

# Movies for Mental Health (Online)

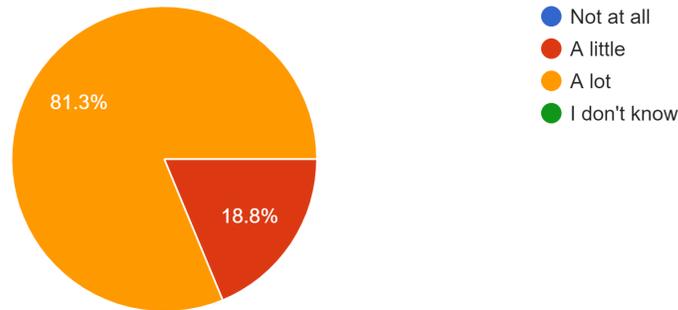
## Post-Workshop Evaluations

Arizona State University  
April 15, 2021

Approximate maximum attendance: 34  
Number of evaluations: 17

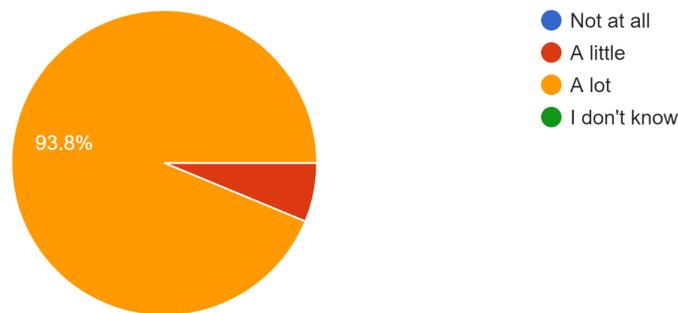
In your opinion, did this workshop increase your awareness of mental health issues?

16 responses



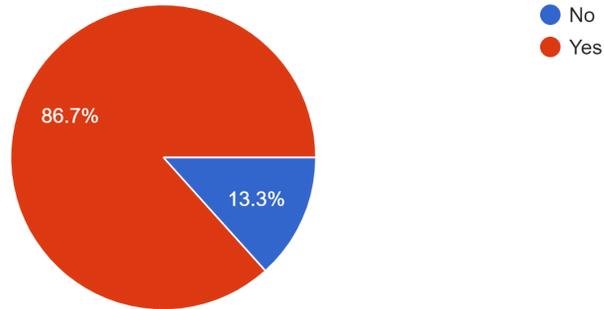
In your opinion, did this workshop help you confront and address stigma related to mental illness?

16 responses



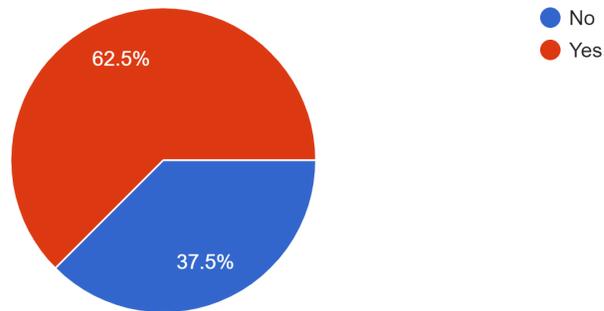
Did you know about your school's counseling services before this event?

15 responses



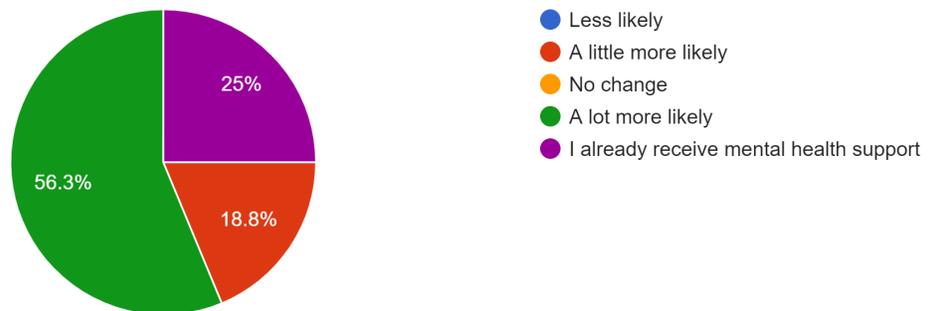
Did you know about the community resources before this event?

16 responses



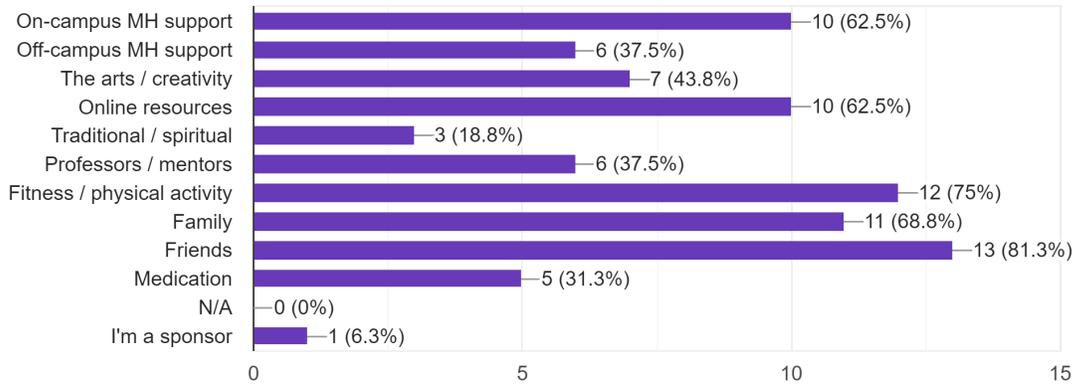
After this event, are you more or less likely to seek support for your mental health?

16 responses



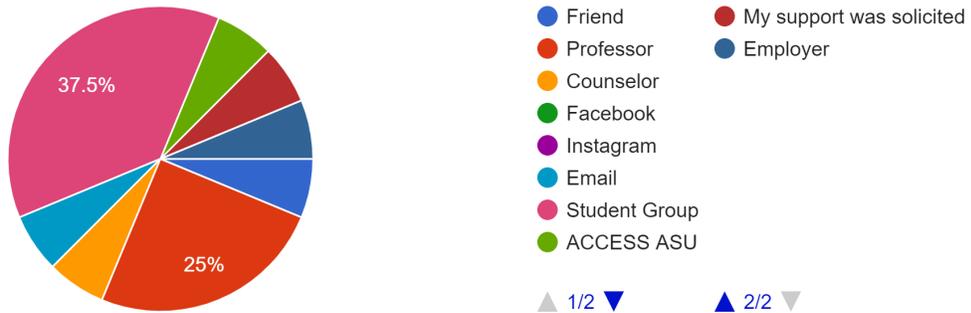
What type of mental health support do you think would be most useful to you?

16 responses



How did you hear about this event?

16 responses



**What was your main takeaway?**

- Mental health is something that affects all of us, even if we can't see it. We should always remember that everyone is struggling with something.
- My main takeaway is that we need to reduce the stigma of mental health. It's making a hard thing harder.
- We are definitely not alone, the stigma makes us feel alone
- There are so many people who are here to support me and understand me.
- Knowing what you need is very important
- Talking about mental health more often and normalizing it
- To take time for myself to ground myself and to make sure I enjoy time with myself before I tackle the world and the stresses that come with it.
- ASU is doing many positive things
- The feeling of being heard and understood
- Mental health is real and serious. We need to take care of ourselves and make ourselves feel loved.

- My main takeaway was the body scan and the breathing exercises.
- My main takeaway is to get help when you are feeling down whether because though it may be anxious at first it will get better.
- Mental Health is proactive and important to the human experience.
- mental health is so diverse

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

- A place where people can connect and feel comfortable to talking about issues sensitive to them
- Inspiring and powerful. It gives a real and raw view of mental health and how we can approach it going forward.
- I would describe it as inspiring and helpful.
- A multi-medium way to help us understand mental health.
- Impactful, inspiring, and feeling seen
- A big, warm group hug!
- informative and welcoming
- helpful, interesting
- impactful
- Uplifting and informative
- Very informative and helpful.
- A very friendly and healthy environment.
- Informative and motivational
- Amazing
- It is an interactive film viewing with researchers and people from our community talking about Mental Health in different forms.

### How might you use what you learned today?

- I will use it to promote and normalize the conversation centering around mental health
- By sharing resources and helping strategies in the Community Circle I host! my Community Circles!
- I will recommend some new resources to my clubs for them to use and share with others.
- I would use the resources that they shared either myself or to refer to others dealing with mental illness.
- I want to keep talking about mental health and normalizing it. I hope to inspire others and take this into my future career as a therapist someday.
- Empower others struggling with mental health
- The breathing techniques that were used after each video because I really each video because they really helped to calm me and my brain down.
- I will use the breathing exercises more to help me.
- the different websites
- Olive videos
- remembering that I am not alone in my mental health struggles
- To help others
- implement this thought and information into my daily life.
- I would forward this information to a friend and give them some of these resources.

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

(Highlights: see raw data for full list)

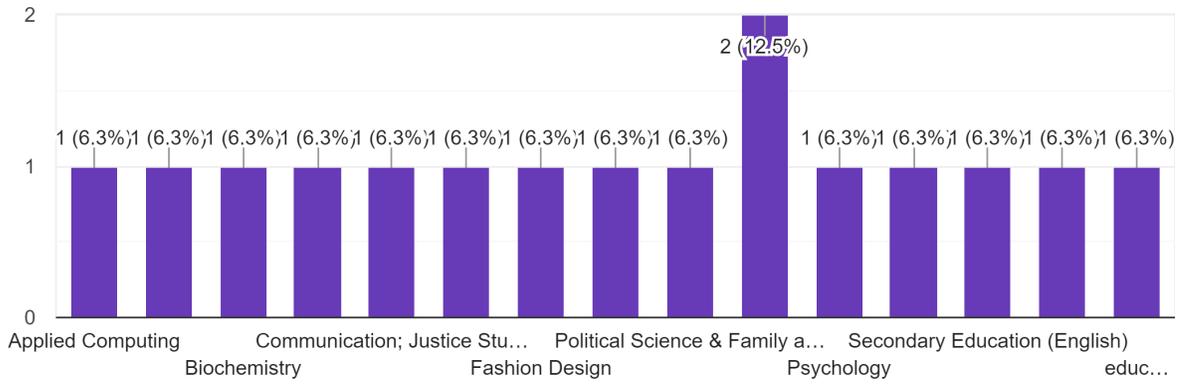
- Cultural stigma, personal stigma, the potential pushback of others
- The stigma to stay strong and hold your emotions because you are male.
- Family not believing in it
- Making time and thinking I am not strong enough because it makes me feel weak.
- Being scared and feared of what others might say.
- Myself, feeling like I can handle something and that I don't need help for it. Because if I do seek help for it, it makes the problem real and that scares me. On top of this, getting therapy is a process that can take several weeks.
- I feel that stigma is the first followed by finances.
- Time and money
- Time, mental and physical energy.
- stigma
- stigma and fear of affecting others negatively
- Loss of control and not being honest with myself
- Reaching out
- lack of education about mental illness, and stigma.

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

- More publicity / attendance
- Think just making it a little shorter. It's hard because I enjoyed all of it, but I think more people could have come if it were a little shorter and they were able to fit it better in their schedules
- Not sure, it seemed awesome as it is! Perhaps more chances of talking about personal stories of attendees maybe? I don't know
- I think that a more personal icebreaker would be fun rather than the Multichoice questions
- I think that this experience was amazing and I think all was very good.
- Nothing, it was organized great!
- No suggestions. You did a great job!
- I can't think of any improving.
- It was perfect.
- More interactive elements
- more activities between films to give break
- Have time for people to share their stories

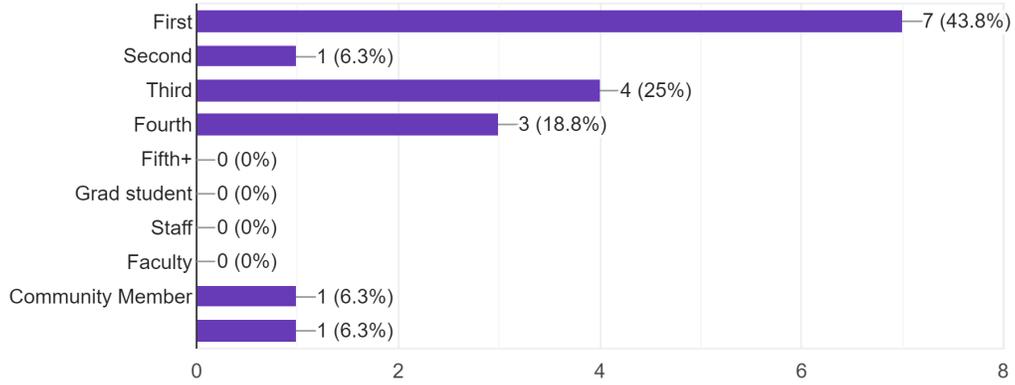
### Major

16 responses



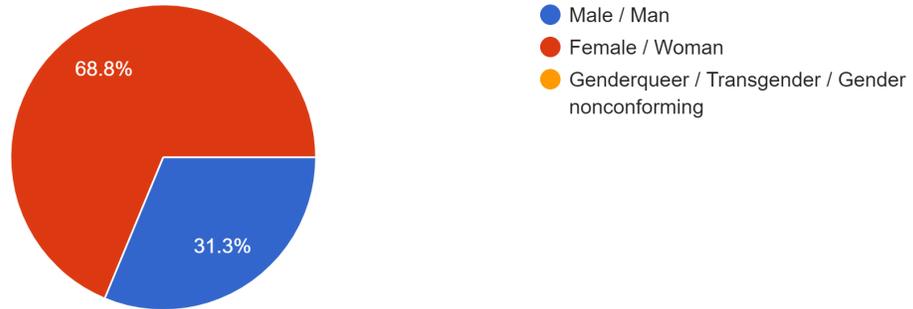
### Year

16 responses



### Gender Identity

16 responses



### Ethnicity

16 responses

