

Movies for Mental Health (Online)

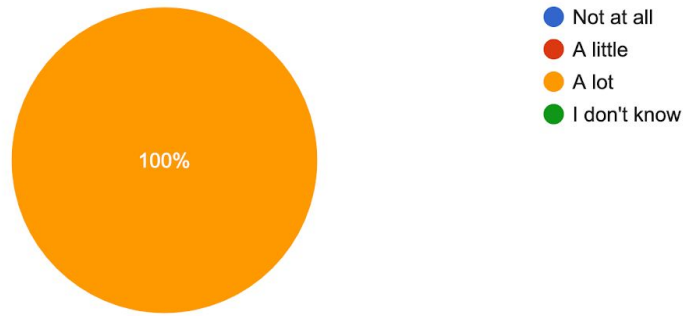
Post-Workshop Evaluations

Pace University
October 15, 2020

Number of attendees: 32
Number of evaluations: 5

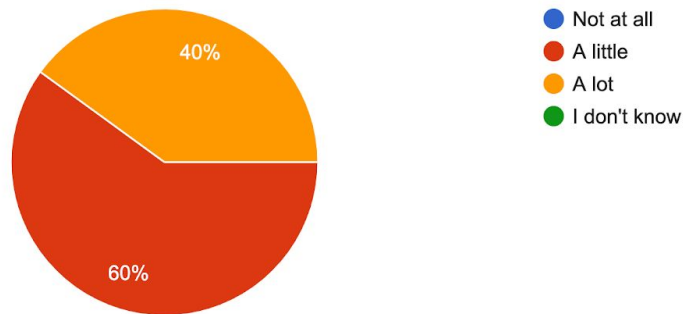
In your opinion, did this workshop increase your awareness of mental health issues?

5 responses



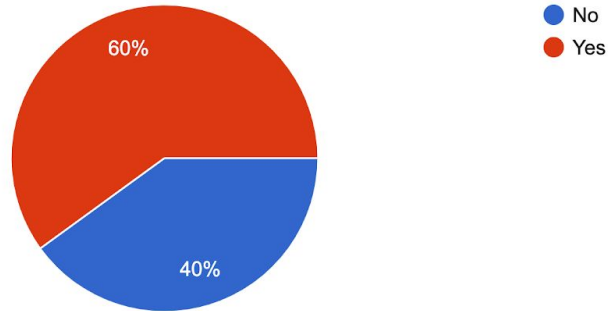
In your opinion, did this workshop help you confront and address stigma related to mental illness?

5 responses



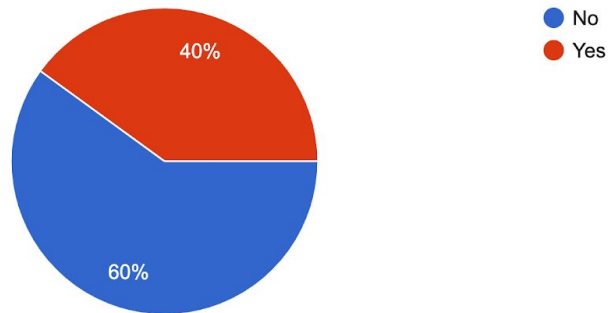
Did you know about your school's counseling services before this event?

5 responses



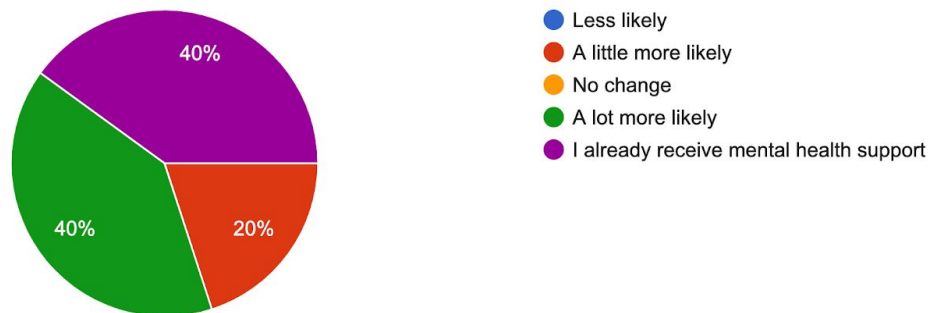
Did you know about the community resources before this event?

5 responses



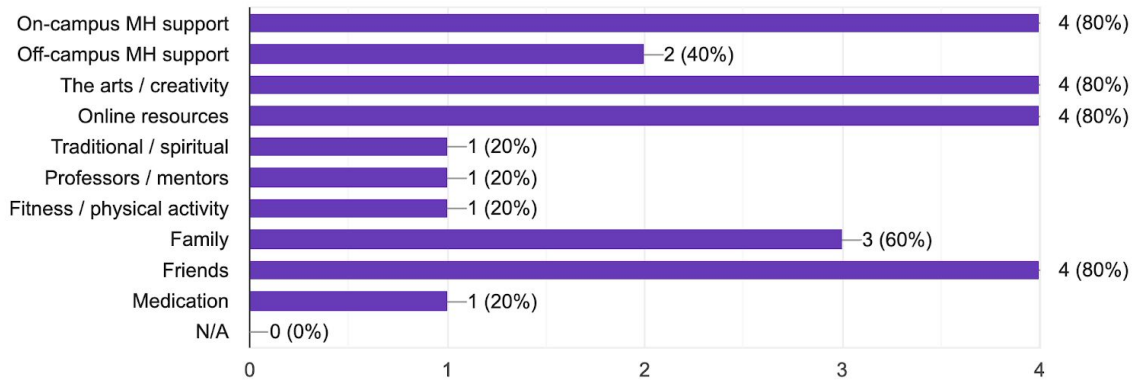
After this event, are you more or less likely to seek support for your mental health?

5 responses



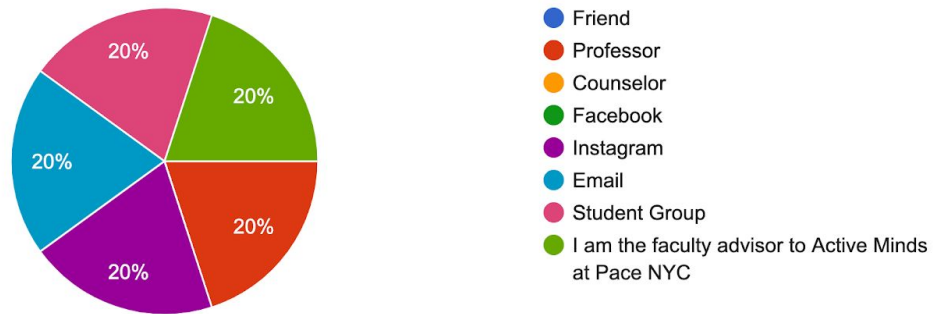
What type of mental health support do you think would be most useful to you?

5 responses



How did you hear about this event?

5 responses



What was your main takeaway?

What is stigma. How do people view mental illness. How do different mental illnesses affect a person.
 I need to check up on my mental health and see how I'm feeling regularly
 I love this support for our emerging adults on college campuses
 How having anxiety isn't only just a me problem. Many people have almost the same problems and issues as I do.

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

A very helpful workshop which shows different journeys and shows the way they found their happiness. A safe place where you can also find help if your are fighting with something
 Emotional
 Powerful and very intuned
 Inclusive and inspirational

How might you use what you learned today?

I think I am going to reach out for help for myself. Use the different self care suggestions and also about how people take time to go through their struggles. Also try and help others.
 I will be more aware of my own mental health
 I am so proud of active minds .. they impress me everyday
 I would remind myself that I'm not the only one dealing with my specific problems

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

The fact that parents don't understand what you go through and think it's not that bad makes you want to not ask for help. People judging and talking about how you are seeking attention or you are not normal
 Not having time for it
 I don't feel like I have barriers. Although, I prefer eastern medicine over western. That in itself can be a barrier.
 Denial from loved ones and speaking up about my mental health issues

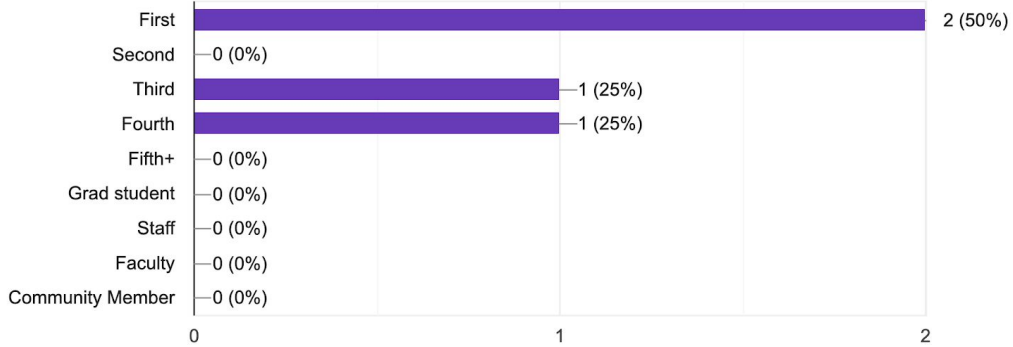
How can we improve this event in the future?

Being able to talk to someone and keeping it completely confidential
 I loved it! I thought it was well thought out

Major	
Fine Arts	1
English	1
Arts and Entertainment Management	1

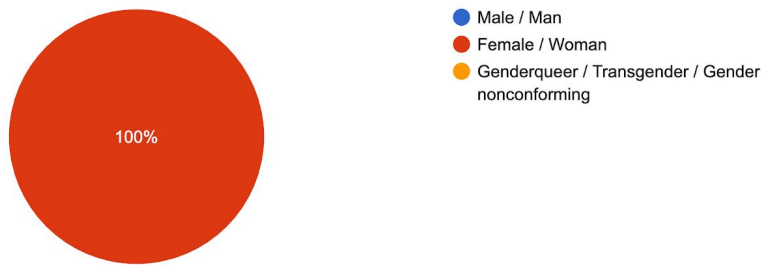
Year

4 responses



Gender Identity

4 responses



Race / Ethnicity		
Asian / Asian-American	0	
Black / African / African-American	0	
Hispanic / Latinx	0	
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	2	50%
Multiracial	2	50%