

Movies for Mental Health

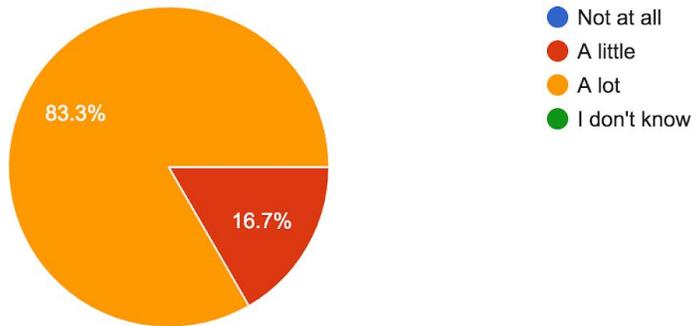
Post-Workshop Evaluations

Princeton University
November 19, 2019

Number of attendees: 28
Number of evaluations: 18

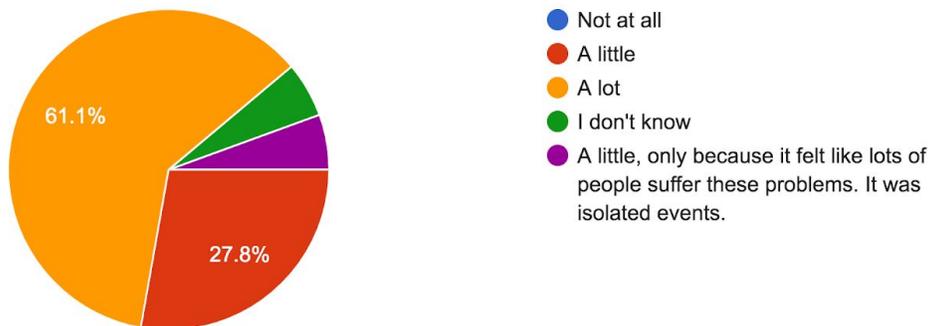
In your opinion, did this event create awareness of mental health issues?

18 responses



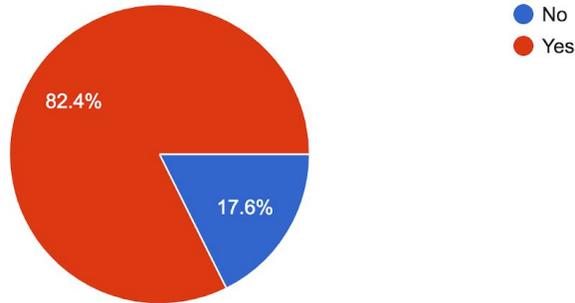
In your opinion, did this event reduce stigma related to mental illness?

18 responses



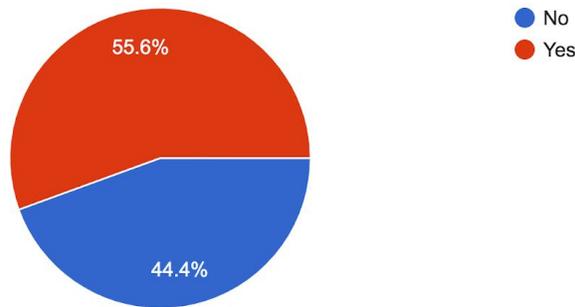
Did you know about your school's counselling services before this event?

17 responses



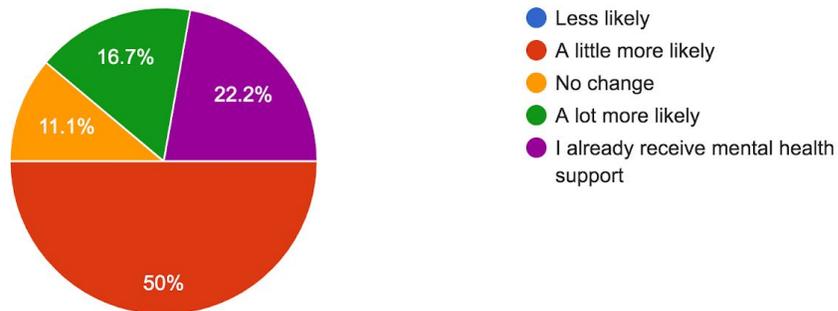
Did you know about the community resources before this event?

18 responses



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

18 responses



What type of mental health support do you think would be most useful to you?	
On-campus MH support	7
Off-campus MH support	5
Traditional / spiritual	3
Family	3
Friends	3
Professors / mentors	3
The arts / creativity	6
Fitness / physical activity	10
Online resources	1
Other	1

How did you hear about this event?	
Friend	2
Organizer	2
Email	4
Newspaper	1
Posters / flyers	3
Other	2

What was your main takeaway?

(Highlights: see raw data for full list)

There are resources to help people -- and many people are thinking and coping with mental health issues.
Speak out and ask for help.
Mental health is pervasive.
Mental illness can reveal itself in different ways. My own experience with it shouldn't be my only reference.
Be vigilant.
Mental health is very important even for those who function on a daily basis.
There's a huge diversity to the experiences of mental health/mental illness.
Art is not portraying enough mental health and this causes that people can't relate.
Create open spaces for honest conversations about our mental health.
These problems are widespread.
Difficult topic.
I am not alone.
The resources available.
Be a self advocate.

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

(Highlights: see raw data for full list)

Engaging, stimulating
Very helpful.
Helpful.
Great way to provoke mental health discussion.
A great workshop.
Powerful stories. Open forum to share/learn.
Conversation about mental health, creating ideas through a group, instead of just presenting slides.
Collaborative discussion of mental health, stigma, films, and presentation of resources.
Raising awareness through discussion, resources, and movies.
Useful.
Engaging.
Interesting, great discussion.
Illuminating
Long -- loved the films

How might you use what you learned today?

(Highlights: see raw data for full list)

I am a teacher (public school) -- I'm going to talk to some of my colleagues about this.
Be more open about feelings and more willing to seek help.
Help anyone and everyone around me.
Trying to spread what I've learned.
I plan on sharing films with friends to start conversations.
Talk more openly with friends about mental health. Share info about confidential resources.
Resources inside the university
Helping a person who may be troubled.

Pay more attention to how I'm feeling.
 Opening up more to friends.
 Seek out new resources
 Speaking to friends.

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

(Highlights: see raw data for full list)

Fortunately, I don't feel like I have barriers.
 Having to acknowledge mental health issue makes the issue more real.
 I am very lonely in Princeton and I do not have sufficient income to go to therapy.
 Institutional/academic culture.
 Time, unconvinced therapy actually works, bad experiences others told me.
 People don't understand they have treatable problems.
 Myself and my mind. Lack of support in the society.
 Lack of awareness.
 The risk of it not working. Energy required to seek help.
 Lack of time, feeling overwhelmed. (x2)
 Frustration with past experiences.

How can we improve this event in the future?

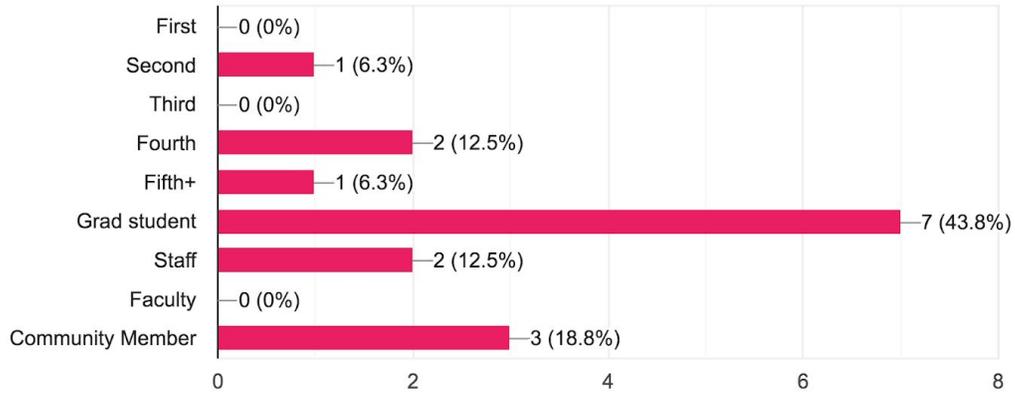
I enjoyed the event.
 Tell about the success stories as well.
 Hmm... you can't!
 More narratives, if possible.
 I don't know exactly how, but this kind of events give voice to the people who are already vocal, but it makes the people that are shy to feel frustrated because they can't voice out their thoughts.
 Discuss deeper issues like what would be a cause of mental illness.
 Slightly shorter would be more preferable.
 Faster-pace would help, 1.5 hours is better than 2 hours.
 Shorten length and intro.

Major

Physics	6
Early Education	1
English	1
History	1
Math	1

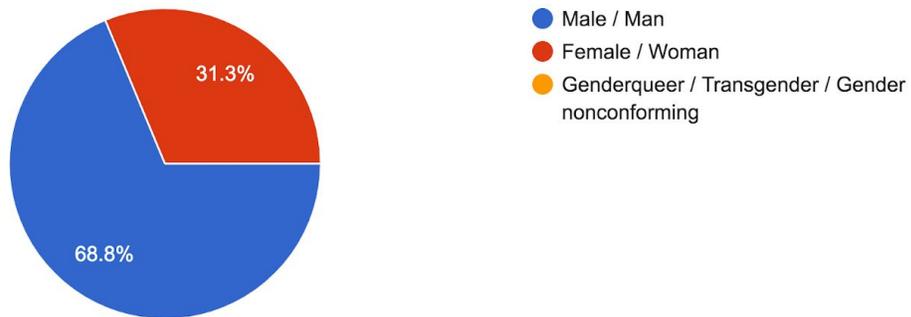
Year

16 responses



Gender Identity

16 responses



Race / Ethnicity		
Asian / Asian-American	2	12%
Black / African / African-American	3	18%
Hispanic / Latinx	1	6%
Indian / South Asian	2	12%
Middle Eastern	1	6%
White / Caucasian	10	59%