

Movies for Mental Health (Online)

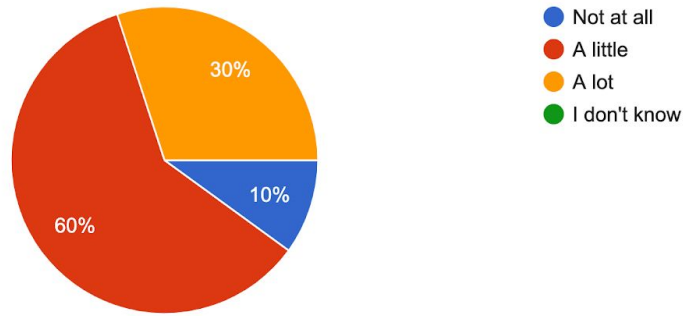
Post-Workshop Evaluations

Springfield College
October 5, 2020

Number of attendees: 74
Number of evaluations: 10

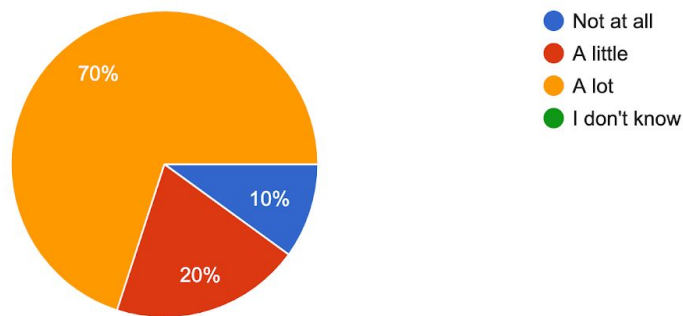
In your opinion, did this workshop increase your awareness of mental health issues?

10 responses



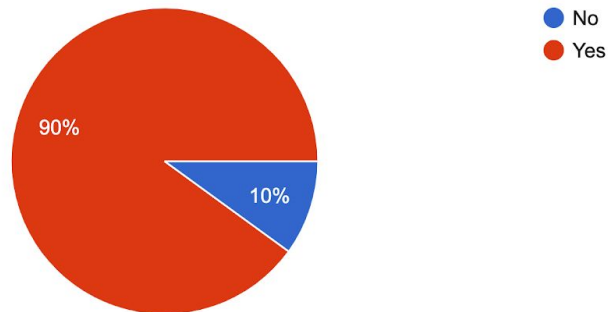
In your opinion, did this workshop help you confront and address stigma related to mental illness?

10 responses



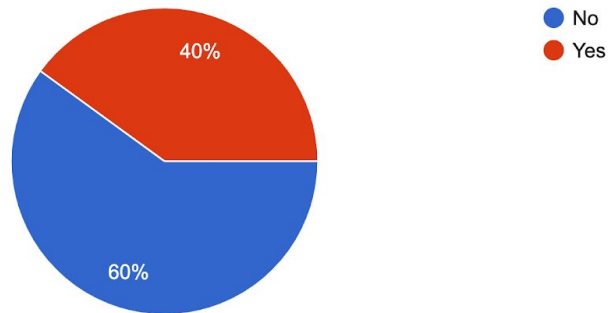
Did you know about your school's counseling services before this event?

10 responses



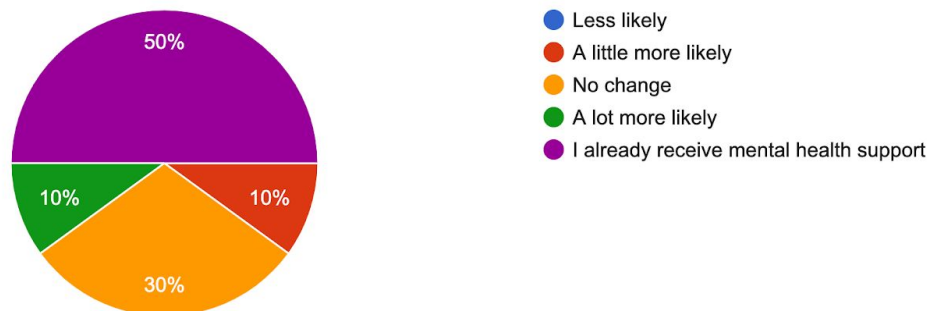
Did you know about the community resources before this event?

10 responses



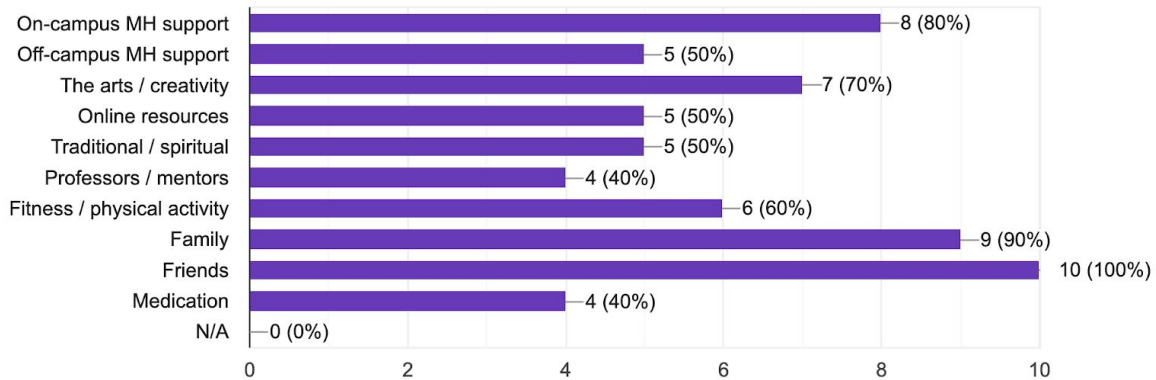
After this event, are you more or less likely to seek support for your mental health?

10 responses



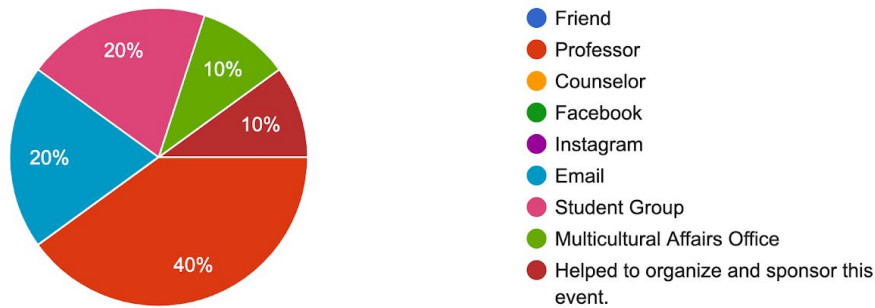
What type of mental health support do you think would be most useful to you?

10 responses



How did you hear about this event?

10 responses



What was your main takeaway?

Everyone has mental health and no one needs to struggle alone, everyone can seek support
 Awareness and addressing mental health to break down the stigma is increasing! :-)
 It is your story, do not let anyone invalidate it
 Mental Health is not linear
 Loved the mindfulness exercise and body scan. I also appreciated the ability to talk about the issue of mental health with such clarity, understanding and compassion.
 Mental health does not discriminate
 It's hard to talk for 5 minutes
 This event wasn't educational. It was an affirming space, which is important. However, I think it was really surface level. We didn't really explore or discuss the films. We just did grounding exercises, but didn't talk about when or where to apply them. I think that an event like this draws a crowd which already knows that stigma exists and that mental health exists, so we probably could have done more.
 That mental health should be talked about like the weather or the time of day. You need to honor your body and mind, healing isn't linear
 We all have mental health and there is support!!

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

A powerful workshop that helps you to hone in on your own mental health
Hopeful, informative, resourceful
Empowering & engaging
Eye opening
A wealth of information. Outstanding facilitator!
Very educational and includes elements of meditation/self-help
Informative
The facilitators were awesome but it was very surface level, which isn't what you want when you're talking about eating disorders, suicide, OCD, etc.
An eye-opening affirming workshop that shows several examples of a variety of people with mental illness in a safe space, showing how mental illness affects everyone

How might you use what you learned today?

I think that I will be more in touch with my own mental health
Hoping to share the services for POC with many of my loved ones
To relax (body scan, breathing exercise)
Tell friends what I learned
Will keep in mind for both personal and professional reasons
Continue seeking additional coping mechanisms on top of the ones I currently practice
Share with others
I didn't learn anything new
I'll definitely check in with my happy looking friends more, and look up different ways to support people in different capacities

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

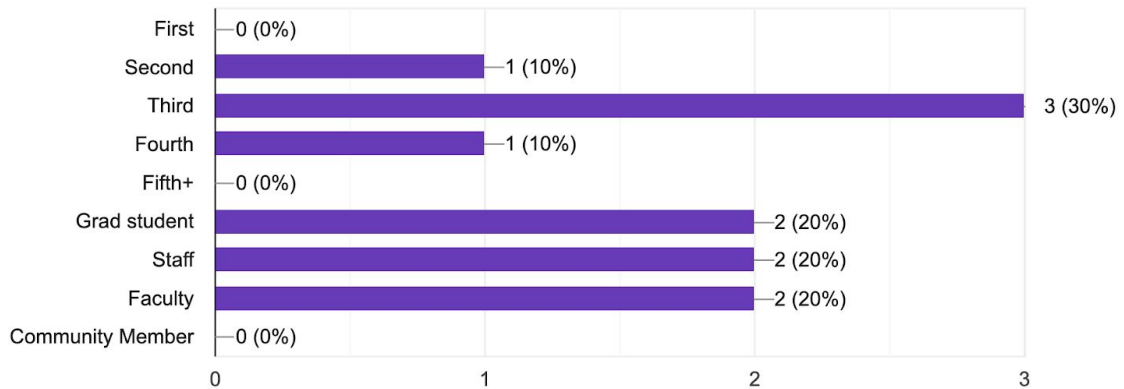
I am very self conscious and sometimes get embarrassed to talk about my mental health
Time and support from close circle
Don't want to bother others
Feeling like a burden to others
Too many responsibilities and the need to prioritize self-care
My internal fears, my "protector" parts that lead me to sometimes believe avoidance of feelings is better than sitting with feelings. I am working on this!
My own ego
Capitalism
I don't want to take away support from others because I feel like my illness isn't as bad or severe as them, that I'm overreacting

How can we improve this event in the future?

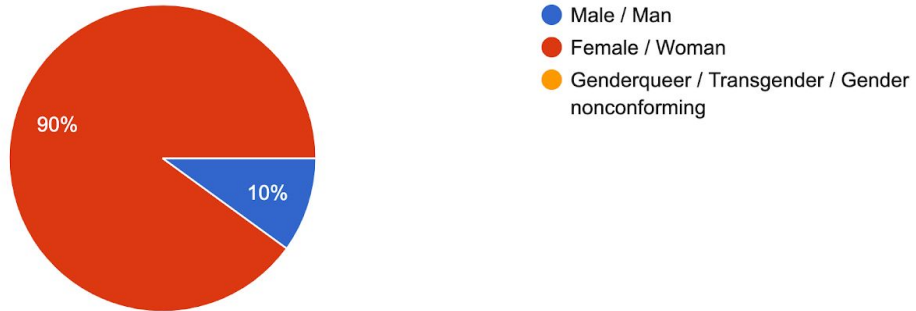
Hopefully we can one day do this event in person!!!
 Not sure, really enjoyed the whole thing! Perhaps sharing this survey early enough so that people don't log off before doing it
 Advertise it to more people
 Outstanding event; loved the pertinent information!
 I think this was great as is!
 Get more people, always market more
 Be more educational, exploratory, more Q+A with people who are actually mental health professionals, have people actually explore reactions to films
 I'm not sure this event needs any improvement, I know it would be much better in person

| Major | |
|------------------|---|
| General Studies | 1 |
| Sociology | 2 |
| MSW | 1 |
| Psychology | 1 |
| Sports Biology | 1 |
| Physical Therapy | 1 |

Year
10 responses



Gender Identity
10 responses



| Race / Ethnicity | | |
|------------------------------------|---|-----|
| Asian / Asian-American | 0 | |
| Black / African / African-American | 2 | 20% |
| Hispanic / Latinx | 0 | |
| Indian / South Asian | 0 | |
| Middle Eastern | 0 | |
| Native American / First Nations | 0 | |
| Pacific Islander | 0 | |
| White / Caucasian | 6 | 60% |
| Multiracial | 2 | 20% |
| Other | 0 | |