

Movies for Mental Health (Online)

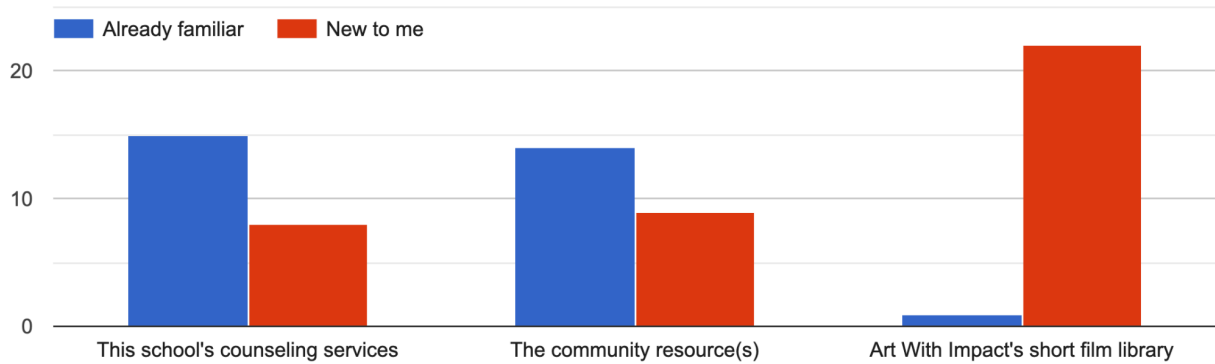
Post-Workshop Surveys

School: Mercy College of Ohio
Date: 3/28/24

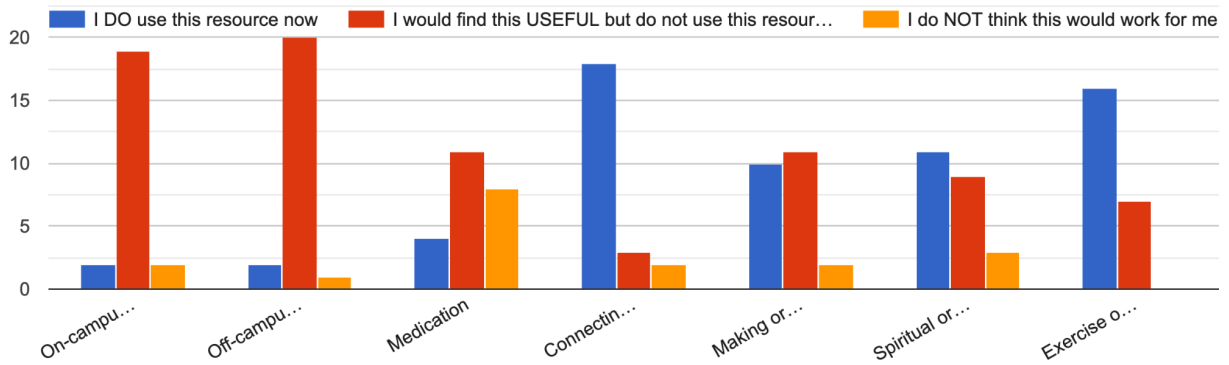
Number of attendees: 50
Number of surveys: 23

Resource Awareness and Access

Which of the following resources were new to you today?



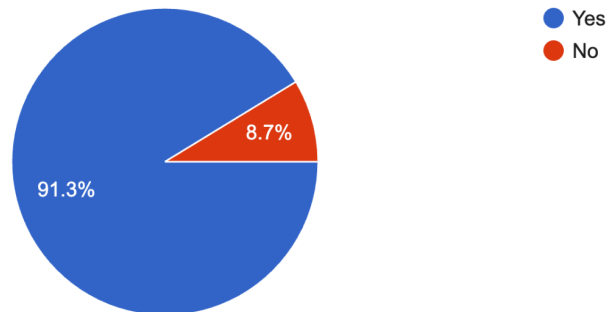
In this list of mental health resources, which do you use, and which might you find useful?



Workshop Impact

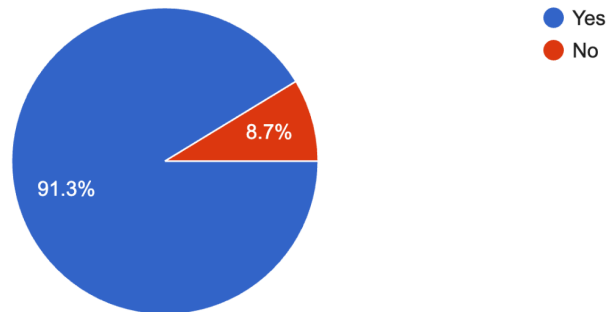
Did this workshop help you confront and address stigma related to mental illness?

23 responses



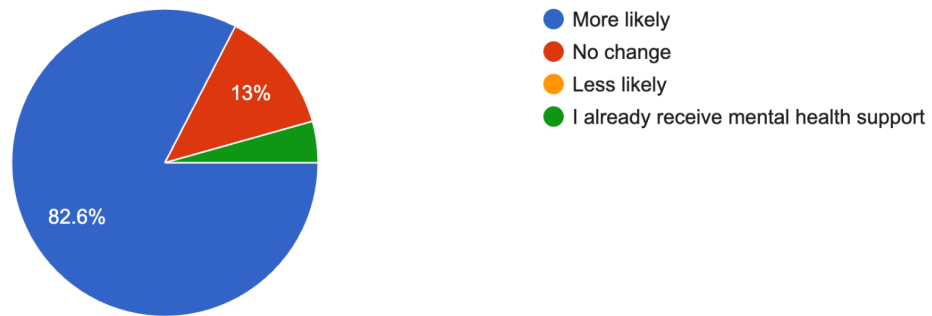
Did you learn something new about mental health?

23 responses



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

23 responses



86% 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?

- I really liked the body scan and taking time to reflect on your own feelings
- I really enjoyed the videos and hearing the opinions of others in the meeting
- The personal stories
- BEing able to share a safe space with others was powerful

- I believe as students in this profession it can be very hard to admit that we need help, due to us always wanting and needing to help other people, since it is our job, however, prioritizing your own mental health above everything else is of the utmost importance.
- I enjoyed learning about how Mercy College prioritizes mental health
- everyone's individual stories were inspiring and I enjoyed the short films
- Just being able to see and hear other people's thoughts and opinions with no judgment from anyone
- I thought the most impactful thing about this workshop were the art films.
- how everyone was so open to sharing and communicating about mental health!
- I was most impacted by being a student panelist. I have said for a great amount of time now that I would love to be/am a mental health advocate, so being able to reach an audience was fulfilling to me.
- Just knowing that you're not alone in how you're feeling
- Seeing and hearing others stories through their eyes
- Knowing how much awareness is being brought to mental health. Loved the films depicting this.
- The support and resources available for mental health.
- The student participation, viewpoints and discussion gave the seminar a kind of shared catharsis. The presenter hosted it very well.
- How true art depicts the reality of mental health struggles

How can we improve this event in the future?

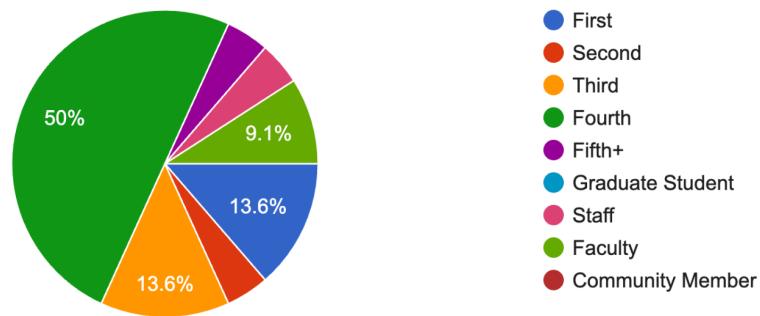
- holding this event a little earlier in the day
- Ask some more in depth questions
- n/a
- N/A
- I think it's a great workshop!
- I really enjoyed this event and could not pinpoint something that needs improvement.
- I believe they should have mental health professionals come in every semester to speak with students, utilize therapy dogs.
- I thought it was great
- I think it was perfect the way it was

- I think everything was good!
- Hold in person!
- I thought it was great! no improvement needed!
- This may have been an issue on my end, but I was unable to view the vimeo videos/click the links provided for them.
- I think this would be awesome in person
- You're great
- more recruitment collegewide. Having professors make it mandatory to attend or at least every prof should offer bonus points for attendance.
- The art is all visual/movies, maybe there could be more music(songs).
- Nothing ! It was great

A Bit About You (optional)

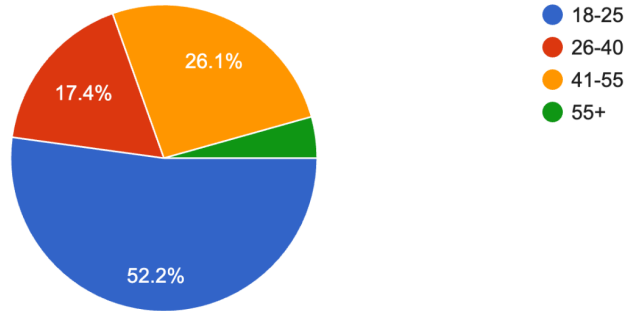
What year are you?

22 responses



How old are you?

23 responses



What is your gender?

| | |
|--------|-------|
| Female | 95.6% |
| Male | 4.3% |
| | |
| | |
| | |

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

23 responses

