

Movies for Mental Health

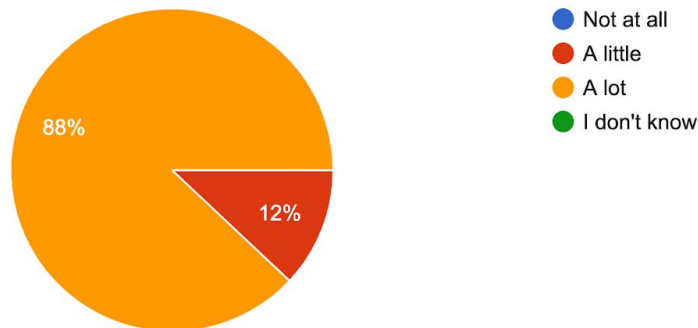
Post-Workshop Evaluations

Waynesburg University
March 21, 2019

Number of attendees: 32
Number of evaluations: 25

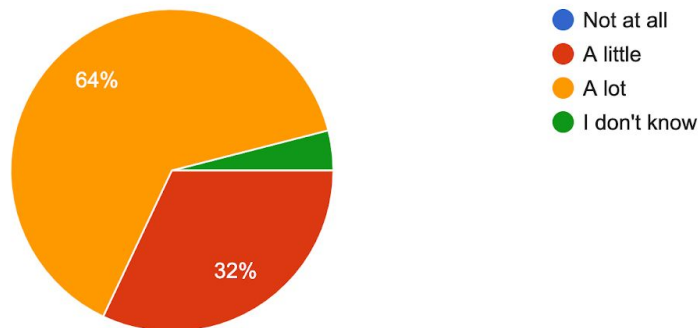
In your opinion, did this event create awareness of mental health issues?

25 responses



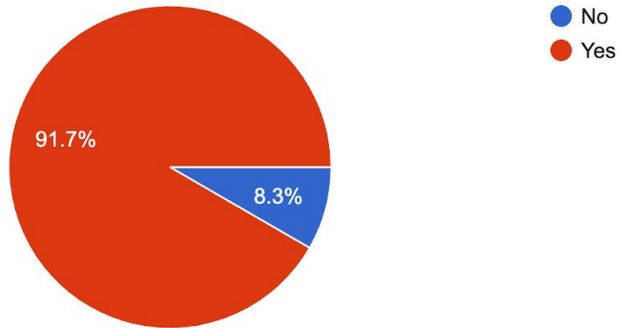
In your opinion, did this event reduce stigma related to mental illness?

25 responses



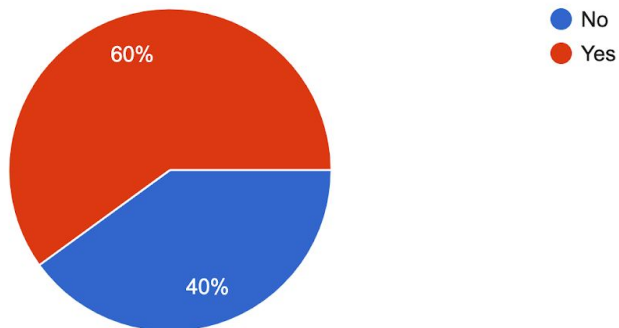
Did you know about your school's counseling services before this event?

24 responses



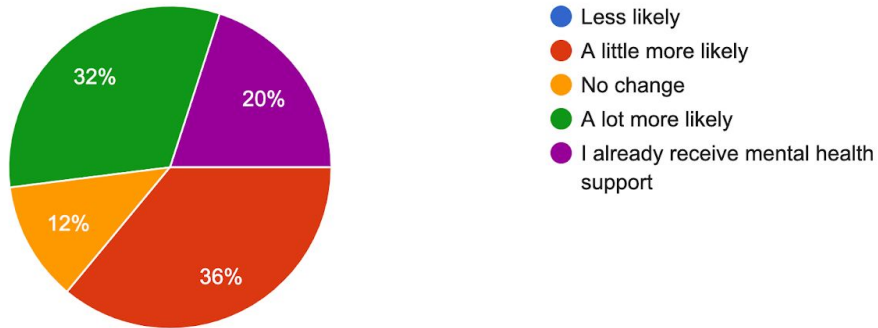
Did you know about the community resources before this event?

25 responses



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

25 responses



*85% of attendees, who are not already receiving mental health support, are more likely to see 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	7
Traditional / spiritual	9
Family	6
Friends	12
Professors / mentors	5
The arts / creativity	9
Fitness / physical activity	8
Online resources	2
N/A	1

How did you hear about this event?	
Friend / Word of Mouth	12
Professor / Class	2
Counselor / MH Club	2
Online / Facebook / Email	0
Posters / Flyers	4
Other	1

What was your main takeaway?
<ul style="list-style-type: none"> • Everyone's experience with mental health is different. • Creating a space for people to be heard. • Depression happens to people who may live "perfect lives." • Talk about it! • We need to create space for ourselves and then others. • To reduce stigma. • That it's okay to seek help. • Awareness of mental health and destigmatization is so important. • There are problems that need to be addressed. • Signs. • While there was not as large of a turnout as we hoped, the students that were here really wanted to engage in these conversations. • The importance of having these conversations, no matter how many times they are talked about. • We need more of this! • Be vulnerable. • That everybody is going through something. • Work to reduce stigma. • Conversation is vital. • Dialogue.

If you were telling a friend about this workshop, you would describe it as:
<ul style="list-style-type: none"> • Open space to discuss real life problems. • Open discussion on mental health. • Informational. Inspirational. • Amazing and informational! • Helpful. • Honest and helpful. • Understanding ourselves and others.

- Impactful.
- Beneficial; I would describe how crucial it is that we talk about these things.
- A safe space.
- Very powerful.
- Insightful and helpful.
- Hard-hitting, informative.
- A space to redefine and confront concepts and ideas surrounding mental health.
- Open, refreshing, insightful, and relaxed.
- Amazing, thoughtful, important.
- Interactive.
- Impactful, supportive, awesome.
- Very informative.
- Informative, helpful, excellent.
- You need to go!
- Inclusive.

How might you use what you learned today?

- Creating opportunities for students to be open and honest.
- Create a space for others to share.
- Just listen. Empathic listening.
- Go to counseling and inspire friends.
- Spread info to others.
- Implement it!
- To educate and advocate for people.
- I will use this when I have conversations with people about these things.
- As a psychology major, I will use this info in the future in my career,
- To help others with a mental illness.
- I don't know.
- What to watch out for more.
- I am going to look to have more conversations with students that are more vulnerable.
- Keep working on myself, mental health, trauma, and loving the person I am.
- Learn to love myself.
- Journal feelings.
- By sharing my story with others.
- To facilitate better conversation about mental health.
- Listening to people's stories.
- Further resource.

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

- Anxiety.
- Wanting to change my lifestyle before seeking outside help.

- Opening the door to my emotions.
- Time management/Would rather help others.
- I matter.
- Scared to obtain help.
- My biggest barriers are that I don't enjoy sharing things about the past and my feelings.
- Myself.
- What everyone would think.
- I hate talking with others.
- Myself.
- Time. I usually throw myself into my work to deal with my mental health.
- Schedule
- Myself.
- Not allowing myself to feel.
- Judgement.
- I should be able to do it by myself!
- Myself

How can we improve this event in the future?

- It was great! :)
- Nothing.
- N/A
- I think it is great how it is.
- Show more videos (very encouraging!)
- More time for panel discussion.
- Nothing needs improvement.
- You can show more types of mental health, such as more about anxiety (primarily worries).
- Length of event is a little long.
- None. I thought it was very powerful.
- Focus on panelists and less on presentation.
- More activities.
- My staff needed to recruit better. Your work was fantastic. Great facilitator!
- It was great!
- Psychology
- Someone to stay after for anyone that needs to talk.
- N/A
- More time for discussion and panel.
- More students!
- More Q&A time.

Major

Biology / Pre-Med

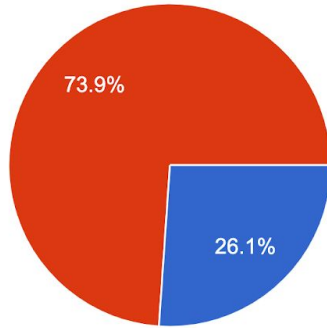
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Education	1
Human Services	1
Nursing	3
Psychology	5
Sociology	1
Sports Management	1
More than 1 major	2

Year	
First	6
Second	5
Third	1
Fourth	4
Fifth +	0
Staff / Faculty	1
Other	1

Gender Identity

23 responses



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

Race / Ethnicity	
Caucasian / White	24
Mixed Race / Ethnicity	1