

# Movies for Mental Health (Online)

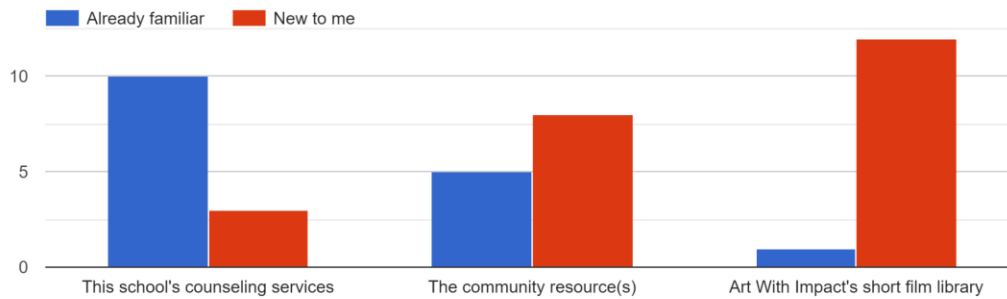
## Post-Workshop Surveys

School: Bay Path University  
Date: 02/21/24

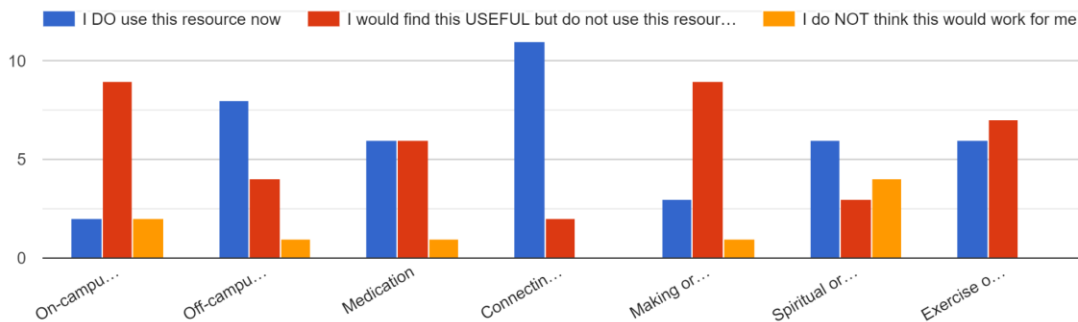
Number of attendees: 33  
Number of surveys: 13

### Resource Awareness and Access

Which of the following resources were new to you today?



In this list of mental health resources, which do you use, and which might you find useful?



I would find this USEFUL but do not use this resource now:

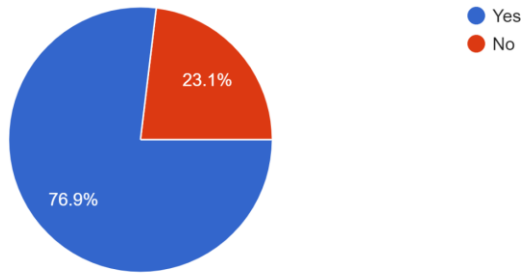
1. On-campus mental health support (counseling center) = 9
2. Off-campus mental health support (therapist or group therapy) = 4
3. Medication = 6
4. Connecting with family and friends = 2

5. Making or experiencing art = 9
6. Spiritual or traditional practices = 3
7. Exercise or other physical activities = 7

## Workshop Impact

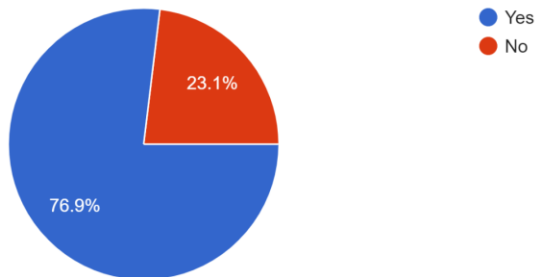
Did this workshop help you confront and address stigma related to mental illness?

13 responses



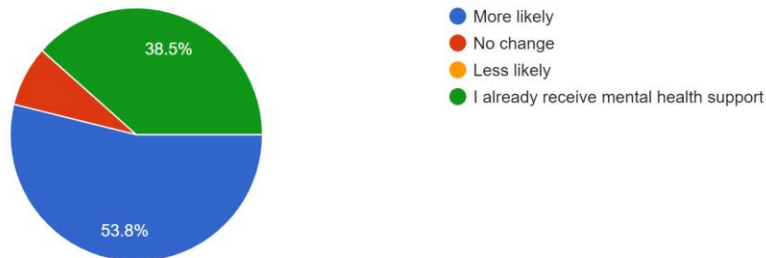
Did you learn something new about mental health?

13 responses



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

13 responses



**92%** of students who don't currently receive support reported an increased likelihood of seeking support for their own mental health

### **What was the most impactful thing about this workshop?**

- Becoming vulnerable enough to know that I need to be listened to more
- I enjoyed learning about the library.
- Learning that I am not alone
- the panelists sharing
- having those conversations after the film that allowed for deeper understanding of what the film was showing
- It is not too late to ask for help
- All was impactful from start to finish but the panelist really caught my attention. They provided real life experiences and intrigued me with their thoughts and commitment to Mental Health.
- the discussions after the videos. They were really thought provoking and meaningful to the discussion of mental health and mental health stigma.
- The second film and discussion-I was literally on the verge of tears actually
- Being able to always remind yourself how important mental health is

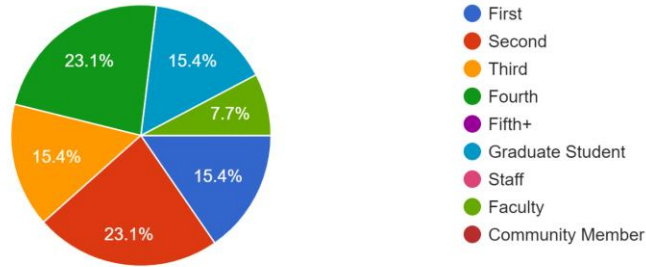
### **How can we improve this event in the future?**

- absolutely nothing, this was perfect!
- I didn't enjoy the speakers chosen; I didn't find the information and resources relevant to my life.
- N/A
- captions, I struggled with hearing what was going on
- This event was great but maybe small group talking
- I enjoyed this event and don't necessarily think there is much for improvement or at least that I can think of/
- nothing, it was really great!
- You can't,... it's already so good!
- It was pretty good

## A Bit About You (optional)

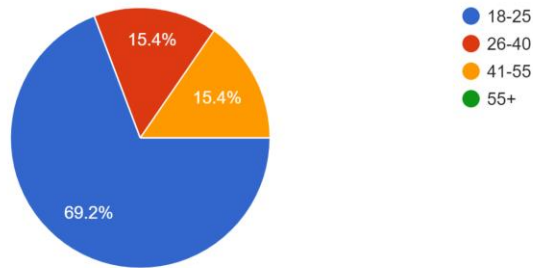
What year are you?

13 responses



How old are you?

13 responses



What is your gender?

|              |    |
|--------------|----|
| Female       | 11 |
| Gender Fluid | 1  |

What is your ethnicity? (Select all that apply.)

13 responses

