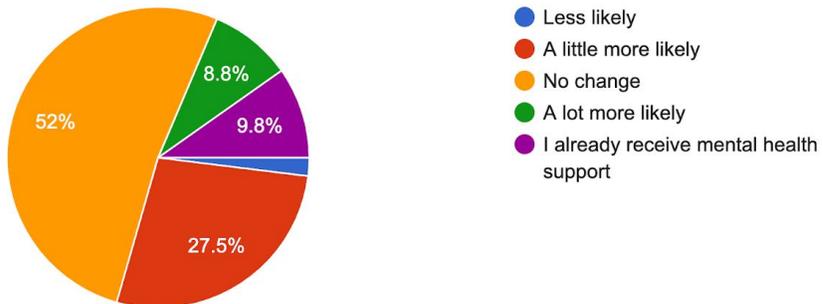
Did you know about the community resources before this event?

102 responses



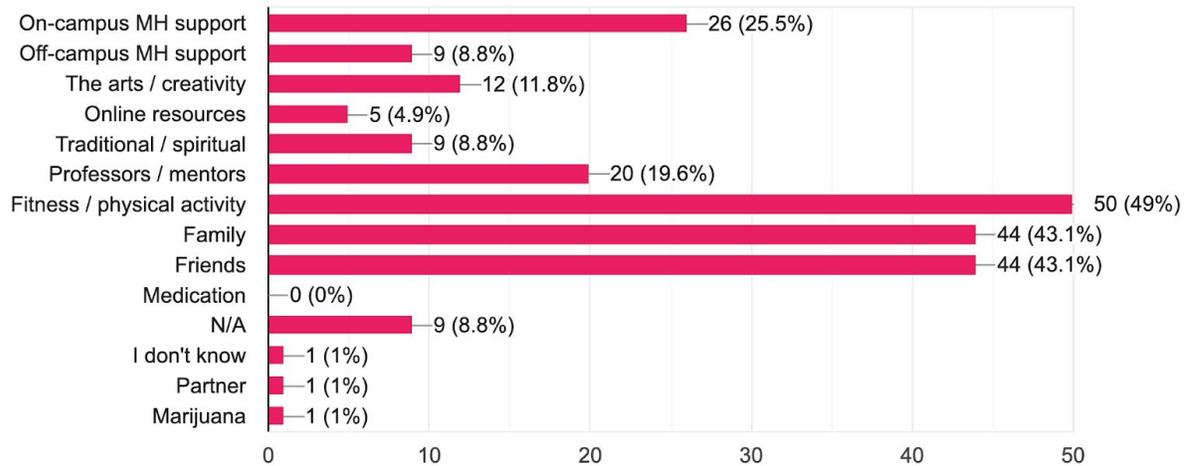
After this event, are you more or less likely to seek support for your mental health?

102 responses



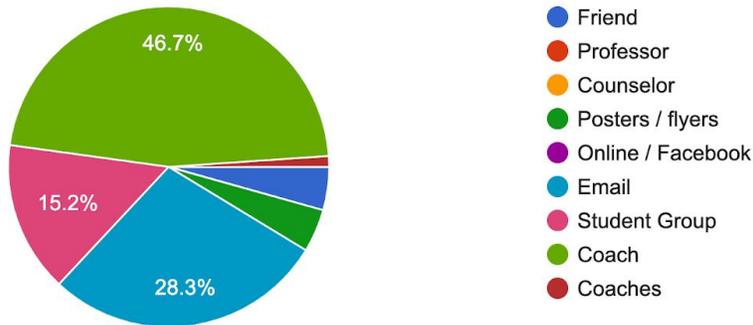
What type of mental health support do you think would be most useful to you?

102 responses



How did you hear about this event?

92 responses



What was your main takeaway?

(Highlights: see raw data for full list)

- Be aware of what people go through. Always be a good listener (x3)
- Break mental health stigma (x2)
- Don't be afraid to ask for help / reach out / speak up (x16)
- Don't judge others on what they are going through (x3)
- Everyone deals with mental health issues
- Everyone goes through something and everyone handles it differently. Be there for someone (x3)

Find someone to talk to if you need it, or listen if someone reaches out
Forced
Go out and spread awareness (x2)
How hard it could be to detect depression
How to help my anxiety
I already knew about it
It was helpful
Mental health awareness (x3)
Mental health is an ongoing problem that needs more attention
Mental health is different for everyone (x2)
Mental health is very important / mental health is serious (x9)
Mental health is real. It is ok to not be ok (x2)
Mental Health isn't always scary or really bad it doesn't make someone a bad person
Mental illness is prevailing
My main takeaway is being open minded and supportive of others
None I couldn't hear
Not sure what they were trying to really get across
Resources are available / help is available (x3)
Short films could win \$1,000
That mental illness exists
That people need help
That you should always be able to get your "stressors" out
The filmmaking is an interesting way to express
The lighting on the screen
There is a lot of unknowns when it comes to mental health
There is mental illness all over the place (x2)
This organization doesn't actually care and forced students that didn't give a shit when they could have paired it with a different organization on campus that could have offered better guidance
To be educated
To pay attention to what you say or treat people / be nice (x4)
Videos (x2)
Ways to improve
You guys are taking serious issues and making them a joke
You never really know what's happening in someone's life (x3)

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

(Highlights: see raw data for full list)

A lot of videos and people that have experience speak out
A means of getting out of your shell at anything that happened in your life
A place to find resources
A place where we watch videos and learn about mental health
A program where people who aren't necessarily comfortable talking about their illness, expressing themselves through artwork/films
An event educating on mental illness (x6)
An event that talks about your feelings /emotional (x2)
Boring
Could have been better
Creative way to try breaking stigma
Enlightening
Forced

Fun
Good (x4)
Good information
Happy, caring
Hard to explain
Helpful and influential
Helpful if you are able to give your attention
Helpful in raising awareness on mental health (x15)
Important to society (x2)
Incredible
Informational Event (x10)
Inspiring
Interesting (x4)
Interesting and insightful
Large group of people, couldn't really hear or see (x2)
Life changing
Long but interesting (x3)
Mental health art with impact event
Mental health discussion
Moving
Nice
Not that informative, and not solving stigma issue
Ok, a little off-track
Open
Panel was the only good things
Powerful
Reinforcement
Sad
Strong
Stupid
Tiring
Underwhelming
Very counterproductive

How might you use what you learned today?

(Highlights: see raw data for full list)

Apply it to life (x4)
Ask for help when I need it (x5)
Be happy
Be more aware and listen
Be more healthy
Become a resource
By trying to be more aware and try to sympathize more with people
Changed my life
Don't be afraid to reach out
Don't judge (x3)
Express myself to my friends (x2)
Help others and refer them to resources (x6)
Help others avoid stereotyping or believing stigma
I will design posters and use social media

In the world
Join active minds
Just build on it
Just made me sad
Keep people's feelings in mind
Looking at others different
Offer more help after they say "they're fine" / to know the signs (x2)
Outlets for my anxiety
Reduce stigma of mental illness
Seek help if needed (x4)
Show the videos
Some of the stuff I've learned in my psychology class
Spread awareness (x2)
Talking to people (x3)
Think more about if I need help
To help myself or people I know
To reach out to others b/c you don't know what they're going through
To speak up
To understand mental health
Use different resources we learned about (x2)

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

(Highlights: see raw data for full list)

Accepting that you need help and asking for it
Afraid / fear (x4)
Anger / rage
Anxious / stress (x2)
Being forced to talk about it
Being judged (x3)
"But your life is so perfect"
Channeling it in a good way
Confidentiality
Do people really care?
Embarrassment
Finding motivation (x3)
Friends and family / parents / how I was raised (x4)
Holding things in
I'm not sure I had an anxiety attack
Knowing where to go
Lack of sleep
Mentality, insecurity
Mentally being strong
Money and a ride there
My own mind / myself (x3)
Not feeling supported / trusting people (x3)
Not knowing how to say or describe how I'm feeling
Not wanting to sound needy
Opening up to someone who doesn't understand

Pride / I don't ask for help often (x3)
 Self consciousness and fear of judgment
 Staying happy
 Stigma (x2)
 Stigma, time, money
 Stress, anxiety, loss of sleep / no sleep from traumatic events
 Talking / telling someone about my problem (x2)
 The cost and if people that I'm speaking to for free actually care
 Time for myself or to reach out (x3)

How can we improve this event in the future?

Advertise more
 Be more detailed
 Bigger room / bigger space / better location (x8)
 Don't force people to come if they already have their own way of dealing with things (x6)
 Earlier contact with active minds so that the mental health group on campus can interact more
 Force all athletes / help more athletes (x2)
 Hard to hear the video and people, also hard to see the video
 Have a better way to engage the crowd / be more interactive (x10)
 Have clubs on campus be involved, more about breaking mental health stigma. Identify those stigmas, then talk about them
 Having the student panel and volunteers actually have a mental illness so they can actually relate. Also that way they don't stigmatize resources. Also if the college has a mental health advocacy group, maybe invite them also :)
 Keep going the way you do (x3)
 Less people, less time, better films
 Less people / smaller groups (x13)
 Lights off to see screen better / louder speaker (x16)
 More organized in a setting with less distraction
 More snack variety (x3)
 More videos (x2)
 Not as long (x7)
 Not late at night, people have to study
 Not the 2nd film
 Pens, other than that it was great
 Spreading more awareness
 Try to cut down the talking in the beginning / less lecture (x3)
 Videos throughout the presentation (x2)

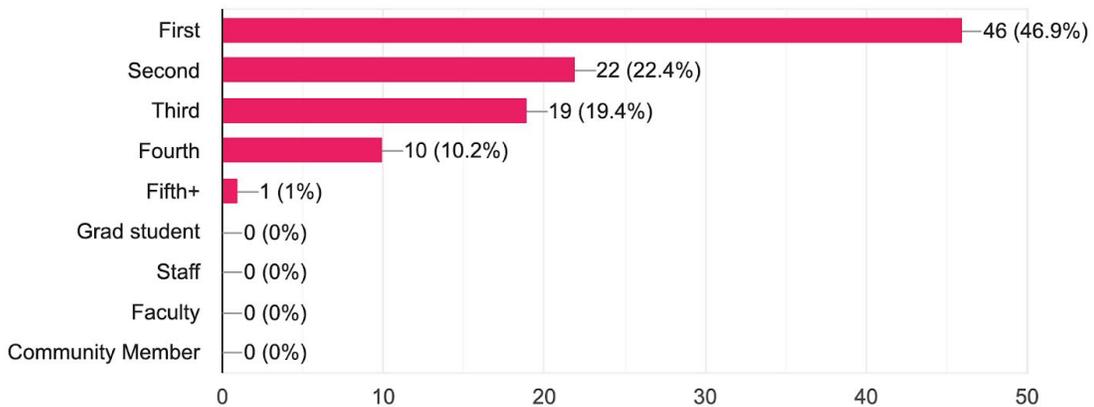
Major

Major	
Biology / Biochemistry and Biology / Criminal Justice and Biology	5
Biomedical Humanities	3
Business / Management	11
Communication	3

Computer Science	2
Criminology	1
Economics	1
Education / Elementary Education / Art & Design Education / Math and Education	13
Exercise Science	7
Graphic Design	1
Integrative Exercise Science	6
Neuroscience	1
Nursing	10
Performing Arts	1
Political Science / Political Science and Communications	2
Pre-med	1
Psychology	4
Sociology	1
Sports Management	10
Undecided	2

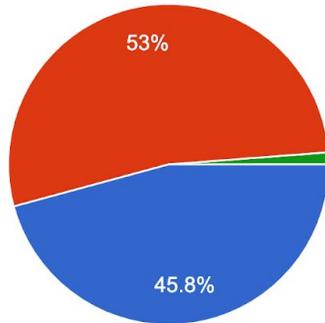
Year

98 responses



Gender Identity

83 responses



- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming
- A group of 9 woman and 1 man filled this out collectively

Race / Ethnicity		
Asian / Asian-American	3	3%
Black / African / African-American	16	17%
Hispanic / Latinx	13	13.5%
Indian / South Asian	0	
Middle Eastern	1	1%
Native American / First Nations	0	
Pacific Islander	1	1%
White / Caucasian	49	51%
Multiracial	13	13.5%