

# Movies for Mental Health (Online)

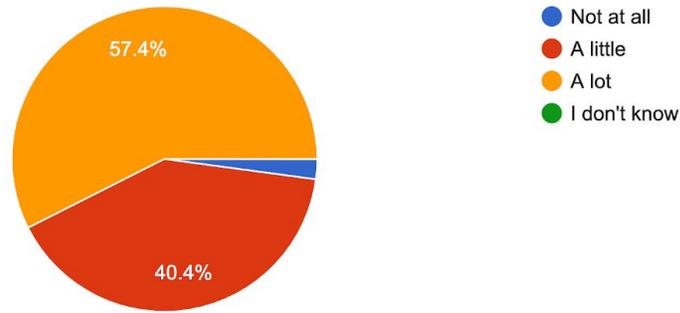
## Post-Workshop Evaluations

Pennsylvania State University, University Park  
November 30, 2020

Number of attendees: 121  
Number of evaluations: 47

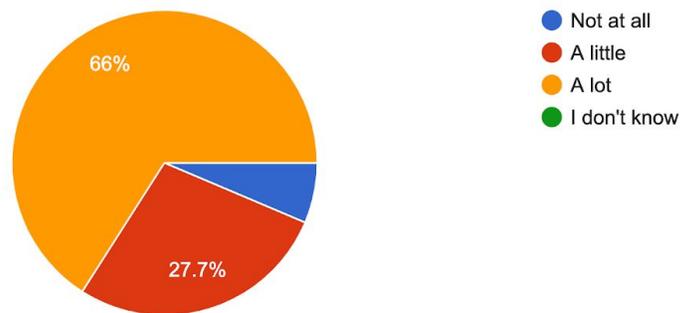
In your opinion, did this workshop increase your awareness of mental health issues?

47 responses



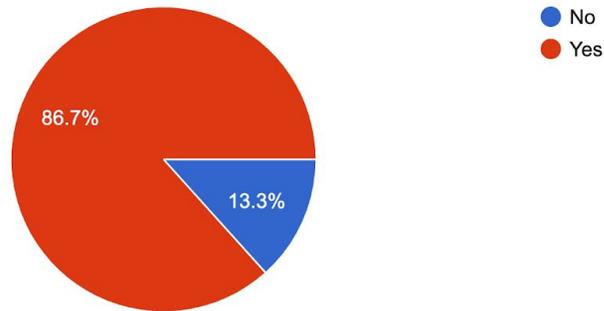
In your opinion, did this workshop help you confront and address stigma related to mental illness?

47 responses



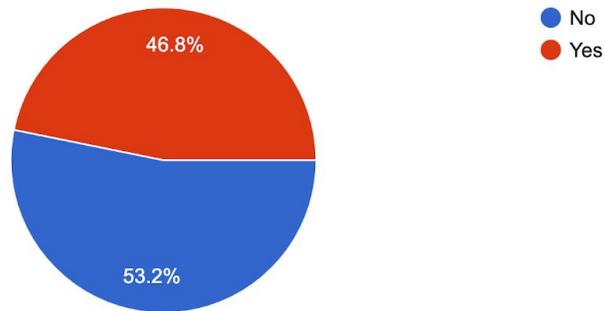
Did you know about your school's counseling services before this event?

45 responses



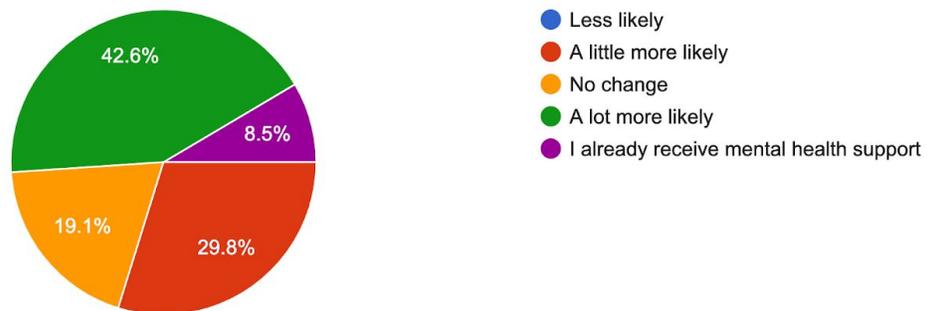
Did you know about the community resources before this event?

47 responses



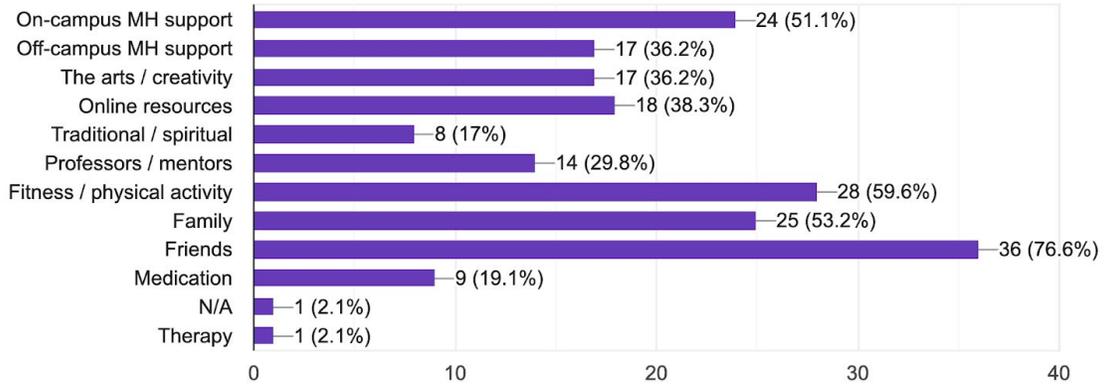
After this event, are you more or less likely to seek support for your mental health?

47 responses



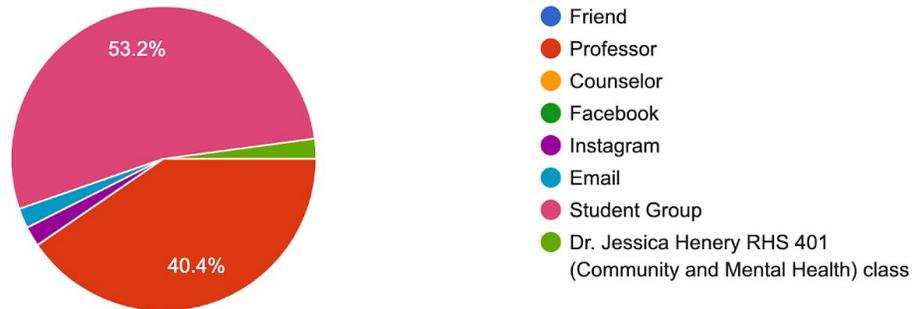
### What type of mental health support do you think would be most useful to you?

47 responses



### How did you hear about this event?

47 responses



## What was your main takeaway?

- Mental health matters
- Everyone sees the stigma surrounding mental health differently
- Mental health
- Support for mental health
- It is ok to talk about mental health, we are ok to feel things
- That mental health is important and steps need to be taken to make people more aware
- Mental health isn't a weakness
- How important it is for us, especially white people, to listen to the pain of others
- There are a lot of mental health resources on campus
- There are many more resources available that I was not aware of
- I felt hopeful about how many people were there to engage in discussions
- There should not be a stigma around mental health
- Remember to take time for yourself to reset when you are busy or stressed

There are many mental health resources on campus that are open to everyone, regardless of the issue  
Taking time to calm yourself can do so much after being overwhelmed from a video or situation  
Mental Health is not something we should be ashamed of and a lot of people struggle with it  
There are unique experiences that each person has that we can't always understand personally, but we can still show empathy  
There are a variety of ways to take care of our mental health, and it all starts with hosting a conversation  
It is important to be there to listen to others and have others who can listen to you  
There is a stigma surrounding mental health; our campus provides many resources  
It's important to talk about mental health more openly  
Mental Wellness takes time just as physical wellness takes time  
That it is important to understand other people's experience  
Seeing how many people may have a mental illness, but we may not know. We should treat them with kindness.  
That sometimes the best thing to do when supporting others who are struggling is listen and ask them what they need  
Breathing helps me alot  
Mental health is important to understand  
It is okay to feel and sit in your feelings  
That there are a lot more outlets to receive mental health help than I thought  
Just that mental health can be very draining at times, even in my own experience. My main takeaway I would say is that a lot of people feel things, deep feelings they sometimes they can't express or don't want to express for fear of what others will say.  
Neutral (many of the topics that were talked about felt like a review from many of the classes from past class enrollment)  
Everyone responds differently to displays of mental illness  
Helped me see that feeling alone is much more common than I realized  
Mental health is important! Self care is important!  
That I can use my major to help promote mental health awareness  
Everyone has their own mental health journey and it's okay to go at your own pace  
That breaking the stigma around mental illness and reaching out for help is definitely needed  
Everyone struggles with mental health in their own way, we all have different coping mechanisms  
No matter how put together a person may look from the outside, they could be struggling within  
There are many mental health resources available for people of color

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

(Highlights: see raw data for full list)

Nice  
Moving and motivating  
Insightful  
Enlightening and reflective (x2)  
Moving, well-done, and welcoming  
Really informative and engaging (x2)  
Interactive and engaging  
Boring  
Really well-done and educational (x4)  
An inspiring and sometimes overwhelming but good conversation about mental health  
The workshop covered a lot, but still seemed to help with specific issues effectively  
So gentle and informative  
Eye opening, refreshing, nice, safe  
Positive

Educational, inspirational, and moving  
 An eye-opening experience about others and their experiences in different cultural/religious community  
 I would describe this workshop as helpful, it allowed students to connect with each other and share their opinions (x3)  
 A interactive, safe, fun, engaging presentation about mental wellness, decrease stigma  
 Very informational and inspiring (x2)  
 Informative and important. Something everyone should be aware of.  
 It was super eye opening and interesting (x3)  
 Extremely helpful  
 A good mindfulness exercise and a really really informative and interactive experience about mental health  
 A review  
 Informative and interactive  
 Like a hug  
 Very amicable and informative  
 Helpful in understanding your own mental health states  
 Very informative and welcoming. A workshop that I feel like everyone can benefit from.  
 Powerful, beneficial, educational  
 Informative and worth your time

### How might you use what you learned today?

On the community  
 I liked the body scans and will do them in the future  
 I wouldn't  
 Helping others  
 Listen and understand more  
 Educating more people and trying to help others  
 Body scanning every day  
 To encourage my friends to have more conversations about mental health  
 Look into mental health resources to use in campus  
 I can refer my friends to resources and different techniques to destress  
 Learned about new resources and activities  
 I will be sure to help my friends and give them knowledge on resources they can use  
 Look at the mental health resources on campus closer  
 Breathing  
 Comforting others who are struggling and directing them to appropriate resources  
 Calming tactics  
 Having stronger conversations with friends and more often  
 Share with others  
 Educate others on the importance of freely discussing our thoughts and feelings with those we are comfortable with  
 To help myself cope and share with others.  
 I will be more responsive to other's peoples situation and emotions, be more willing to seek help if needed towards my own mental health and helping my friends  
 In my daily life, taking care of yourself is important such as limit screen time, take time to talk with family, take breaks when necessary  
 Reaching out to others and share what I learned  
 I am going to pay more attention to those around me rather than focusing so much on social media  
 To reach out to people for help  
 To better help myself

I want to show my friends some of these videos and educate them about what I learned. Also I want to try some of the activities for my own mental health.  
 By telling my friends more about mental health resources and what to do if a family member or friend is in need  
 Just in speaking to and listening(!!!!!) to others. Listening is so so important, being there for someone is SO important.  
 An additional resource when referring to a friend who needs MH help  
 I am currently doing a project on the stigma of mental health, so I will incorporate what I have learned!  
 Might see others with more empathy, use resources or refer others  
 Focus on myself and not on the negatives  
 What I learned will influence the film content I create  
 By helping myself feel better and knowing where to go for help  
 I can use what I learned today to better help myself, and my mental health, and my friends.  
 Try to end mental health stigma, and be supportive of anyone who needs a friend  
 I will be more aware of my friends and family's mental health by checking in on them and asking like AJ said what can I do for you  
 Pay closer attention to myself and to others that need help but may not know

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

I seek help regarding my mental health when I need it (x2)  
 I don't know  
 I don't like to admit it to myself and those around me  
 Societal judgments, generational differences where parents do not understand / stigma from family (x4)  
 Not knowing where to get resources (x2)  
 Financial  
 Stigma (x3)  
 Don't like reaching out because I don't want to be a burden  
 Expectation  
 Stigma from friends. I am a perfectionist and don't want to seem weaker for getting help  
 Time, stigma, effort  
 Social distancing guidelines  
 Fear of being seen as dramatic  
 Embarrassment / feeling ashamed (x2)  
 Nervous or feel like I can get through it myself  
 Feeling like no one will understand  
 I think people not understanding that what I am going through is actually a problem for me. I think people think that I will grow out of it eventually.  
 My pride and not wanting to feel weak  
 Motivation and focus  
 The social stigma surrounding mental illness, although I feel that people are becoming more educated about it in this generation  
 Fear of what others will say (x3)  
 I would say my biggest barrier is pushing myself to discuss my emotions  
 Thinking my problems aren't important enough, feeling misunderstood by mental health staff  
 Fear of failure  
 My family and my insurance/money (x2)  
 I am scared of ending up on the psych ward

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

No notes  
 It was great  
 Not have it  
 The audio cut out a few times, but that's out of your control!  
 I loved the movies, so maybe more discussion on the short films. They were amazing.  
 More interactive presenting  
 I thought it was perfect!  
 Have a reaction button (I couldn't see anything for thumbs up)  
 It's already great!  
 nothing I loved it!  
 Everything was great! It was well organized and very informative and engaging.  
 Continue to spread awareness  
 Maybe have people able to have guests speak instead of just the chat box  
 Get used to using the new technology would make things a bit smoother but other than that it was great  
 Not sure  
 I think it was great as is  
 I thought this event was incredible and would not change anything  
 Make it longer with more guest speakers  
 I think this event was really well presented. I can't think of anything to improve at the moment.  
 It would be cool if the creators of the films could come talk to us  
 I have no suggestions. It was great!  
 It was very well done, if anything I would maybe add more of the films because they were very powerful  
 Educate people about mental health and try removing stigmas

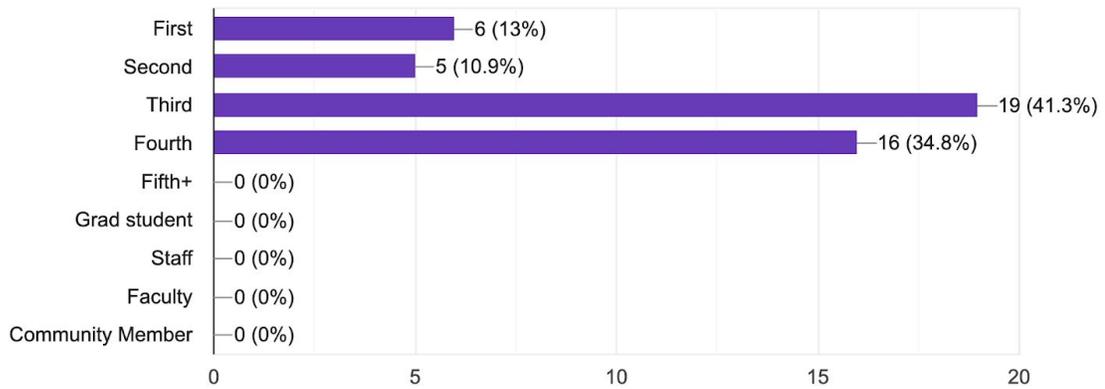
### Major

Biochemistry	1
Biology	1
Biomedical Engineering	1
Business	1
Communications	2
Criminology	2
Early Childhood Education	1
Economics	1
Education	1
Film	1

History	1
Health Policy and Administration	1
International Political Economy	1
Political Science	2
Psychology	14
Recreation, Parks, and Tourism Management	1
Rehabilitation and Human Services	9
Risk Management	1

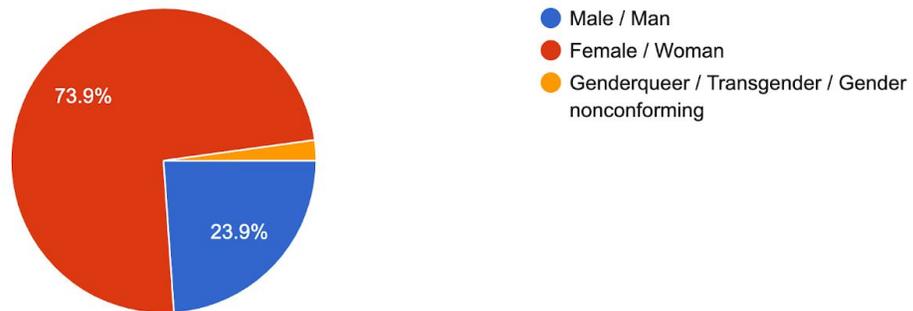
### Year

46 responses



### Gender Identity

46 responses



Race / Ethnicity		
Asian / Asian-American	<b>5</b>	<b>11%</b>
Black / African / African-American	<b>4</b>	<b>9%</b>
Hispanic / Latinx	<b>1</b>	<b>2%</b>
Indian / South Asian	<b>0</b>	
Middle Eastern	<b>0</b>	
Native American / First Nations	<b>0</b>	
Pacific Islander	<b>0</b>	
White / Caucasian	<b>32</b>	<b>69%</b>
Multiracial	<b>4</b>	<b>9%</b>
Other	<b>0</b>	