

# Movies for Mental Health

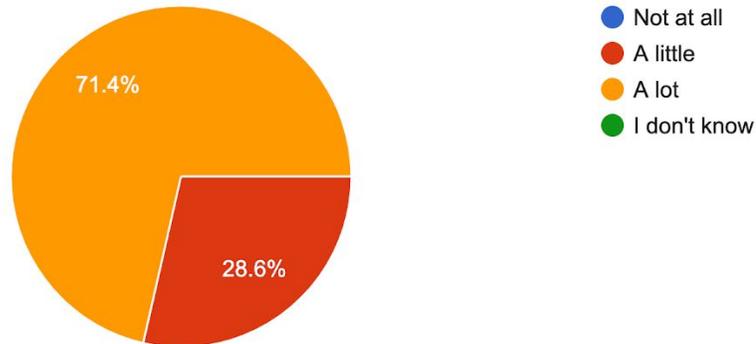
## Post-Workshop Evaluations

School: Maryland Institute College of Art  
Date: March 6, 2020

Number of attendees: 21  
Number of evaluations: 14

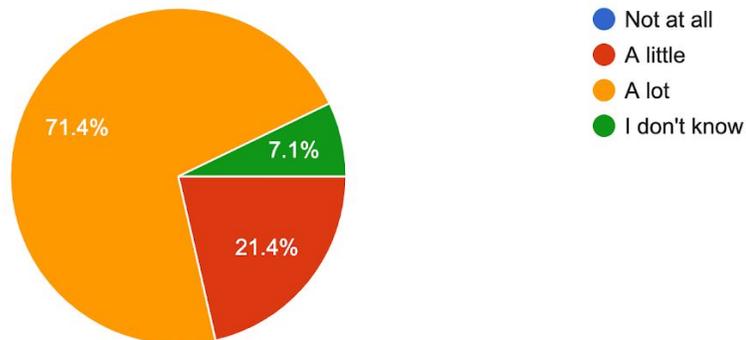
In your opinion, did this event create awareness of mental health issues?

14 responses



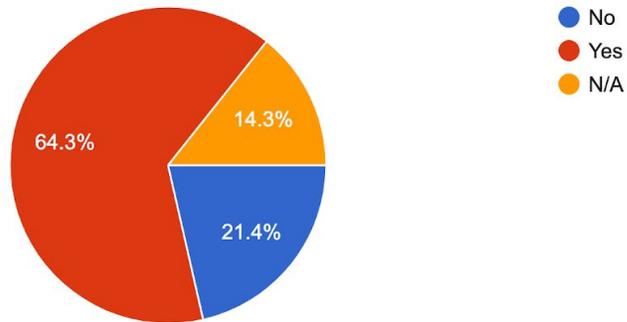
In your opinion, did this event reduce stigma related to mental illness?

14 responses



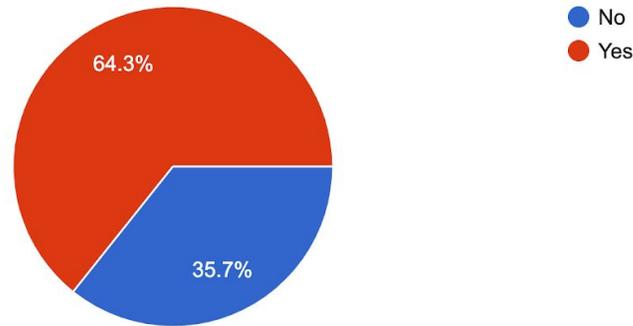
Did you know about your school's counseling services before this event?

14 responses



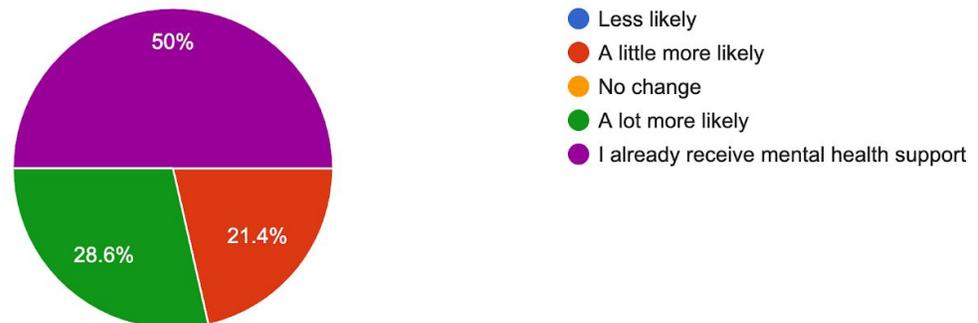
Did you know about the community resources before this event?

14 responses



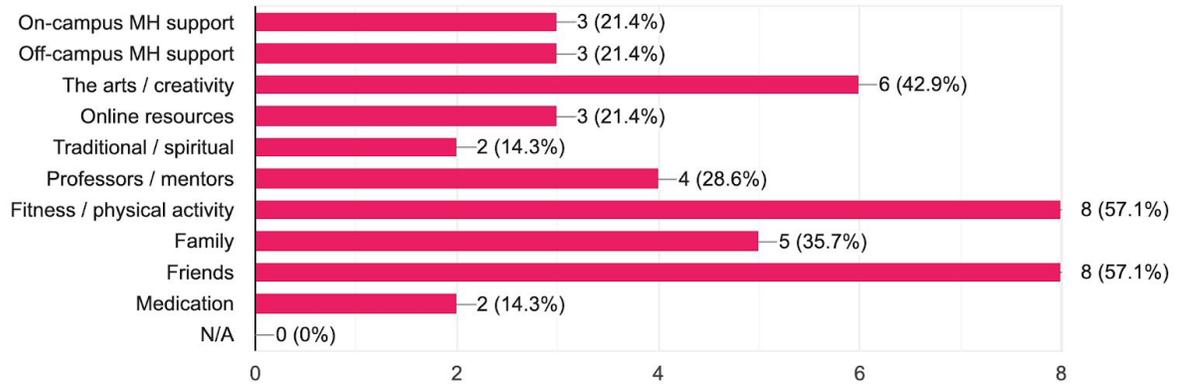
After this event, are you more or less likely to seek support for your mental health?

14 responses



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

14 responses



How did you hear about this event?	
Friend / Roommate	2
Work / Co-worker / Boss	4
Art With Impact	3
Email	1
Online / Facebook / Instagram	1
Posters / flyers	2
Other	1

What was your main takeaway? (Highlights: see raw data for full list)
<p>It's okay to feel and talk. Opening up is okay (x6)</p> <p>Destigmatize mental illness</p> <p>Impactful</p> <p>I'm going to have hard days and that's okay. I need to find resources to help me through those rough times</p> <p>Art/film is a powerful way to express ideas about mental health</p> <p>Many people experience mental health issues</p> <p>It's OK to talk about and connect -- to be vulnerable</p> <p>Talking about mental health is important</p> <p>It's okay to not be okay</p>

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

Eye opening and safe, very supportive  
 Creative, intimate  
 Watching some short films and discussing how they relate to mental illness  
 Informative  
 Lecture  
 A safe, healthy environment to have conversations or learn about yourself regarding mental health  
 An interesting way to think about mental health  
 Poignant, hopeful  
 Watching and discussing films about mental health (x2)  
 Reflective  
 An educational conversation (x2)

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

I will share it with friends and family  
 Encouraging friends to talk  
 Direct people to watch the films!  
 I would point people to Art with Impact  
 Thinking about mental health for my future  
 Resources and encouragement to talk about mental wellness  
 I will explore NAMI. I did not know about that resource  
 Supporting friends who ask for support  
 Be a better active listener to my friend  
 In my own life dealing with mental health  
 Speak to those who seem to be struggling  
 To motivate me to learn more and ask other people how they are

What are the biggest barriers to your mental wellness and/or receiving mental health support?  
 (Highlights: see raw data for full list)

Fear of being seen as not normal and trouble opening up  
 Going out and talking to people about how I'm feeling  
 \$\$\$  
 Thinking that I can do it by myself/the stigma behind it  
 Not knowing if/how I need help for mental wellness  
 Time; willingness to focus on mental wellness (x3)  
 Time, money, lack of information  
 Knowledge of mental health resources  
 Complacency

## How can we improve this event in the future?

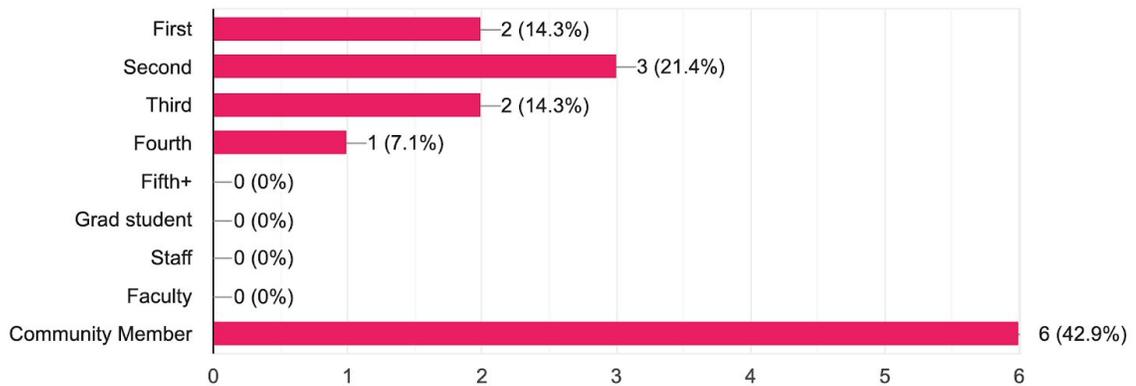
Wish there were more people  
 Bring L'Oreal all the time!!  
 More videos/panel and less of an intro  
 Music playing when we come in to bring folks in!  
 As many community resources as possible  
 Spread more awareness about services provided and where  
 Having more mental health professionals on the panel  
 Maybe more visuals in the PowerPoint

### Major

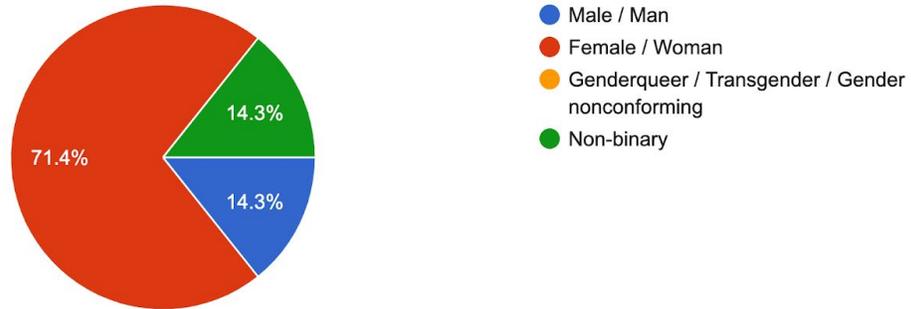
Animation	2
General Fine Arts	2
Graphic Design	2
Illustration	1
Painting	1
Not Applicable	3

### Year

14 responses



Gender Identity  
14 responses



Race / Ethnicity		
Asian / Asian-American	2	14%
Black / African / African-American	3	22%
Hispanic / Latinx	2	14%
Indian / South Asian	1	7%
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	5	36%
Multiracial	1	7%