ART WITH IMPACT

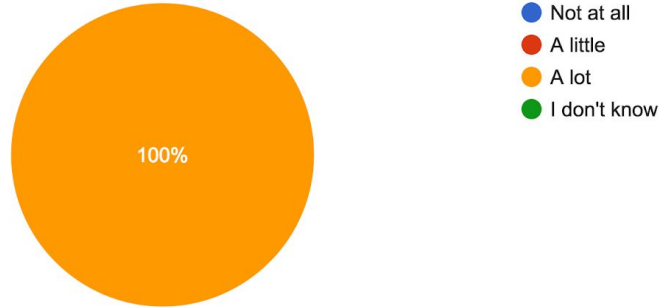# Movies for Mental Health

Post-Workshop Evaluations

University of Pittsburgh
January 18, 2019

Number of attendees: 21
Number of evaluations: 14
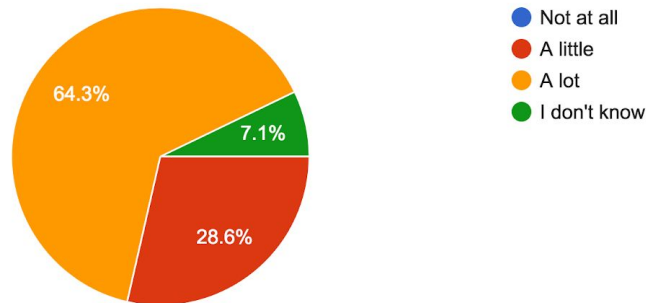
In your opinion, did this event create awareness of mental health issues?
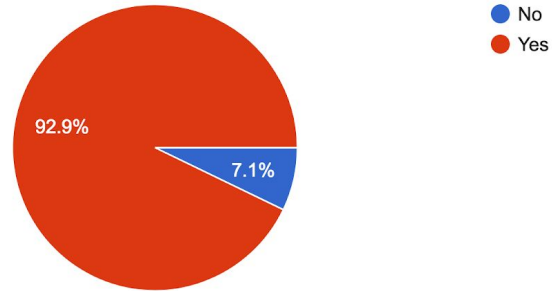14 responses

- Not at all
- A little
- A lot
- I don't know

100%

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

- Not at all
- A little
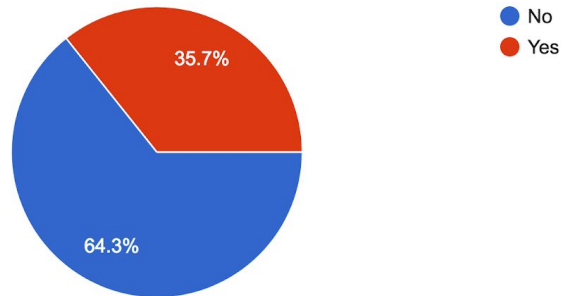- A lot
- I don't know

64.3%
7.1%
28.6%

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

- No
- Yes

92.9% 7.1%

Did you know about the community resources before this event?
14 responses

- No
- Yes

35.7%

64.3%

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

- Less likely
- A little more likely
- No change
- A lot more likely
- I already receive mental health support

42.9%

7.1%

35.7% 14.3%
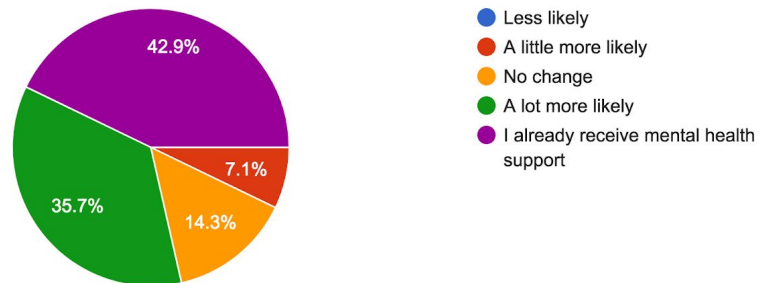
*75% of attendees, *who are not already receiving mental health support,* are more likely to seek mental health support after this event.

What type of mental health support do you think would be most useful to you?	
On-campus MH support	9
Off-campus MH support	4
Traditional / spiritual	2
Family	2
Friends	4
Professors / mentors	1
The arts / creativity	3
Fitness / physical activity	3
Online resources	2
Other	N/A

How did you hear about this event?	
Friend	1
Professor / class	0
Counselor / MH club	9
Online / Facebook / email	4
Posters / flyers	0
Other	0

What was your main takeaway?
That I didn't actually have mental health issues and it's okay to feel sad sometimes. The panel. Life isn't always happy. Take care of yourself. We're all going through something. There are many perspectives behind life, it's important to empathize. Talk to someone. Greater sense of community.

There is accurate media depicting mental health, it's just not mainstream.
I'm not alone in my feelings and struggles. People close to me deal with similar things.
Everyone is going through their own battles. It's okay to seek help.
We can help.
Don't be afraid of at least trying to get help.

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

A free therapy session and open discussion.
Informational/brought awareness.
Very helpful.
Important.
Extremely productive, positive, empowering.
Helpful.
Very interactive and discussion, inspiring.
A workshop to improve mental health and reduce stigma.
Supportive, informational, stigma free, a little hard at times, but leading to a positive outcome.
Engaging and respectful about everyone's thoughts.
Informative and interpersonal.
Open. Transmits that message of hope.

How might you use what you learned today?

To change my view of my feelings.
Spread the news.
I will go seek help.
Talking to peers.
To evaluate myself and my loved ones.
I'm gonna go see a therapist.
Developing more interactive programs.
Help reduce stigma.
Be braver in sharing my feelings and struggles like everyone on the board did.
Accept my symptoms more and seek help from friends more freely.
I'll participate in more advocacy.
To find help for myself. To encourage others (when necessary) to find help.

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

That my problems aren't severe enough.
Lack of knowledge/financial barriers.
Fear - I'm afraid that I will not receive a diagnosis which makes me feel like I might have something wrong with me.
Fear, lack of energy.
Personal pride.
Financial.
Lack of cultural support.

I'm stubborn and feel as though I can handle everything on my own.
Accepting all the pain and talking about it more.
Myself.
Lack of energy. Fear that the treatment will not work. "Change will come eventually. It's on me." .

## How can we improve this event in the future?

Another panel.
Have a speaker who had the mental illness from the film speak.
Continue to provide even more great speakers!
Better advertising
Make more interaction between attendees
Can't think of anything!
Have more questions for the speakers.
It's all good.
More college-wide advertisement.

Major	
Supply Chain Management	1
Mass communications	1
Biology / Pre-Med	3
Psychology / Neuropsychology	4
Rehab Science	1
Engineering	1
Business Informational Systems	1
French	1
Computer Science/Math	1

Gender Identity

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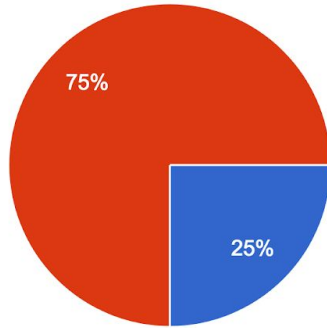
- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

Year	
First	3
Second	1
Third	5
Fourth	2
Grad Student	1

Race / Ethnicity	
Black / African / African American	1
Hispanic / Latinx	3
Indian / South Asian	2
Asian / Asian American	2
Mixed Race / Ethnicity	2
White / Caucasian	2