

Movies for Mental Health

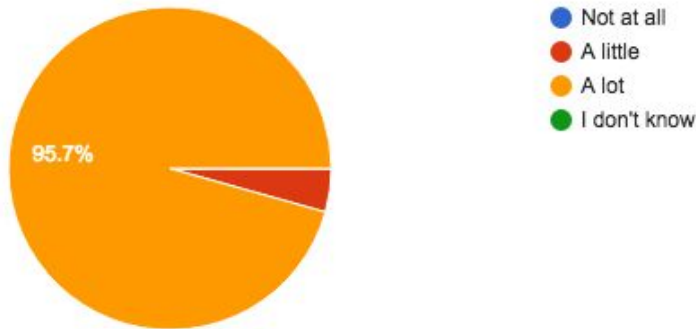
Post-Workshop Evaluations

Temple University
September 13, 2018

Number of attendees: 30
Number of evaluations: 23

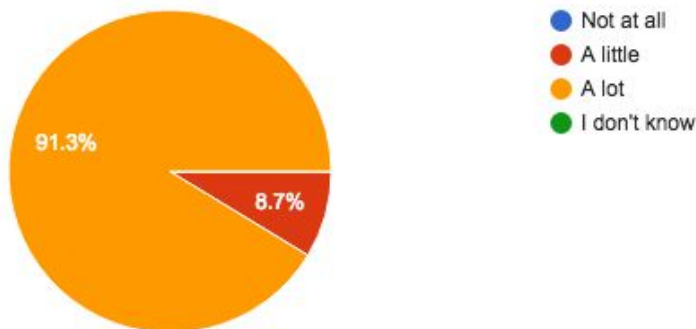
In your opinion, did this event create awareness of mental health issues?

23 responses



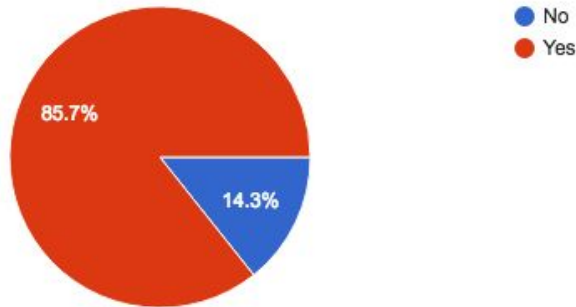
In your opinion, did this event reduce stigma related to mental illness?

23 responses



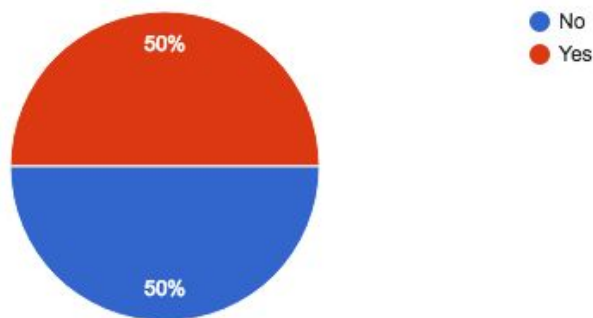
Did you know about your school's counseling services before this event?

21 responses



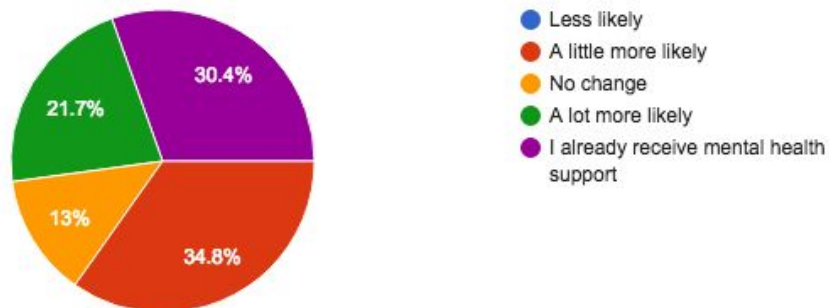
Did you know about the community resources before this event?

22 responses



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

23 responses



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

23 responses



How did you hear about this event?	
Friend	3
Suitable App	3
Wellness Resource Center	2
Posters / flyers	2
OWL Connect	2
Brother	1
Jen Rowe	1
Rodney	1
My RA	1
IDEAL	1
Job	1
Co-hosting	1
SAC	1

What was your main takeaway?

That there is no shame to having a disability
I feel great and supported!
Tips on how to deal with being concerned for a friend who is not seeking help
All the resources and videos
Keep talking about it
Mental health challenges are common and film is an incredibly relatable way to tell stories about it
There are resources available to me, I am not alone
Not alone
End the stigma about mental illness
Normalization of mental health
To be more aware of other mental health concerns around me
The videos really hit home in steering the conversation
Depression sucks
Information
Stories
The diversity and understanding
You never know who may be having a hard time
To earn point and learn more about mental health
Earn points and learn more
Mental illness needs more discussion

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

Inclusive, supportive, open-minded
Be ready to engage
Very informative, enlightening and welcoming, and worth it
It was informative and interactive
Inspiring, encouraging, informative
Honest discussion and information session on mental health through the lens of film and the arts
Powerful
Impactful
A discussion about mental health
An amazing conversation about mental health and how to help yourself and a friend
Powerful, insightful
Great awareness opportunity
Informative
Informative, open, helpful
Very informative
Eye-opening
Useful
Useful
Informative and honest conversation

How might you use what you learned today?

Just spreading the word
To be more informed for the future
The info - all of it
Bring it out into the world and just KEEP TALKING
Continue the conversation with all who are willing to have one
I will be more open to using resources
Teaching my residents and being a resource to them
Get help if I really need it
Take better advantage of mental health resources
NAMI - found more ways to get involved/advocate
More empathy for other diagnoses
Having deeper conversations
Go get help lmaoooo
Reaching out
Be more mindful
To help others
Help people and not judging them without listening to their story
Not judge people
Help others overcome the stigma as well

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

I am just ashamed
Shame, fear of the process
Not knowing if my feelings and concerns are real or just in my head
Insurance, motivation
Overcoming my own pride, as well as generating the energy to face any challenges
Fear/anxiety and embarrassment
Thinking I'm a bother
Stigma or feelings of pride or fear of judgement
Support being inaccessible
Insurance/co-pays
Stigma of being not normal
Myself
None
Financial and time
Seeing if there is a problem
School
Accessibility to a specialist

How can we improve this event in the future?

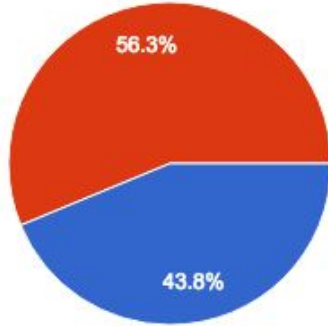
Everything was awesome
 Invite various groups
 More advertising
 It's already awesome
 N/A
 Doesn't need to be improved
 It was great :)
 Better directions to event
 N/A - Great! :)
 More movies!
 You are doing a great job
 More advertised
 Invite Temple students and IELP students

Major

Architecture and Design	1
Strategic Communications	1
Linguistics	1
Dance	1
Risk Management	1
Legal Studies	1
Media Studies and Production	1
Behavioral Neuroscience	1
Criminal Justice	1
Advertising	1
Actuarial Sciences	1
Marketing	1
Accounting	1
Psychology	1

Gender Identity

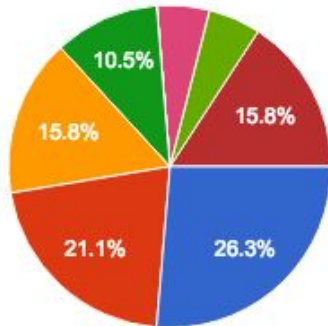
16 responses



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

Year

19 responses



- First
- Second
- Third
- Fourth
- Fifth+
- Grad student
- Staff
- Faculty
- Community Member

Race / Ethnicity		
Asian / Asian-American	1	5%
Black / African / African-American	5	25%
Hispanic / Latinx	1	5%
Middle Eastern	2	10%
White / Caucasian	8	40%
Multiracial	3	15%