

Movies for Mental Health

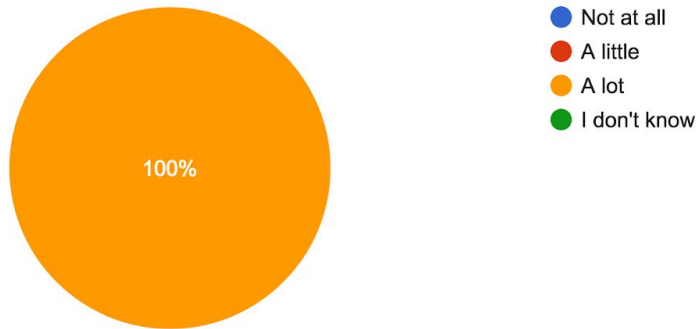
Post-Workshop Evaluations

Saint Mary's College of Maryland
January 27, 2019

Number of attendees: 21
Number of evaluations: 8

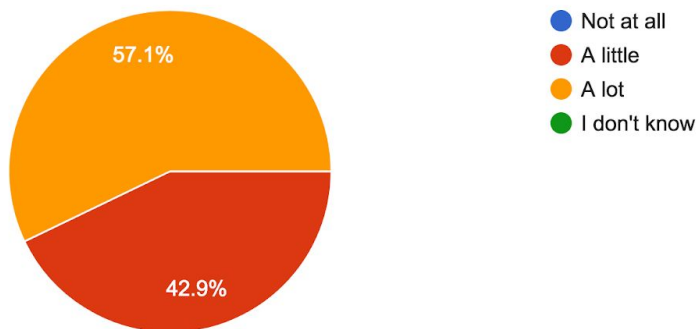
In your opinion, did this event create awareness of mental health issues?

8 responses



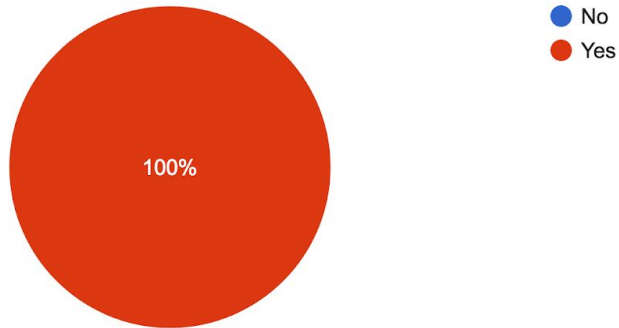
In your opinion, did this event reduce stigma related to mental illness?

7 responses



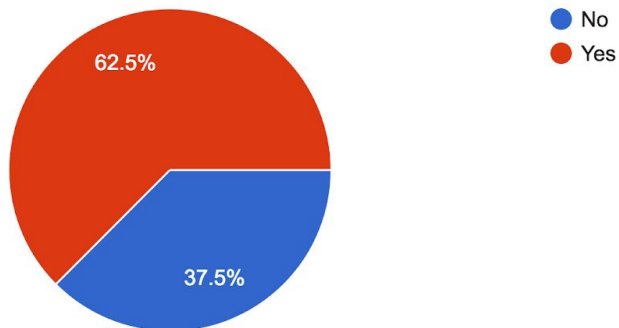
Did you know about your school's counseling services before this event?

7 responses



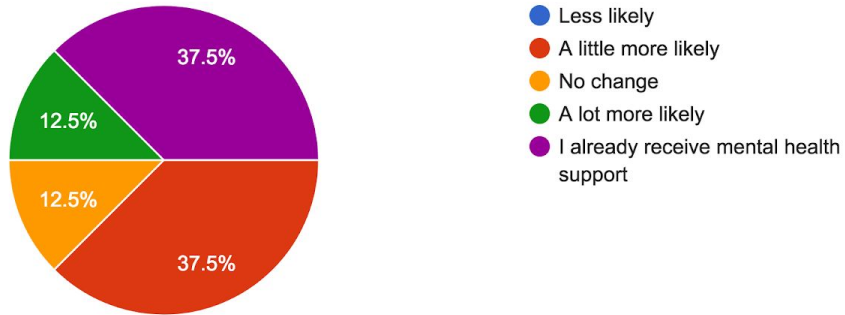
Did you know about the community resources before this event?

8 responses



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

8 responses



*82% of attendees, who are not already receiving mental health support, are more likely to see mental health support after this event.

What type of mental health support do you think would be most useful to you?	
On-campus MH support	4
Off-campus MH support	0
The arts / creativity	3
Family	4
Friends	4
Professors / mentors	1
Traditional / spiritual	2
Fitness / physical activity	3
Online resources	0
Other	0

How did you hear about this event?	
Friend	2
Professor / class	1
Counselor / MH club	1
Online / Facebook / email	2
Posters / flyers	0
Other	2

What was your main takeaway?

More people than you know have obstacles they are dealing with.
 The videos -- they made me excited/want to create.
 Have conversations.
 I need to focus on taking care of myself and help raise awareness for others.
 Listen to yourself and others emotionally.
 I'm not the only one who feels like this. It's important to talk to people about it, so it's more normalized.
 To destigmatize.
 That talking and sharing is healing.

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

Eye opening and a learning experience.
 A workshop about mental health that talks about stigma and overcoming it.
 A safe place to have kind and meaningful conversation.
 Very eye-opening and helpful.
 Beneficial on how to address others and better understand and appreciate yourself.
 Really supportive and inspirational.
 Fun.
 A great experience.

How might you use what you learned today?

I can look for different resources.
 To make videos/be more aware of stigma.
 As a reminder of how to get/think towards myself and that other people go through similar issues.
 Focusing on myself and my mental health.
 Finding the time to reach out for help.
 Remind myself of things people said help them with their mental health and be open about mental health.
 Integrate into my regimen.
 To help me help students more effectively.

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

Being black.
 I have no money or transportation, so other resources--esp. on campus--are very helpful.
 Myself.
 My issues aren't "big" enough.
 Finding the right therapist takes time, college is busy.
 Feeling guilty/hopeless.
 Sadness.
 Lack of services in our rural area.

How can we improve this event in the future?

Everything was amazing.
 Exercises to do to change thinking and express feelings.
 N/A
 Advertise more in classrooms, reach out to psych professors.
 More videos.
 Music videos.
 It was awesome.

Major

Psychology	4
English	2
Art	2

Year

First	1
Second	1
Third	2
Staff / Faculty	1
Community Member	2

Gender Identity	
Male / Man	1
Female / Woman	5
Genderqueer / Transgender / Gender nonconforming	2

Race / Ethnicity	
Black / African / African American	1
White/ Caucasian	6
Mixed Race / Ethnicity	1