

Movies for Mental Health (Online)

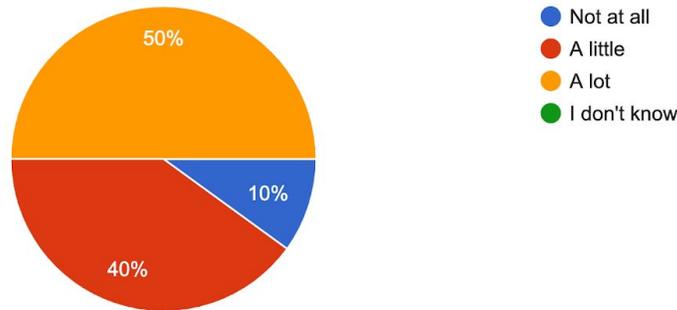
Post-Workshop Evaluations

Syracuse University
October 8, 2020

Number of attendees: 36
Number of evaluations: 10

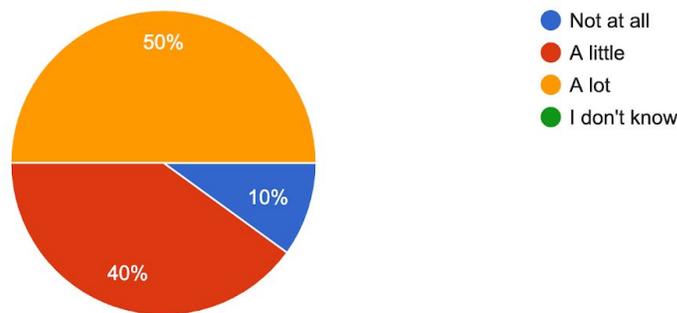
In your opinion, did this workshop increase your awareness of mental health issues?

10 responses



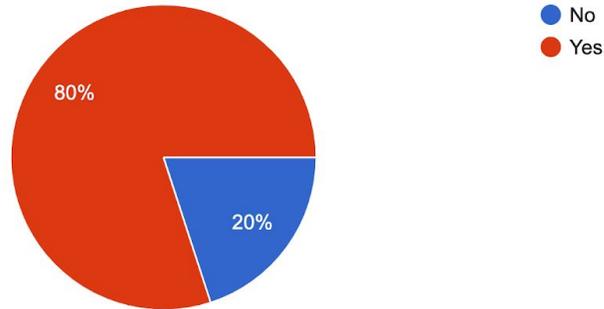
In your opinion, did this workshop help you confront and address stigma related to mental illness?

10 responses



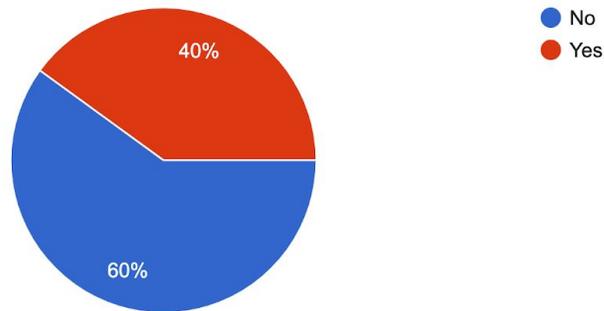
Did you know about your school's counseling services before this event?

10 responses



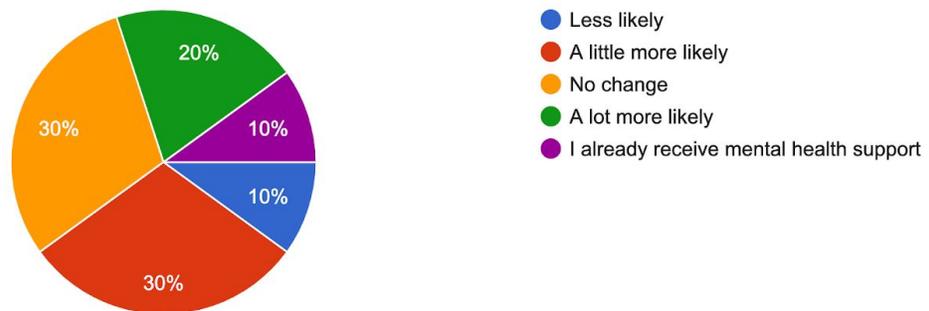
Did you know about the community resources before this event?

10 responses



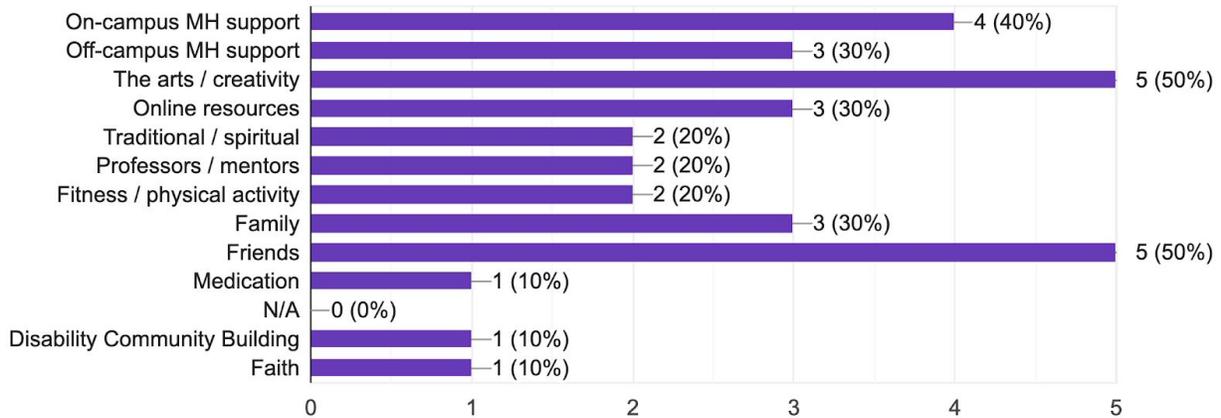
After this event, are you more or less likely to seek support for your mental health?

10 responses



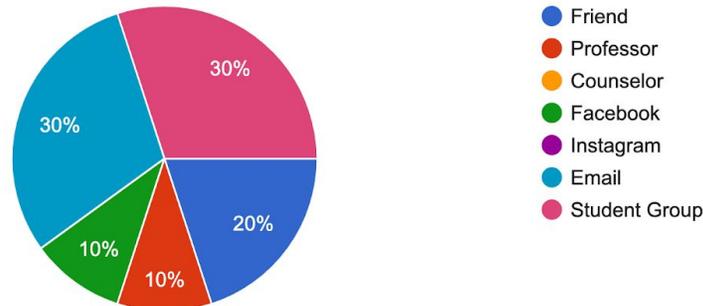
What type of mental health support do you think would be most useful to you?

10 responses



How did you hear about this event?

10 responses



What was your main takeaway?

A lot of people deal with things that you may not be able to tell by looking at them
 The intersectionality of race and mental illness can't be understated. It's important to look at how all forms of ourself mix with mental health
 I should take my mental health seriously and prioritize it. Others are going through similar things as well.
 This pandemic is not a good excuse to pull away. We should come together and keep creating spaces that combat stigma and make human connections.
 The movies were food
 People feel the same as me
 We need to talk about native american more
 The importance of listening and providing space for people to share their experience
 The films were incredibly powerful and offered a meaningful perspective on the experiences that those who are impacted by mental health face

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

Enlightening
Enthralling and connective. Best virtual program I've been a part of
Educational but open and understanding through film and connective dialogue
Eye-opening and chill-inducing. The films were gut-wrenching at times and magical at others.
Typical
Not revolutionary
Hard to navigate
A really powerful insight into mental health that will help you to become a better friend and ally
Reflective and dialogue-focused

How might you use what you learned today?

Less likely to assume someone hasn't been through a lot
To help my friends better understand their experience of being human
Being more mindful and having more hope towards my own growth
Be more present with my friends and family. Share some of the films to spark meaningful discourse.
I already knew about what they were talking about
To call the rape number
I think the material in the session will help me to broaden my perspective when supporting my friends who are struggling, and making sure the language I use to talk about mental health is correct.
Being willing to use my own creative outlet to express my experience with mental health with the hopes of reducing stigma

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

People won't take me seriously
I do have some support, but finances are always such a struggle
Thinking my mental health isn't as bad as others or less of a priority; social anxiety
Religion and psychological support can be a tricky miss. My religious upbringing didn't make much space for it
Cost
People call their disabilities mental illness
Financial support, stigma, where to start
Insurance
Usually just time--I know that's a struggle for many people. It's hard to build in the time to talk with a therapist, especially because we've all internalized this idea of MH being trivial or a sign of weakness
Shame

How can we improve this event in the future?

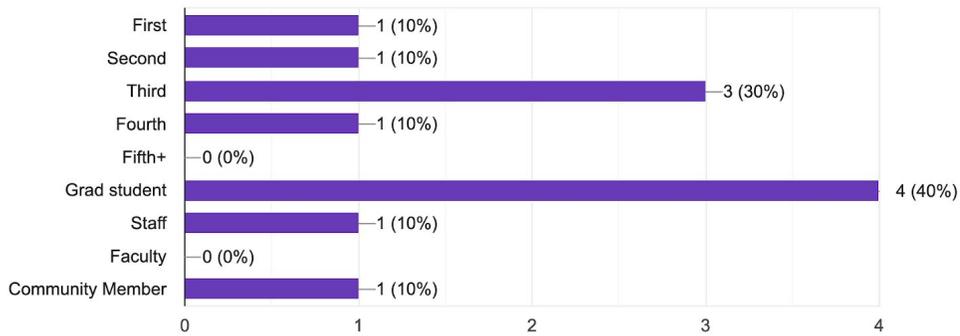
Be more conscious of time
 Have more people there? I thought it was pretty great
 Sending out a few videos to prewatch before the event. I would love to watch more of the videos
 More people. Felt kinda dead at time. Promote better.
 Change your language and move pass introductory terms faster
 Make it easier to navigate
 NA. Great session
 I needed to address that during the panel discussion, I was a bit uncomfortable and triggered when the student shared specifics about their eating disorder. The National Eating Disorders Association shares guidelines on how to safely share your story with others. Using specifics like weight and numbers and other graphic images can be potentially harmful for those who are either in recovery or may be currently navigating an eating disorder. I think it was great that a student shared their story; I would just strongly encourage the moderators to ensure that certain information should be kept from being shared. Here is the NEDA resource as a reference:
<https://www.nationaleatingdisorders.org/community/sharing-your-story-responsibly>

Major

Anthropology & Classical Civilization	1
Psychology	1
Neuroscience and Psychology ILM	1
Sociology	1
MBA	1
Law Student	1
Public Policy	1
Master of Public Administration, Social Policy concentration	1
Disability Studies CAS	1

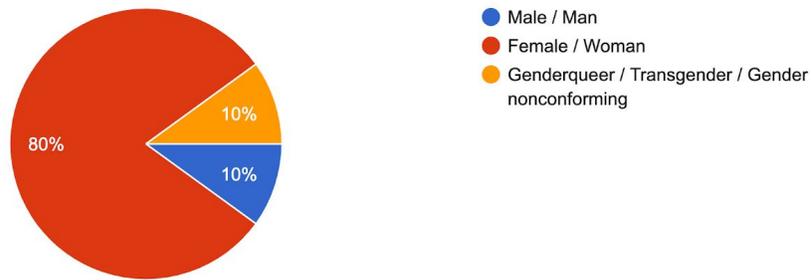
Year

10 responses



Gender Identity

10 responses



Race / Ethnicity		
Asian / Asian-American	1	10%
Black / African / African-American	0	
Hispanic / Latinx	2	20%
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	5	50%
Multiracial	2	20%