

Movies for Mental Health (Online)

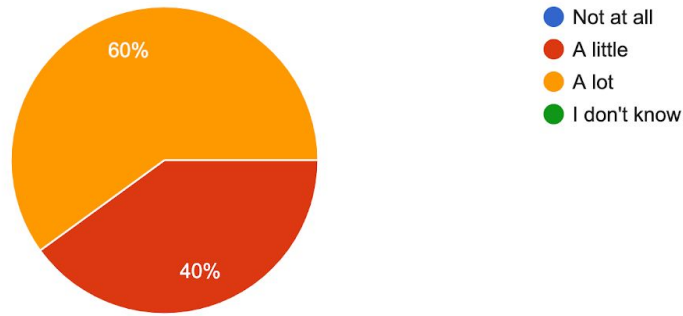
Post-Workshop Evaluations

Lafayette College
November 11, 2020

Number of attendees: 36
Number of evaluations: 10

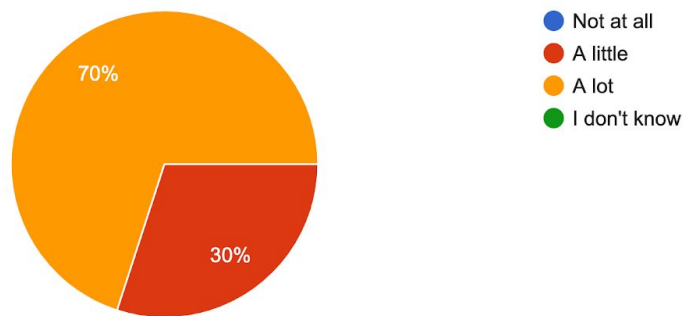
In your opinion, did this workshop increase your awareness of mental health issues?

10 responses



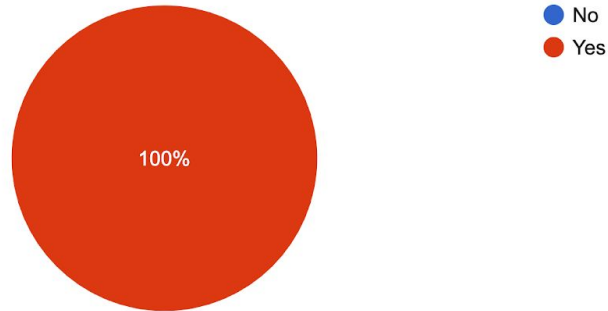
In your opinion, did this workshop help you confront and address stigma related to mental illness?

10 responses



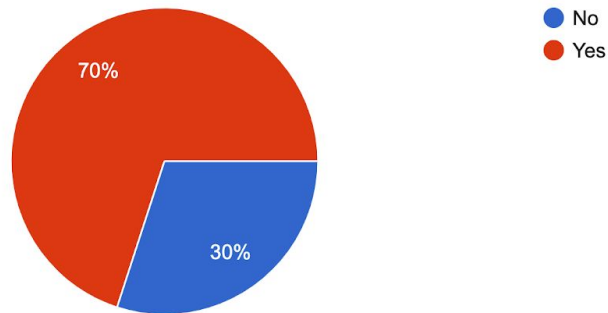
Did you know about your school's counseling services before this event?

10 responses



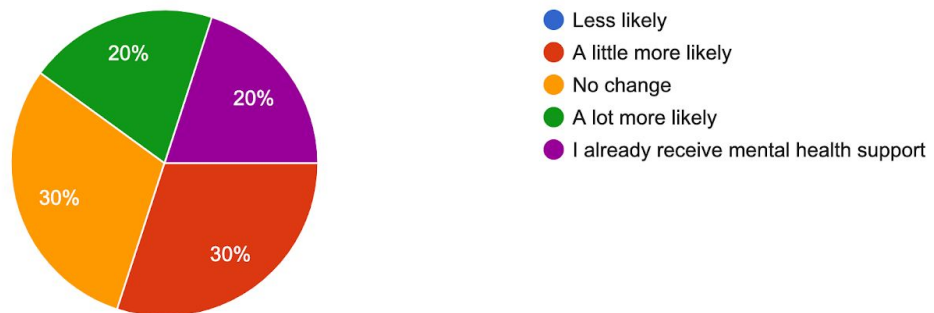
Did you know about the community resources before this event?

10 responses



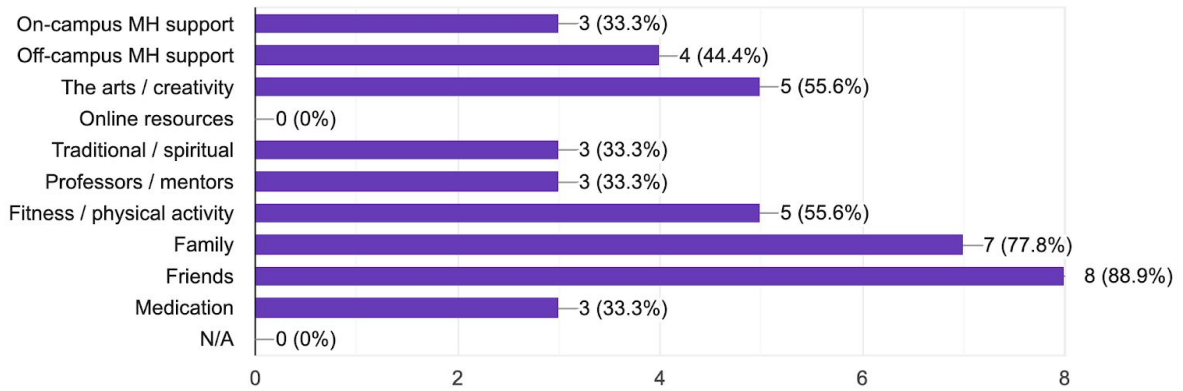
After this event, are you more or less likely to seek support for your mental health?

10 responses



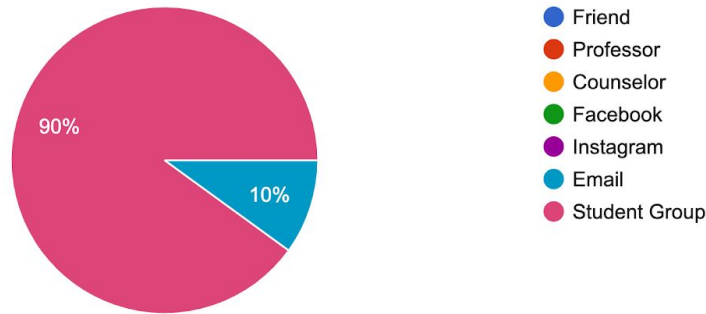
What type of mental health support do you think would be most useful to you?

9 responses



How did you hear about this event?

10 responses



What was your main takeaway?

Take care of yourself no matter how anyone else feels about it
 I am more educated on mental health stigmas and ways to support each other
 Different perspectives, seeing mental health from other perspectives
 Art is a great way to open the conversation about mental health
 It is okay not to be okay. Mental health is important to take care of just like your physical health, and you should never be embarrassed to speak up and say that you aren't having the best day.
 I learn to value the small forms of action and activism, and taking a step back when I need to as an activist
 There are many ways to take care of your mental health. Everyone struggles with it and it is nothing to be ashamed of!

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

An empowering workshop that starts a conversation about mental health
Informative
Eye opening
Creative, engaging and interactive
Very helpful and engaging. Very informative and promising. It really puts things into perspective.
Beyond wonderful and really engaging!
A reaffirming experience

How might you use what you learned today?

I think recommending this workshop and others like it to peers on campus.
I am going to work on my mental health support by continuing talk to people I trust and be there for others because everyone is struggling in some way
Talk more openly about mental health because many people are facing the same thing
Short films can be used to share in session
I will use what I learned today to become more active in my community in de-stigmatizing mental health
Continue having conversations with my oldest brother about our mental health as undocumented activists

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

Family stigma and money
Embarrassment, don't want parents to know
Probably my personality, I am very introverted so reaching out to others is always challenging
Financial support, or not prioritizing it
Myself, being willing to be emotionally vulnerable

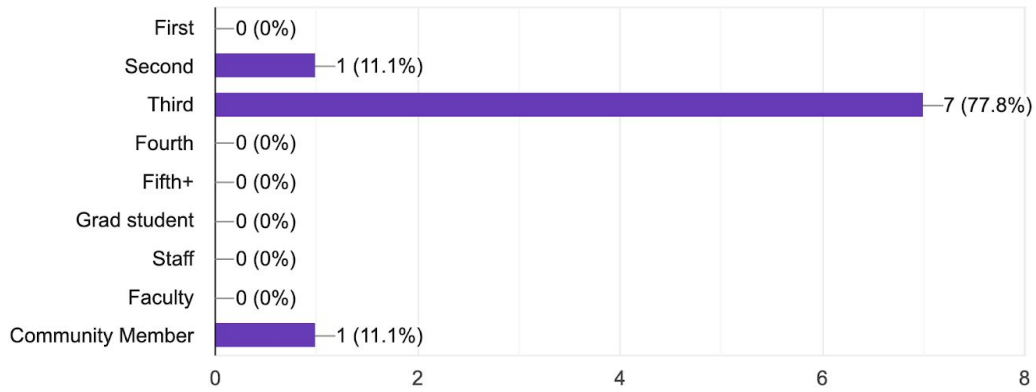
How can we improve this event in the future?

This event was awesome- what a great initiative!
Cut the time
Nothing that I can think of, I really enjoyed and wish everyone could go to something like this
Less introduction/ exercises to foster more discussion
I think everything went really well.
Just making it slightly shorter. That is it :)
More time for the panel!

Major	
Chemical Engineer	1
Film and Media Studies, Anthropology/Sociology	1
Government & Law & English	1
Government and Psychology	1
Government & Law & Economics	1
Italian & Psychology (with Art minor)	1

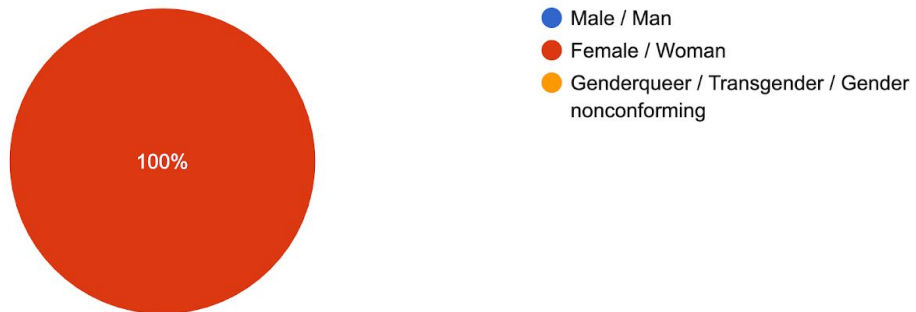
Year

9 responses



Gender Identity

9 responses



Race / Ethnicity		
Asian / Asian-American	0	
Black / African / African-American	1	11%
Hispanic / Latinx	1	11%
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	6	66%
Multiracial	1	11%
Other	0	