

Movies for Mental Health (Online)

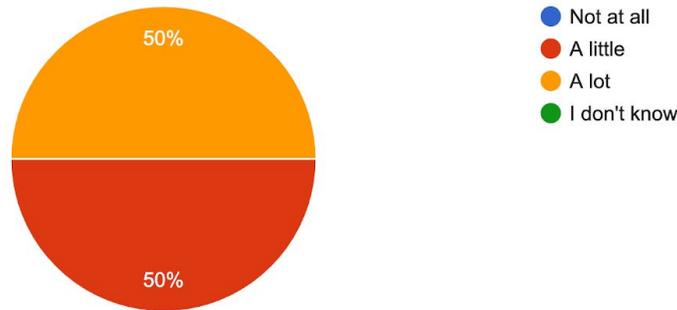
Post-Workshop Evaluations

The University of Utah
September 23, 2020

Number of attendees: 81
Number of evaluations: 26

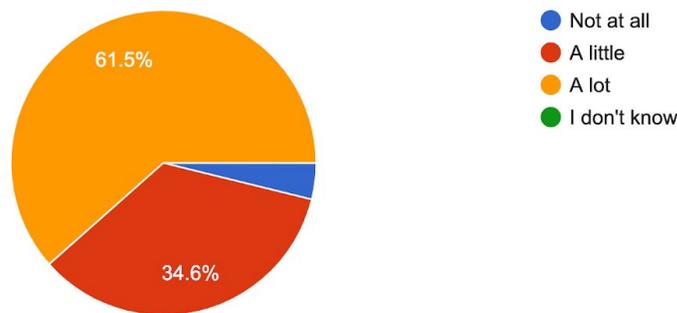
In your opinion, did this workshop increase your awareness of mental health issues?

26 responses



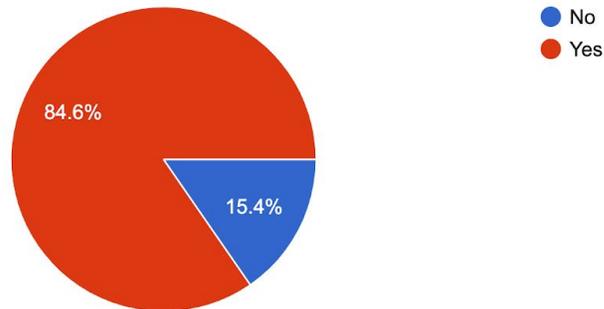
In your opinion, did this workshop help you confront and address stigma related to mental illness?

26 responses



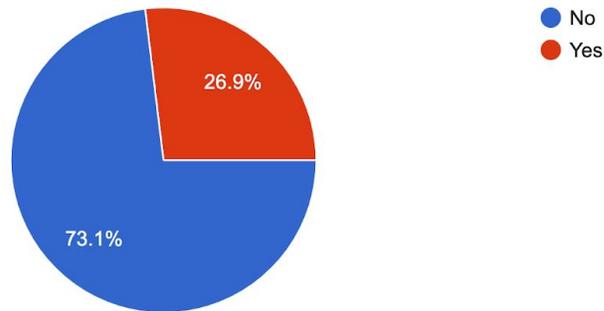
Did you know about your school's counseling services before this event?

26 responses



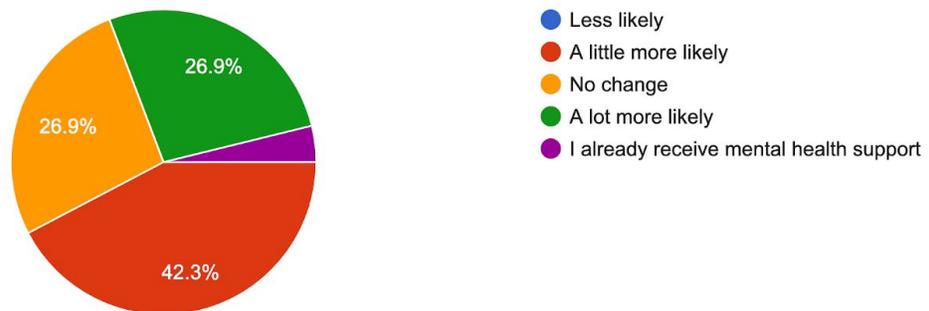
Did you know about the community resources before this event?

26 responses



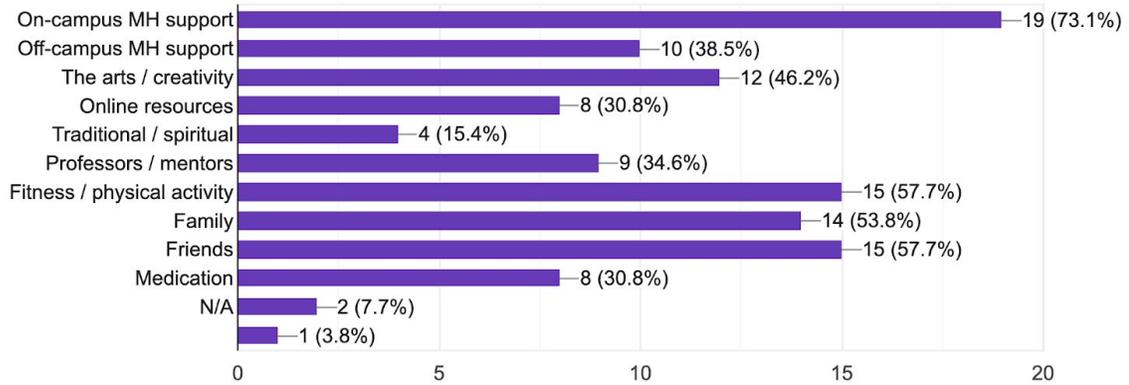
After this event, are you more or less likely to seek support for your mental health?

26 responses



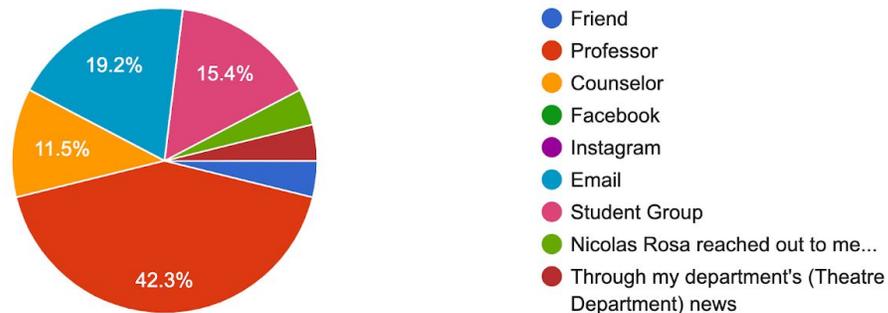
What type of mental health support do you think would be most useful to you?

26 responses



How did you hear about this event?

26 responses



What was your main takeaway?

It is okay to be vulnerable and open up
 That everyone goes through mental illness in their own ways
 The community of people who respect mental health issues is growing
 You are not alone, people are willing to listen and support you
 You have to stick with it and work hard in order to feel better
 I was inspired by John. He was so sweet and I valued hearing his story. He makes reaching out for help sound less intimidating.
 There is a lot of stigma regarding mental illnesses, but it is okay to reach out and get help
 Awareness of mental wellness and mental illness
 While handling mental health may seem daunting on your own, there is a whole community, full of resources, that is willing to help anyone at anytime
 Art is a great expression of what I feel inside and can help me understand myself better

I really just furthered my knowledge about mental health and learned some new breathing exercises
It is important to be mindful when taking a break
Many people are going through the same trials that I am going through
I need to speak out for help
There are many ways I can be more supportive of people around me suffering with their mental health
Mental wellness is necessary
Getting or asking for help doesn't have to be scary
Having a mental health problems isn't something to be ashamed of and that it's okay to talk about it
I just felt empowered and focused after this event. Thank You!
It's ok to reach out for help; there is courage in being vulnerable
I knew about the university's resources already, but it really helped remind me how nice and important it is to connect with other people who have similar struggles
The main takeaway was doing the body scan and meditation which was really relaxing
I'm not alone
Offering support to fight stigma

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

Uplifting, making mental health a normal topic
A very friendly environment - feels safe
Informative
Very informational and welcoming
A collection of videos that helps raise awareness of mental health issues
Talking as a community looking for mental health support and watching videos made about mental health
A relaxed but informative resource to hear about other peoples mental health stories, be introduced to short films, and participate in discussions
Gives you hope about getting help and also helps you realize that it is okay to not be okay and you shouldn't listen to the different stigmas
I would describe it as a support community that aims to introduce students and others at the University of Utah to the opportunities available to them. I truly felt included and welcomed during this time.
Insightful, validating
A mental health awareness seminar
Relaxing
I would describe it as a conversation about mental illness in with integrated with short films
Very beneficial; not boring at all
A good opportunity to talk about/learn about mental health and mental illness, and resources
Interactive and engaging
A great opportunity to learn about others' experiences
A good way to to learn more about mental health and how others feel about it. It is also a good way to connect/relate with other people
It was a great workshop!! Had a lot of takeaways and highly recommend
Engaging, informative, worthwhile!
A great way to be introduced to mental health resources and a caring community
Mindful, innovative, helpful
An event to help people with mental illness feel validated
Vulnerable

How might you use what you learned today?

To take care of myself daily and support others
Try to use some of the breathing coping mechanisms
Re-centering methods
I will use what I learned to help those around me
Controlled breathing helps combat anxiety, I like the body scan
The Body Scan was a helpful tool that I learned
I might look more into counseling resources or try to implement more wellness
I may use the breathing exercises we did today in the future to help me destress and relax myself
If I ever have personal struggles with mental health or know someone who is also struggling, I will direct myself or them to the resources introduced in this workshop
When i feel stressed I know how to calm down a little
I will make sure I keep aware of my emotions
I might be more open to reaching out for help with my mental illness
Go to counseling
I can be more supportive to other people struggling with their mental health (and be more supportive for myself, haha)
When seeing how to better myself
To think about how other people have different mindsets and situations
I would use it to remind me that talking about things that are on my mind are okay and that in doing so I won't be a burden to others
I will definitely use all that I soaked in today for my practice and others I work with...
Continue to focus on wellness & self care
I want to become more active in using the resources I have access to. It's also a good way for someone who is years in to their mental health journey to remember they still have places they can find support, or even give support.
Just taking a moment to just take a break whenever you feel stressed or overworked
I need to be more mindful of depression - I will spend more time outside
In my work with others

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

Being willing to open up
Myself - I feel like I don't matter
Money
I don't want anyone to view me differently
I have trouble rectifying my sleep schedule so lately I've felt like crap all the time.
Stigma of peers and family
Feel weird with family and about going to therapy.
The biggest barriers would be family or society in general having told me in the past things like "You are fine," "You need to be stronger," or "You are being dramatic," and "You were never actually diagnosed."
I struggle asking for help because it makes me feel weak and I hate being a burden
Finances/ finding someone who I feel can connect with my cultural identities
I don't want to ask for help
School
Fear
Make the first move

Not realizing I need help or being afraid to ask for help. Also, counseling is expensive.

Anxiety

I feel weak asking for help

Feeling like a burden to others or just being told to get over it after I talk about it

Biggest barriers would be "time"

Feel too stressed to reach out

Being overwhelmed with the things I already have to do that I don't put in the energy/time to connect with new resources

Social interaction with COVID - I have social anxiety so this is just making mental wellness that much harder

Worry about how it will go

How can we improve this event in the future?

It was great! I loved the breathing exercises and body scans

Maybe add more short films about different illnesses

How to get involved formally!

More personal stories

I like how this one was but I'd like to see an event done where we just talk about coping mechanisms and just support each other

I loved it! I am so glad I attended

Having more interaction, instead of just the chat

Possibly open it up to more individuals

Maybe a little more interactive I loved the polls though

I think it was good as is

I think having more specific conversations about the themes in the films would have been nice

Same speaker (she is so good)

I don't know. It seemed pretty good to me

It was great!

Include a wider variety of mental illness short films

You Did GrEaT!!

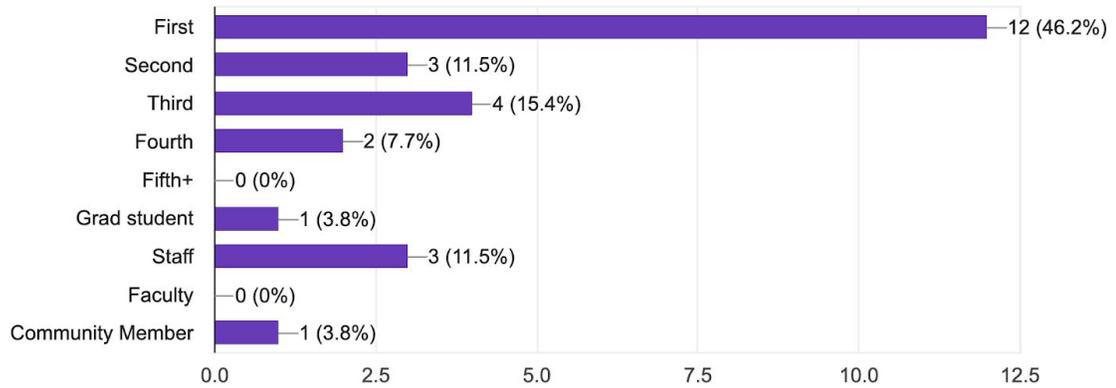
Videos had some errors (would start from the beginning) probably have a little more time watching a video before it disappears

Everyone already seemed familiar with the experience of having a mental illness. Some of this sharing is okay; I'm glad I got to see that I'm not alone in how I feel, but I would like to learn more about mental health than its basics, including what I can do for immediate relief..

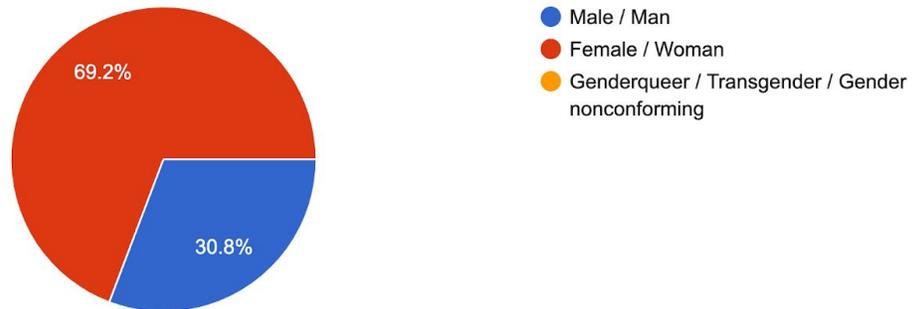
Biology	3
Biochemistry	1
Chemical Engineering / Mechanical Engineering / Engineering	3
Computer Science	2
Environmental & Sustainability Studies, Parks, Recreation, and Tourism	1
Nursing / Pre-nursing	7
Psychology	1
Theatre - Acting	1
Undecided	1

Year

26 responses



Gender Identity
26 responses



Race / Ethnicity		
Asian / Asian-American	2	8%
Black / African / African-American	1	4%
Hispanic / Latinx	3	11%
Indian / South Asian	1	4%
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	1	4%
White / Caucasian	15	58%
Multiracial	3	11%