

Movies for Mental Health

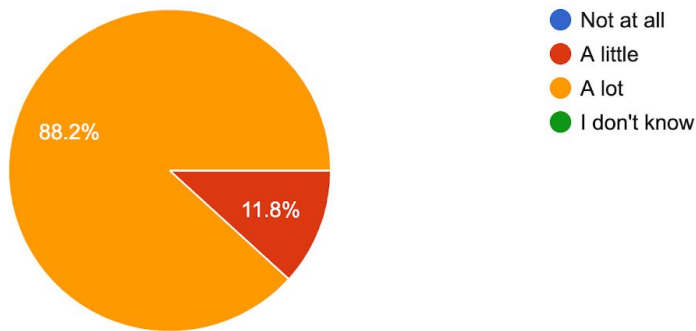
Post-Workshop Evaluations

Xavier University
September 30, 2019

Number of attendees: 50
Number of evaluations: 34

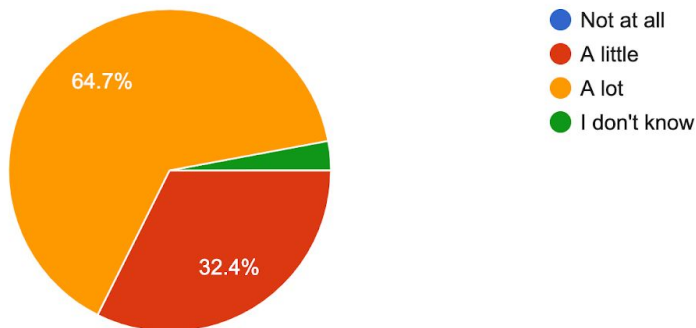
In your opinion, did this event create awareness of mental health issues?

34 responses



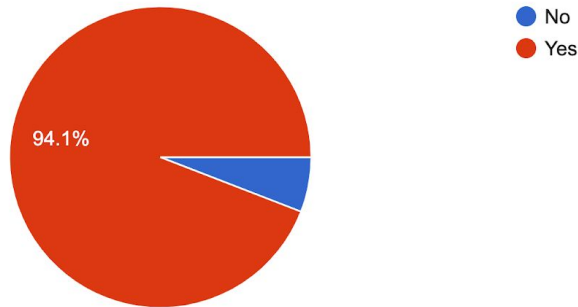
In your opinion, did this event reduce stigma related to mental illness?

34 responses



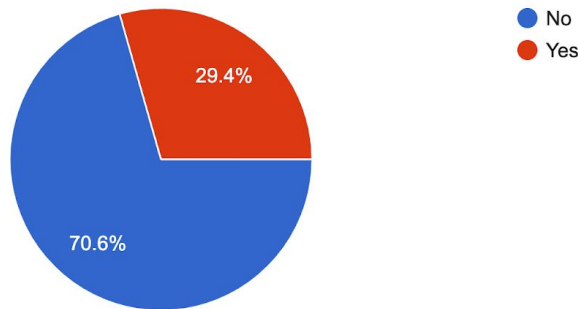
Did you know about your school's counseling services before this event?

34 responses



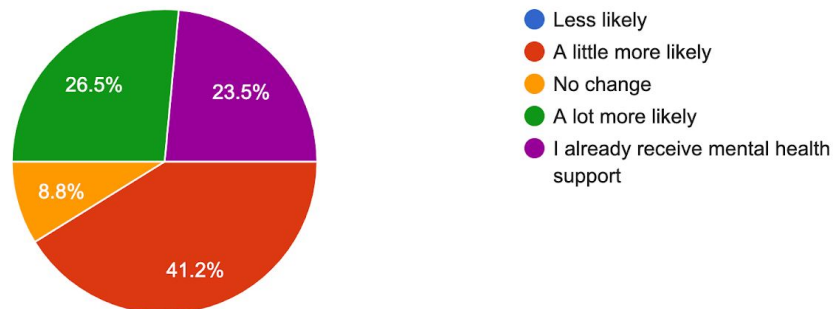
Did you know about the community resources before this event?

34 responses



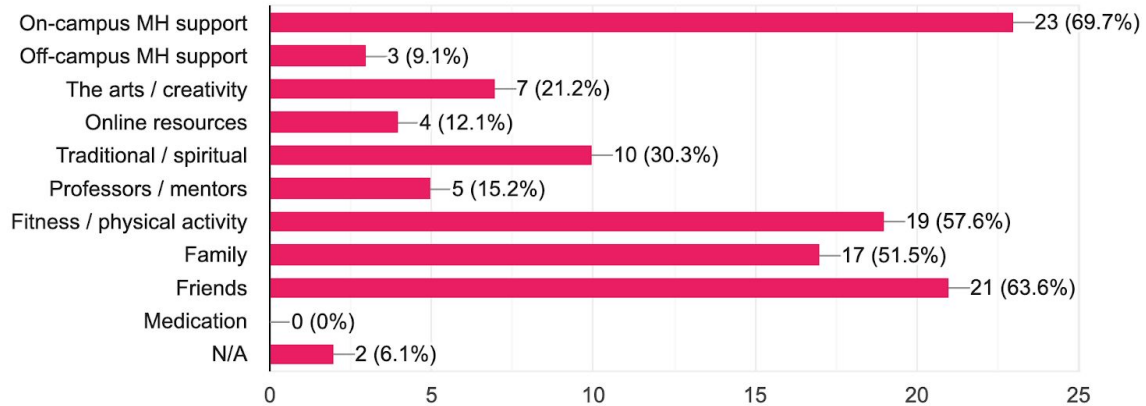
After this event, are you more or less likely to seek support for your mental health?

34 responses



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

33 responses



How did you hear about this event?

Friend	3
Professor / class	27
Counselor / MH club / Peer Support	0
Email	2
Online / Facebook	1
Posters / flyers	1
Other	1

What was your main takeaway?

(Highlights: see raw data for full list)

Things get better
 Mental health is a major issue
 We are not alone. These issues affect us all
 The destigmatization process is advancing well
 There's more to the conversation
 Stigma is negative
 Getting angry makes me want to continue the mental health conversation
 Be aware / always call for help; no problem is ever too small (x7)

Mental health is unique and important to talk about (x7)
 People may be fine on the outside but can have their own battle with mental illness on the inside
 Everyone has their own experiences and we should respect that and learn from others (x2)
 Mental health is a widespread issue that affects more people than I realize
 It is always okay to speak up about how you are feeling (x2)
 Reflection / acceptance of oneself ---> Loved "Purpose" film (x3)
 I'm overall more aware of MH and have gained a new perspective
 My main takeaway was to speak your personal story and listen to others

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

(Highlights: see raw data for full list)

Positive (x2)
 Helpful / informative (x12)
 Moving
 Reflective / insightful (x2)
 Good for them
 Authentic
 Comforting, I enjoy knocking down social barriers
 Relatable
 Open minded (x2)
 Interesting and educational
 A look into mental health as a unique aspect of a person. Info about resources and health
 Unique approach to mental health through short videos and conversation
 Impactful (x2)
 Teaching about mental health
 Informational, helpful, eye-opening
 A super cool way to learn more about mental health and see how others see it
 It was a big eye-opener to the stigmas behind mental health
 Motivational, to seek help
 Personal
 Important, relevant, and informational
 Very helpful and refreshing/enlightening
 Interesting. I enjoyed seeing how the videos portrayed different perspectives
 Informative, interactive, progressive, collaborative, artistic

How might you use what you learned today?

(Highlights: see raw data for full list)

I am going to educate others and myself concerning my mental health (x4)
 Talking with my father
 Be more open to talking about things (x3)
 Continue the conversation (x8)
 Being more aware of my "self talk"
 To encourage people to seek help (x3)
 I might tell my roommate about the on-campus resources
 Get help if needed and speak up to help others (x2)
 I will be more aware of the people around me and be more willing to combat stigma
 Recognize the stigma of mental health in the media and shows

It is always okay to seek mental health help
 Help myself calm down and accept help
 Make sure I am noticing my negative mindset (x2)
 I might reach out for help from my on-campus free resources
 I can be an advocate for others
 I am interested in promoting mental health through the arts

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

(Highlights: see raw data for full list)

Stigma (x5)
 Anxiety and admitting my flaws
 Access to resources
 Money
 My family's stigma on MH / parents (my father) and friends (x2)
 Opening up to people
 Recognition
 Accepting that it doesn't make me weak
 Knowing myself
 Self-imposed barriers
 Denial (x2)
 Fear/shame (x5)
 Stubbornness and pride / don't want to burden others (x3)
 Telling myself I can handle my problems myself/Telling myself I don't need or want help (x2)
 Not understanding whether or not I need help
 To recognize that I cannot do it alone
 Shame; not being understood when being so vulnerable/not being truly cared about or listened to

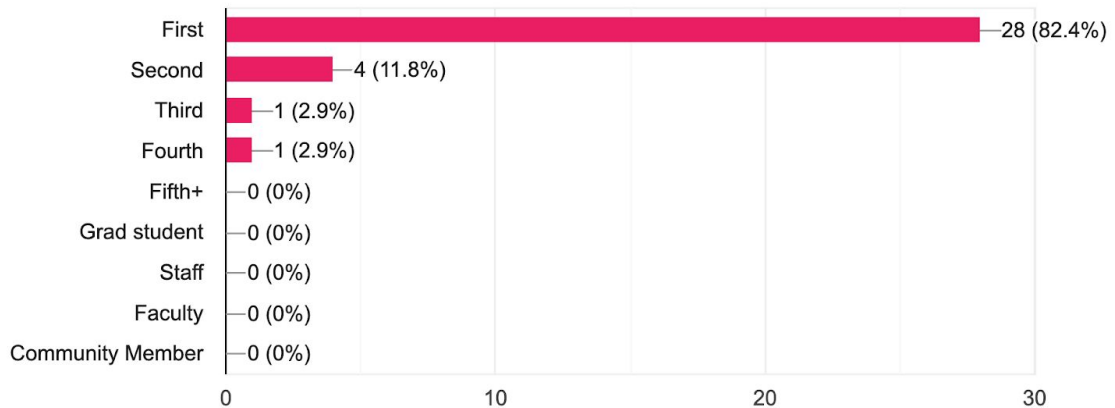
How can we improve this event in the future?

More interactivity/prizes
 Have more time to discuss
 Make more people come, while wonderful it was preaching to the choir
 Continue the in-depth conversation. More mental awareness events
 Use the student resources more
 More diverse panel
 More movies!!! They're so good (x3)
 Shorten it (x2)
 More advertisement
 Time length
 Shorten discussion
 More food and drinks and maybe candy
 Other movies about lesser known or touched upon topics
 Maybe separate panel and videos (2 different events)
 Honestly, it's great (x2)
 Give more time for panelists and stories (x5)

Major	
Health Administration	2
English	4
Education	2
Business / Management / Finance / Other	9
Biology / Ecoscience / Environmental Science	4
Exercise Science	1
Nursing / Biomedical Science	6
Communication	1
Philosophy, Politics and the Public	2
Psychology	1
Informational Systems	1
Criminal Justice	1
Undecided / Exploratory	3

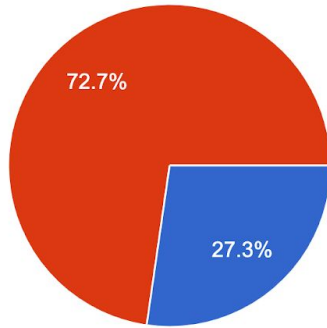
Year

34 responses



Gender Identity

33 responses



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

Race / Ethnicity		
Asian / Asian-American	3	9%
Black / African / African-American	0	
Hispanic / Latinx	1	3%
Indian / South Asian	0	
Middle Eastern	1	3%
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	26	79%
Multiracial	2	6%
Other	0	