

Movies for Mental Health

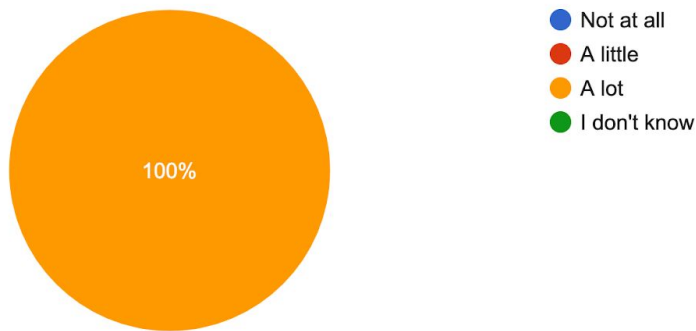
Post-Workshop Evaluations

Holy Names University
October 3, 2019

Number of attendees: 50
Number of evaluations: 28

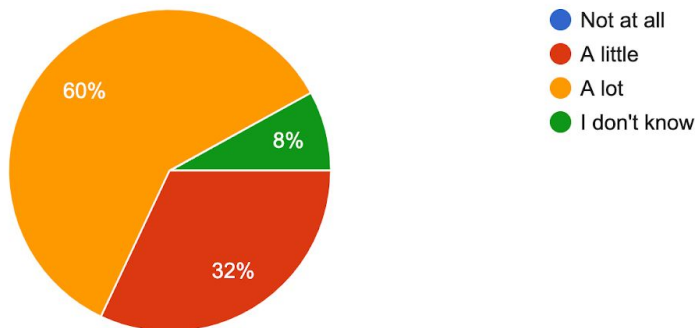
In your opinion, did this event create awareness of mental health issues?

26 responses



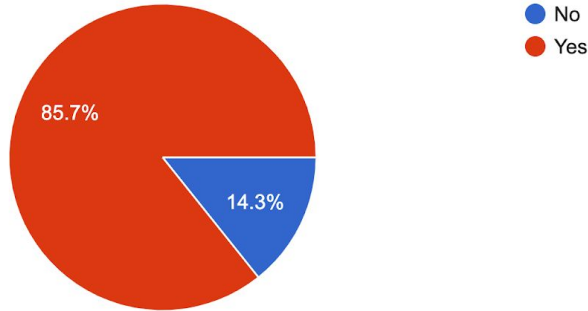
In your opinion, did this event reduce stigma related to mental illness?

25 responses



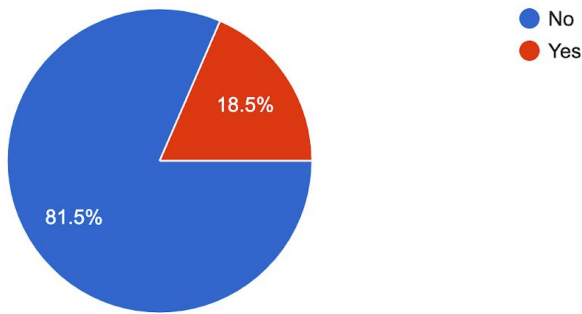
Did you know about your school's counseling services before this event?

28 responses



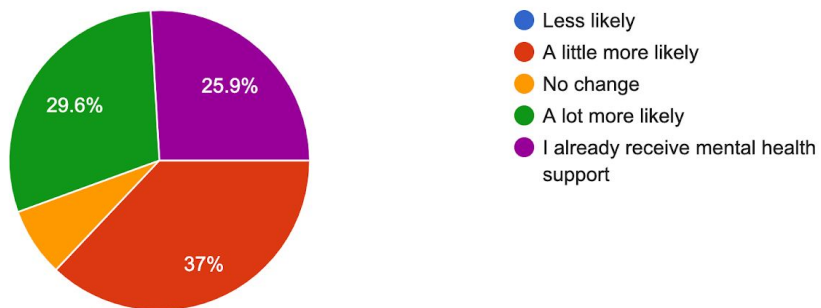
Did you know about the the Mental Health Services Act before this event?

27 responses



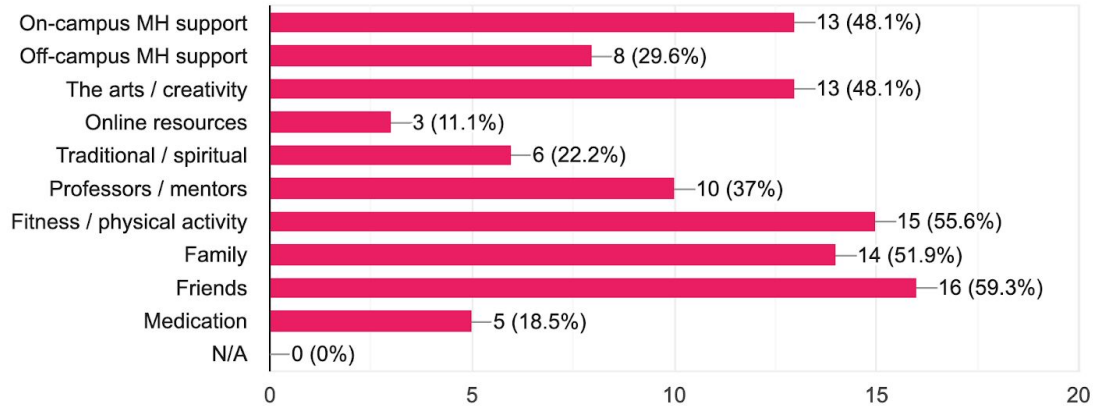
After this event, are you more or less likely to seek support for your mental health?

27 responses



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

27 responses



How did you hear about this event?

Friend	2
Professor / class	7
Counselor / MH club / Peer Support	2
Email	8
Online / Facebook	2
Posters / flyers	3
Other	2

What was your main takeaway?

(Highlights: see raw data for full list)

Talking about mental health reduces stigma
 Mental health may be personal but can be affecting everyone around the person
 Sharing is important
 We cannot neglect our mental health
 The support that there's around me
 Don't judge a book by it's cover
 Take care of yourself so you can care more for others, seek help, don't be afraid

It's good to talk about mental illness
We are not alone
That people are going through the same thing as me
The courage it takes to share
That getting help or talking about it helps and is a good thing
To know that I can seek for help when needed
Help people when they need it

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

Very informative
A fun and educational event
Powerful
Intense but helpful
Community, supportive
Enlightening
Heartwarming and educational
A great and open space to talk about mental health
Welcoming, informational and a secured space
Helpful, mind-changing event
Very helpful and should be recommended to all
Videos about personal mental health stories with discussion
A nice experience
Something important to know

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

By telling my friends about mental health
Invite more convos.
To help educate others in a non-stigmatizing way to others
Accepting that it is ok
Be more mindful of others
Know that even though I feel alone, I'm not
Change how I take care of my mental health
This was a great insight to mental illness and helped me understand
I would use my resources and be a resource as well
Speak up and be there for others
Be more friendly, reach out to people that are alone
Speak about it, don't keep things in
Apply ideas of cultural issues and take a moment to refer this workshop
To get help if I need it
Help a friend if I see something

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

(Highlights: see raw data for full list)

Pride
 Personal reliability on strength
 Family stigma
 Access - insurance only covers 3 sessions
 Being judged and not wanting to hurt others
 Stigma against getting help, feeling weak
 Myself that "I can handle it" attitude
 I don't think I need mental therapy. My family and friends are supportive
 Embarrassment, high expectations from family
 Having to put my children first who also have mental health
 Being judged

How can we improve this event in the future?

It's great, I like it how it was (x11)
 Student athlete mental health
 More information - a lot of sharing from audience - would like more info
 Time a little longer, have more clips
 Give more information from each one
 Better mic/speakers were sort of low
 More information
 Say more information about counseling

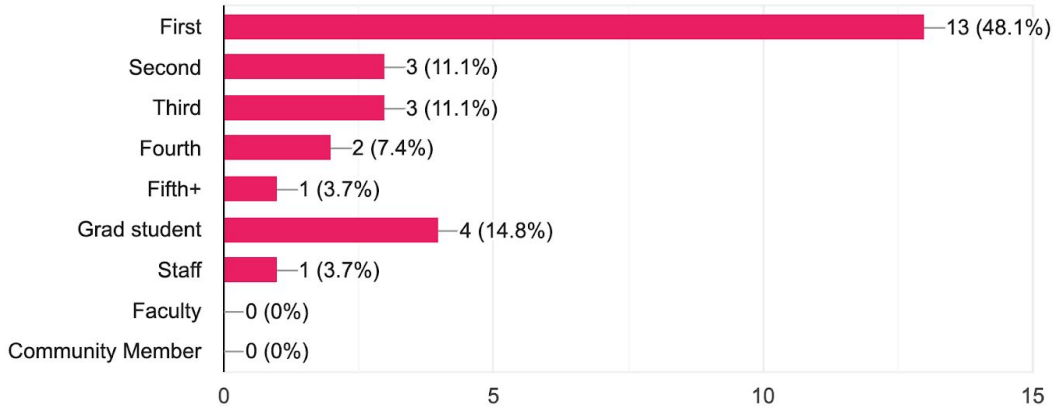
Major

Biology	1
Criminology / Psychology	1
Criminology	2
Criminology / Biology	1
Education	1
History	1
Kinesiology	1
M.A. Dual Counseling of Psych and Forensics	1
Nursing	2

Pre-Nursing	4
Psychology	5
Sociology	1
Sociology / Criminology	1
Undecided	2

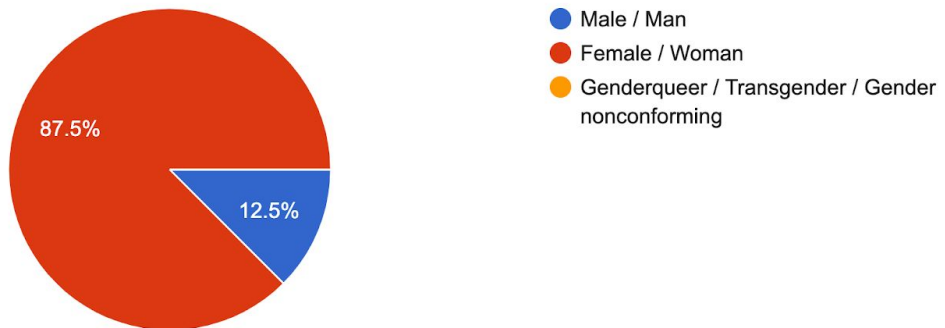
Year

27 responses



Gender Identity

24 responses



Race / Ethnicity		
Asian / Asian-American	4	15%
Black / African / African-American	7	26%
Hispanic / Latinx	11	41%
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	1	4%
Multiracial	4	15%
Other	0	