

Movies for Mental Health

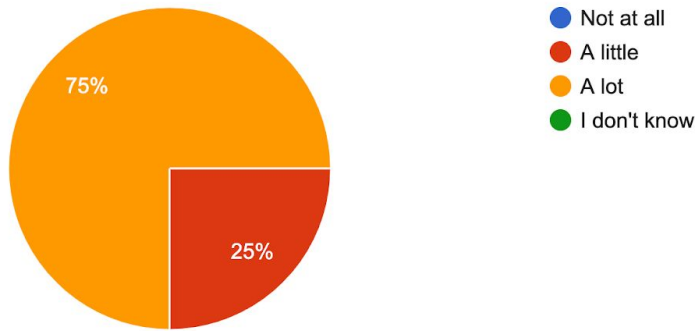
Post-Workshop Evaluations

School: Scripps College
Date: September 30, 2019

Number of attendees: 20
Number of evaluations: 4

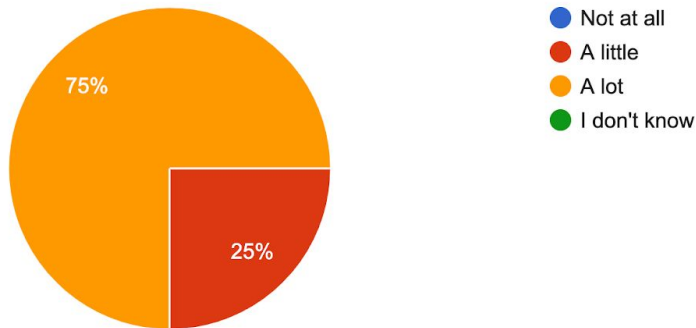
In your opinion, did this event create awareness of mental health issues?

4 responses



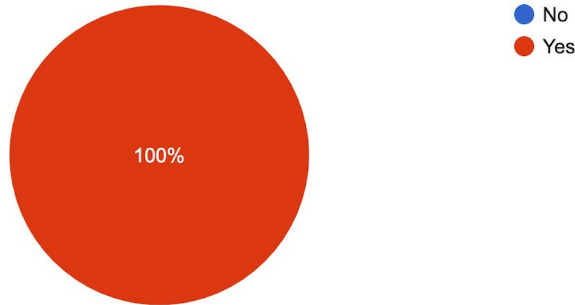
In your opinion, did this event reduce stigma related to mental illness?

4 responses



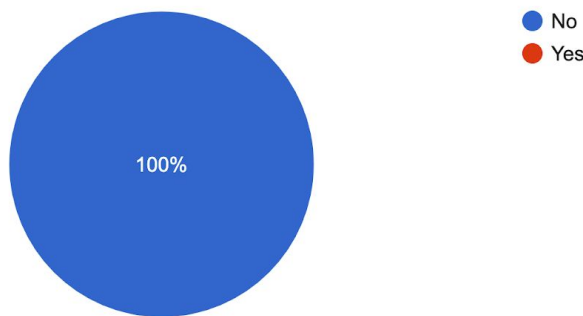
Did you know about your school's counseling services before this event?

4 responses



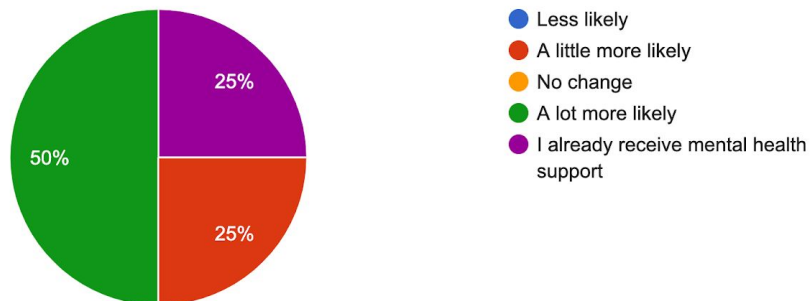
Did you know about the the Mental Health Services Act before this event?

4 responses



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

4 responses



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

4 responses



How did you hear about this event?

Friend	0
Professor / class	0
Counselor / MH club / Peer Support	4
Email	0
Online / Facebook	0
Posters / flyers	0
Other	0

What was your main takeaway?

Creative outlets for releasing stress/handling mental health
 Social anxiety is something that even confident-looking people struggle with
 Mental health can be seen/manifested in so many different ways
 Mental health in college is a common but impactful issue

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

Cool short films & mental health conversations
 Empowering
 Reducing stigma + sparking conversation

How might you use what you learned today?

I would use it to raise awareness about mental health through workshops, events, etc.
 I want to show my friends the videos
 reaching out to friends/regular check-ins
 Confidence to share my experience with peers

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

Money and time and stigma
 Not wanting to burden my friends
 Cultural stigma
 Shame, thinking I'm overreacting, school stress

How can we improve this event in the future?

Post video links
 More media about it

Major

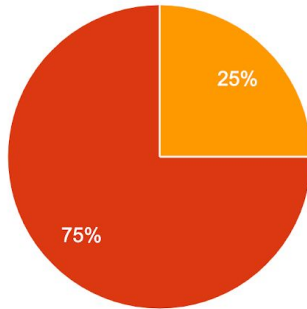
Poli Sci, Africana	1
Computer Science	1
Psych	1
RLST	1

Year

First	0
Second	1
Third	2
Fourth	0
Fifth+	1

Gender Identity

4 responses



- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

Race / Ethnicity		
Asian / Asian-American	1	25%
Black / African / African-American	1	25%
Hispanic / Latinx	1	25%
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	1	25%
Multiracial	0	
Other	0	