

Movies for Mental Health (Online)

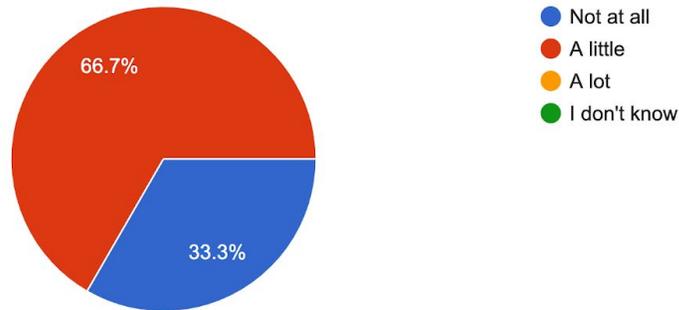
Post-Workshop Evaluations

Pennsylvania Academy of Fine Arts
November 16, 2020

Number of attendees: 27
Number of evaluations: 3

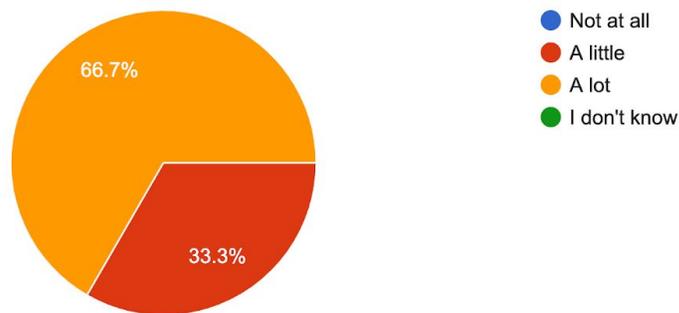
In your opinion, did this workshop increase your awareness of mental health issues?

3 responses



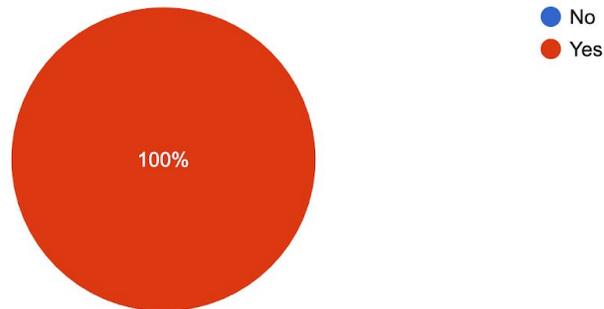
In your opinion, did this workshop help you confront and address stigma related to mental illness?

3 responses



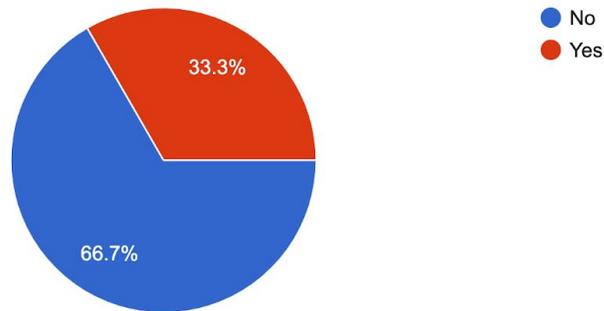
Did you know about your school's counseling services before this event?

2 responses



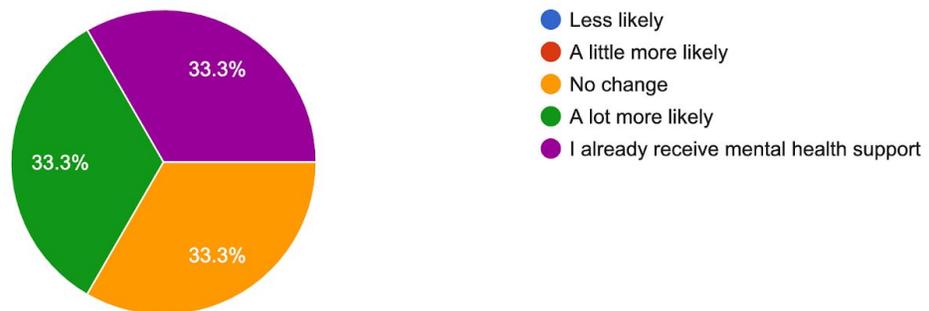
Did you know about the community resources before this event?

3 responses



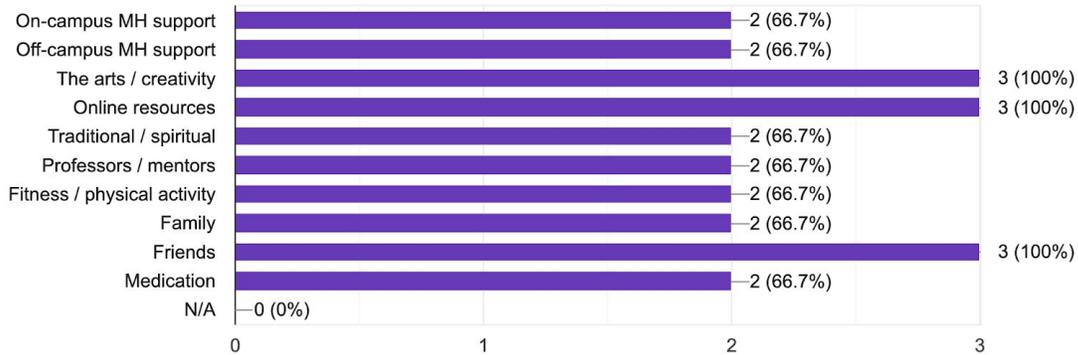
After this event, are you more or less likely to seek support for your mental health?

3 responses



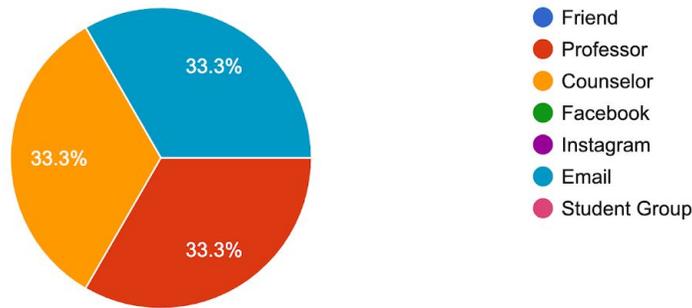
What type of mental health support do you think would be most useful to you?

3 responses



How did you hear about this event?

3 responses



What was your main takeaway?

Everyone deals with mental health differently. Don't be afraid of it
 That mental health is highly important, and even I can play an important role in helping others
 It felt patronizing, and I felt like we were being talked to as if we were fragile. There was little to no room for in depth discussion after the videos, and if we had a negative reaction, that was glossed over. I had two panic attacks before just having to leave the meeting early, because I was so overwhelmed by how frustrated I was. The videos were great, but the stuff in between wasn't helpful. I didn't learn anything I didn't already know. Maybe instead of asking us to dig into our trauma and then brushing it off by saying we're valid, offer resources or methods on how to better handle our mental health.

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

Very insightful
 Safe space to share your thoughts and emotions and learn more about mental health
 Great videos by incredible and brave artists. More to be desired with everything else in between.

How might you use what you learned today?

Better coping mechanisms and more ways to address my own mental illnesses
 By being more conscious about my own emotions as well as the emotions of others
 I'll seek out more artists who tackle mental health issues in mediums other than what I usually go for.

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

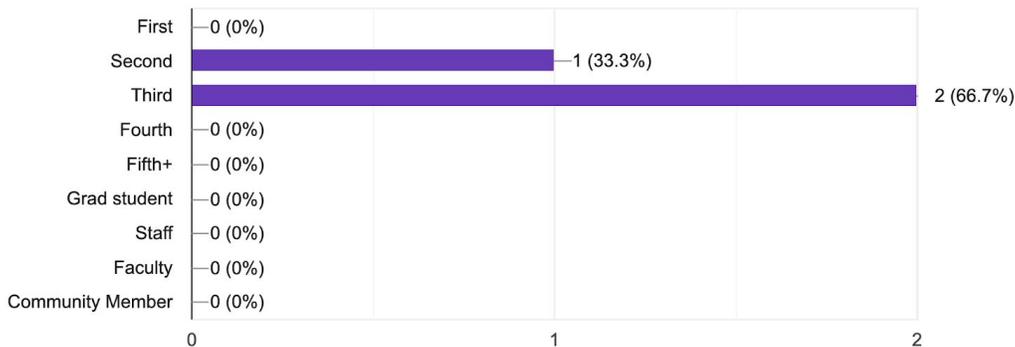
Expenses
 It used to be background family in which they see it as an excuse rather than something serious.
 Lack of money, resources, and healthy coping methods. Not everyone can just take a walk in nature and feel better, and I felt like this session catered more to neurotypicals and people who have an easier time keeping their mental health in check.

How can we improve this event in the future?

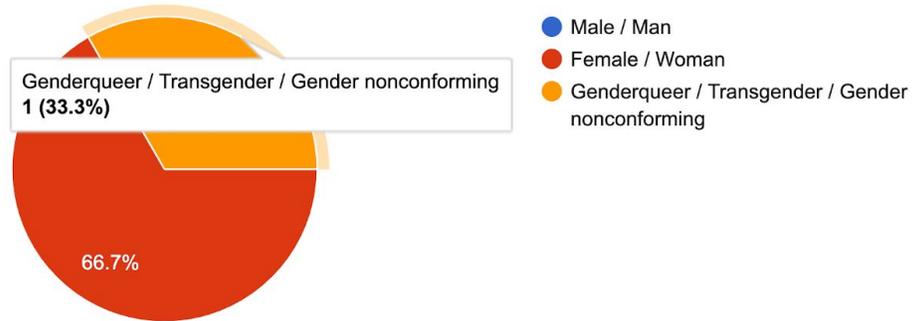
By not locking the cameras of the rest of the guests, and explaining how the video work beforehand
 Actual help and discussion. Make it feel less like you're crossing out bullet points to get it over with. If you're not going to properly interact with the audience about these heavy subjects in depth, don't have an interactive section and just show the videos.

Major	
Visualizing Arts - Drawing	1
Painting	2

Year
 3 responses



Gender Identity
3 responses



Race / Ethnicity		
Asian / Asian-American	0	
Black / African / African-American	0	
Hispanic / Latinx	1	33%
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	1	33%
Multiracial	1	33%
Other	0	