

Movies for Mental Health

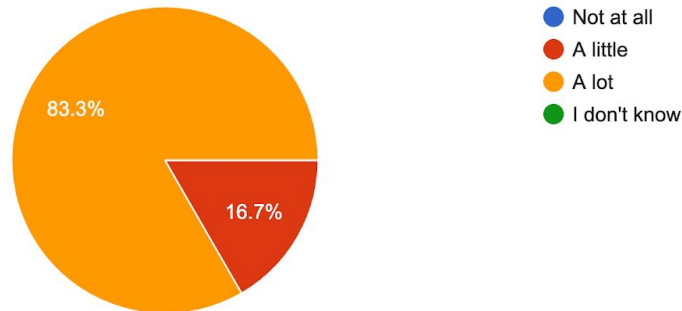
Post-Workshop Evaluations

Swarthmore College
April 30, 2020

Number of attendees: 27
Number of evaluations: 6

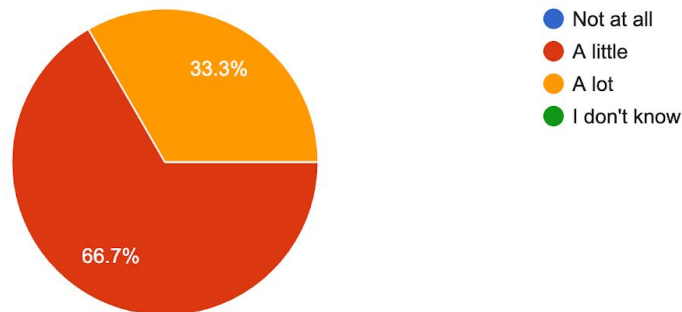
In your opinion, did this event create awareness of mental health issues?

6 responses



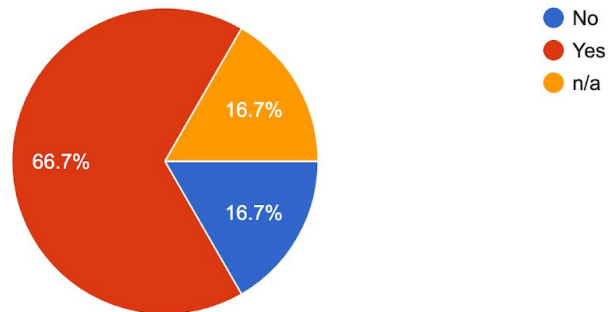
In your opinion, did this event reduce stigma related to mental illness?

6 responses



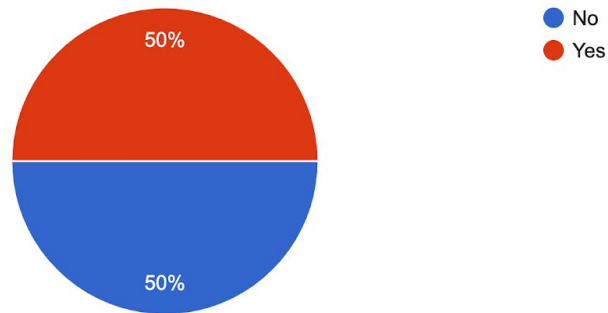
Did you know about your school's counseling services before this event?

6 responses



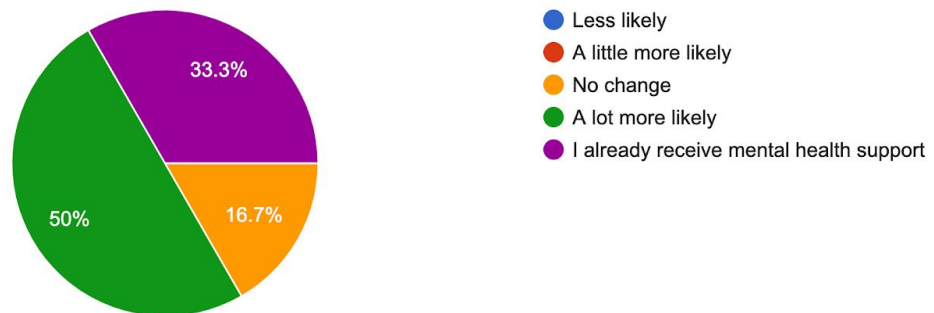
Did you know about the community resources before this event?

6 responses



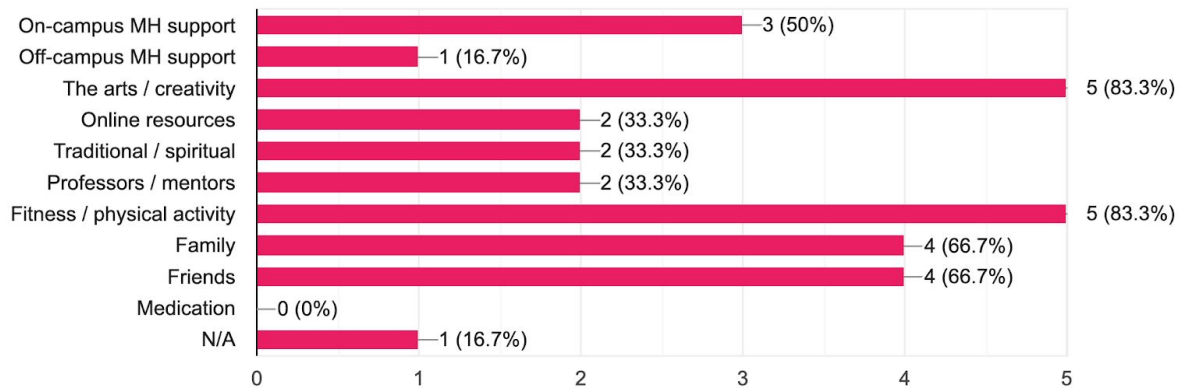
After this event, are you more or less likely to seek support for your mental health?

6 responses



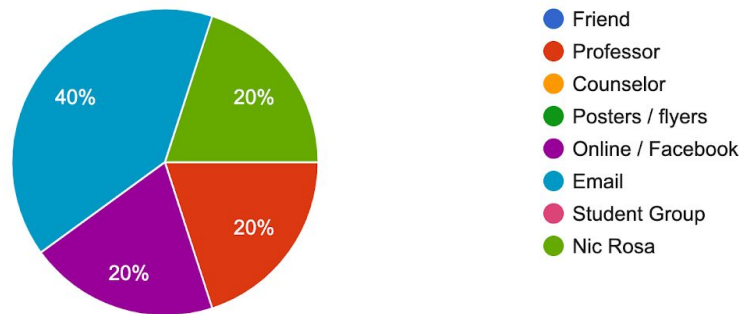
What type of mental health support do you think would be most useful to you?

6 responses



How did you hear about this event?

5 responses



What was your main takeaway?

(Highlights: see raw data for full list)

- There are so many different mental illnesses and it's different for each person.
- Art is a powerful way to cope with the challenges of mental wellbeing.
- Self care and wellness can differ depending on the day and/or person.
- A hopeful twist on the trajectory of mental health care!
- It's okay to take care of yourself.
- We can connect during coronavirus and it's more important to look after mental health.

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

(Highlights: see raw data for full list)

- Comforting.
- Insightful and full of impactful information.
- Reflective.
- Connection / Community.
- Wholesome, vulnerable, supportive.
- Eye-opening and so important during coronavirus.

How might you use what you learned today?

(Highlights: see raw data for full list)

- More body awareness, I think.
- To learn more about college students and their need for mental wellness.
- Learning and informing others about resources available.
- To reach out to my friends and family and learn how to listen better.

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

(Highlights: see raw data for full list)

- Finding a balance between struggling and working through by myself and seeking help.
- Consistent resources and contact information.
- My own self-doubt, willingness to accept my feelings.
- Time/energy.
- Making time for it.
- Family and not knowing where to go.

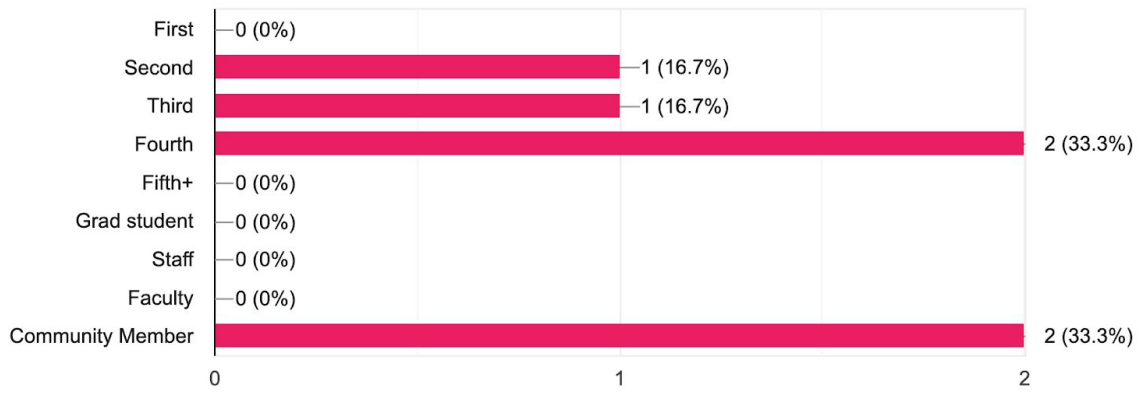
How can we improve this event in the future?

- Discuss the facts of mental illness, maybe offer some goodies to those who came :)
- In person (post-COVID).
- I thought it was perfect! Sometimes the audio clicked, but that's it.

Major
Engineering
Psychology
Linguistics
Social Work
Computer Science
Psychology

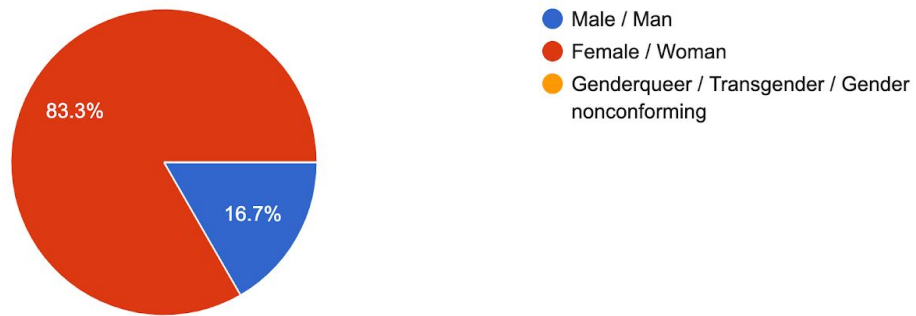
Year

6 responses



Gender Identity

6 responses



Race / Ethnicity	
Asian / Asian-American	33%
Black / African / African-American	33%
Hispanic / Latinx	17%
White / Caucasian	17%