

# Movies for Mental Health

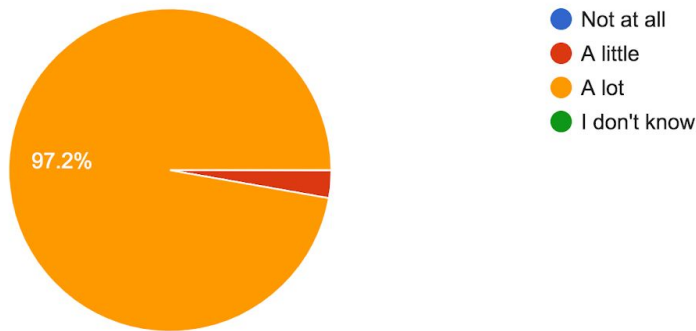
## Post-Workshop Evaluations

Bay Path University  
May 1, 2019

Number of attendees: 60  
Number of evaluations: 37

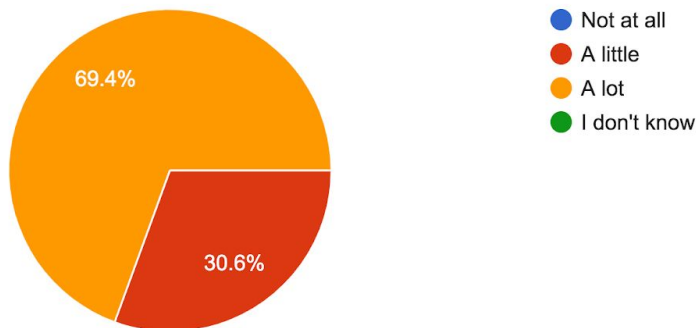
In your opinion, did this event create awareness of mental health issues?

36 responses



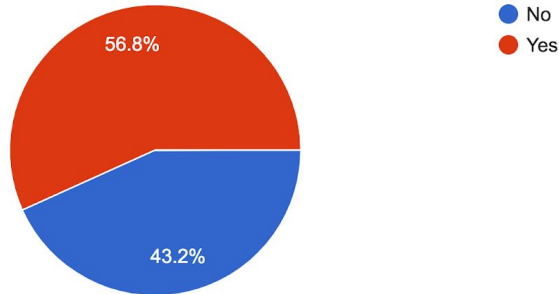
In your opinion, did this event reduce stigma related to mental illness?

36 responses



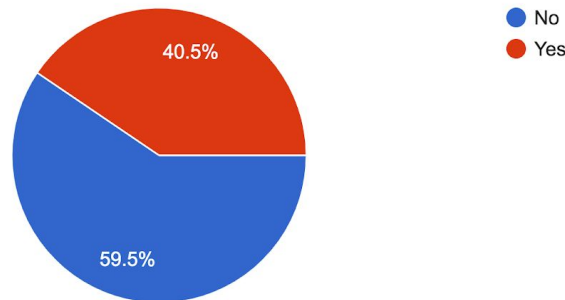
### Did you know about your school's counseling services before this event?

37 responses



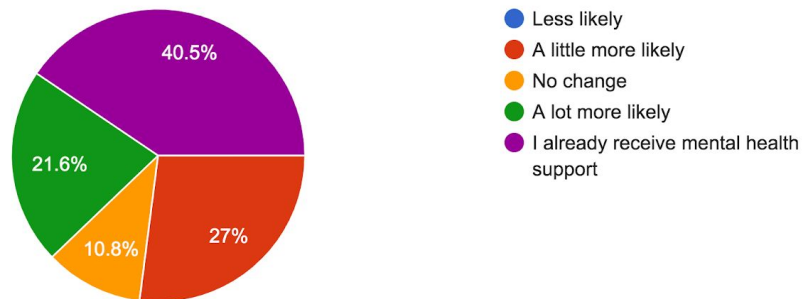
### Did you know about the community resources before this event?

37 responses



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

37 responses

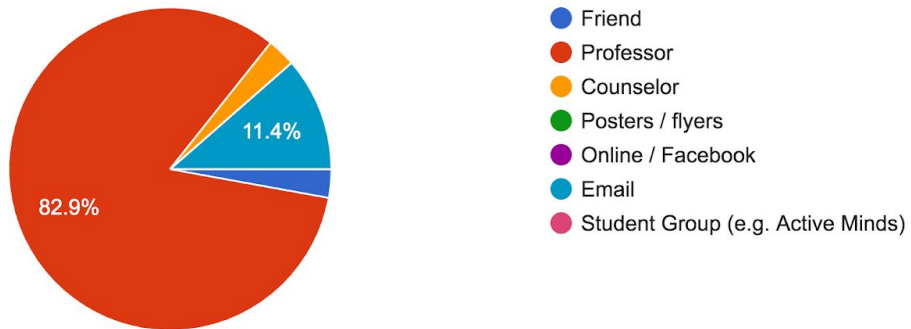


What type of mental health support do you think would be most useful to you?

On-campus MH support	10
Off-campus MH support	7
The arts / creativity	12
Online resources	7
Traditional / spiritual	6
Professors / mentors	5
Fitness / physical activity	14
Family	11
Friends	13

How did you hear about this event?

35 responses



What was your main takeaway?

(Highlights: see raw data for full list)

- The shift to acceptance begins with us, one step at a time
- To always make myself available to support others.
- I got some information about mental illness.
- Seeking help is not a sign of weakness.
- You are not alone when it comes to behavioral health.
- Awareness and acceptance are important.
- It's important to take care of your mental health to help others.

Support the ending of stigmas.  
It's okay to have mental illness.  
Mental illness is way more common than people think.  
I need to invest more in getting better.  
Stigma I hold is worse than I thought.  
It's okay to feel!  
Everyone deserves to be accepted for who they are.  
Never be afraid to seek help, there are always available resources.  
Don't use a diagnosis as an adjective.  
The stories from the movies and the students.  
Mental health is an umbrella.

If you were telling a friend about this workshop, you would describe it as:  
(Highlights: see raw data for full list)

A workshop about removing stigma of mental illness through movies and conversation.  
Go ahead—you're gonna like it.  
A breakthrough with talking about mental wellness.  
Perfect for someone who isn't aware.  
Introductions and learning of some types of mental health issues  
Moving and worthwhile.  
Enlightening, I found the concept of mental illness and wellness interesting.  
A way to learn about being well and when others aren't well  
Open forum on mental health  
Interactive, raises awareness  
De-stigmatizing.  
Eye-opening, important, powerful  
A helpful workshop to feel free and relax  
Informative, powerful, important topic  
Thought provoking and emotional.  
Helpful, informative, safe place to be open about mental health.  
Inspiring, accepting, surprising even with the open mindset.  
Learning more about mental health.  
Motivating event for mental health and illness.

## How might you use what you learned today?

(Highlights: see raw data for full list)

I'm not too open about my mental health, but I feel as if I can be now because someone might relate.  
I will use it in the field.  
In a group home with little kids at work.  
I might let someone know about the movies.  
To be aware about some situations of mental health.  
Now, I want to make a film!  
Educate myself more on how to create awareness in my culture and be more competent.  
Watch for others around me to help guide them.  
Create awareness / normalize mental health.  
With future patients!  
Understand people and try to be more accepting of them.  
Seeking my own mental health support.  
Being a sounding board for colleagues to bring down stigma.  
I've learned many things in this event such as when and how we can get help.  
Try and inform people about stigma.  
Continue to educate others.

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

(Highlights: see raw data for full list)

The fear and the culture.  
Pride, family, impatient, need for control.  
I don't believe I need treatment or anything. (x2)  
Finding time in a busy schedule. (x2)  
Degree of benefit  
Work, school, and family schedule.  
Financial barriers, not having a support system  
I have no barriers. I am aware of resources and comfortable with the topic.  
Money 100% a lot of mental health support is not covered by insurance. (x2)  
My own negative feelings.  
In the past, myself (I'm stubborn).  
Stigma.  
Fear of being met with an invalidating experience.  
Anxiety, anxious of what others might think.

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

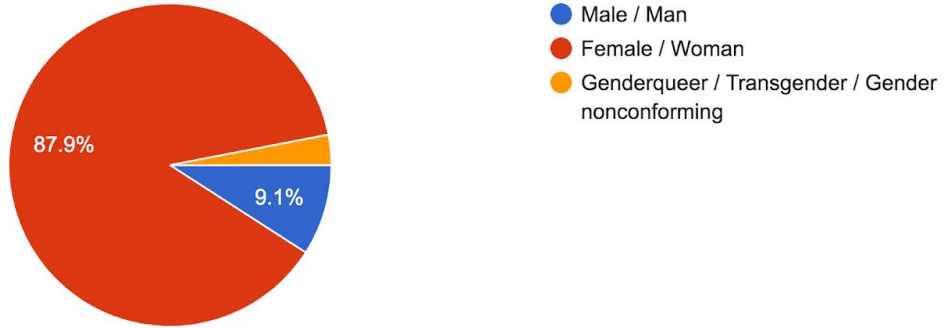
It's a good event I think you don't need to improve it in the future  
 Give trigger warnings  
 Longer movies.  
 I think this questionnaire could have not focused on an individual none of the things on here seem like they are for people who are suffering.  
 To repeat it monthly not one time.  
 One additional film would have been great (four total).  
 Have a more diverse panel.  
 I loved it! Maybe more films.  
 More advertising!  
 More movies, they were so powerful.  
 Leave more time for the panel.  
 More time for panel discussion and student stories. That was really easy to relate to.  
 Make it short with a little number of people and give some certificate of attendance.  
 Less participation.  
 To give advice for friends who are having problems.  
 More videos and time for panelists.

### Major

Clinical Mental Health Counseling	<b>18</b>
Child Psychology	<b>4</b>
Forensic Psychology	<b>1</b>
General Psychology	<b>8</b>
Neuropsychology	<b>1</b>
Pre-OT	<b>1</b>

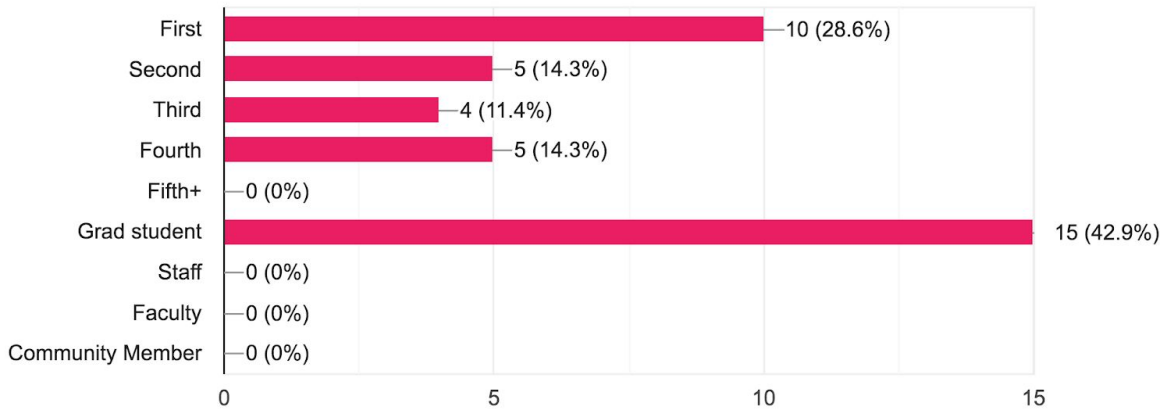
## Gender Identity

33 responses



## Year

35 responses



Race / Ethnicity		
Asian / Asian American	1	3%
Black / African / African American	3	9%
Middle Eastern	13	37%
White / Caucasian	15	43%
Hispanic / Latinx	3	9%