

Movies for Mental Health (Online)

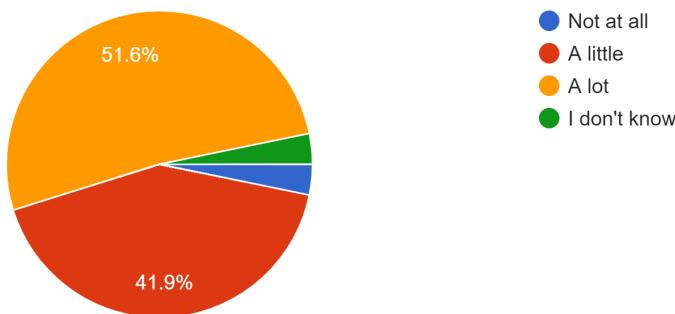
Post-Workshop Evaluations

Bay Path University
February 10, 2022

Approximate maximum attendance: 48
Number of evaluations: 32

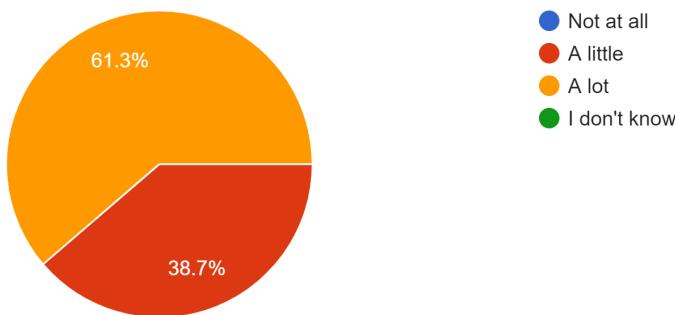
In your opinion, did this workshop increase your awareness of mental health issues?

31 responses



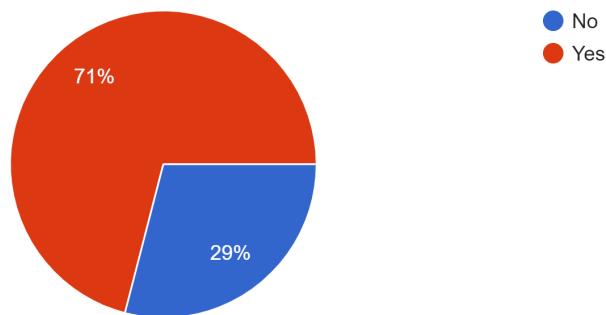
In your opinion, did this workshop help you confront and address stigma related to mental illness?

31 responses



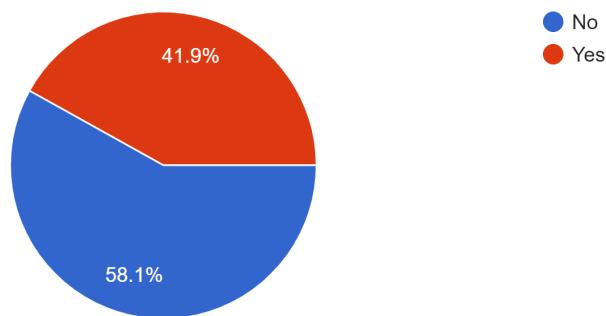
Did you know about your school's counseling services before this event?

31 responses



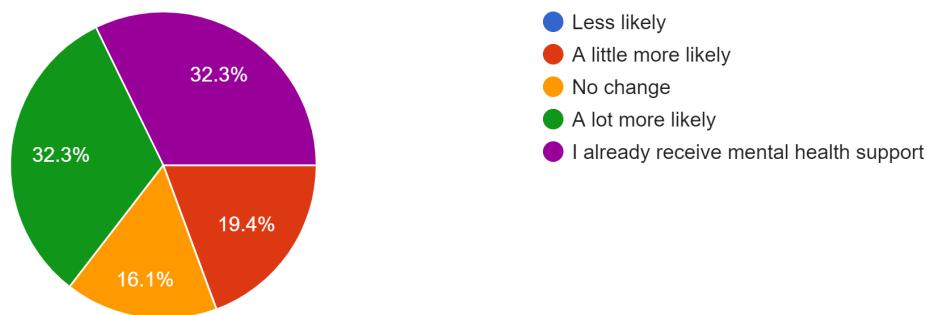
Did you know about the community resources before this event?

31 responses



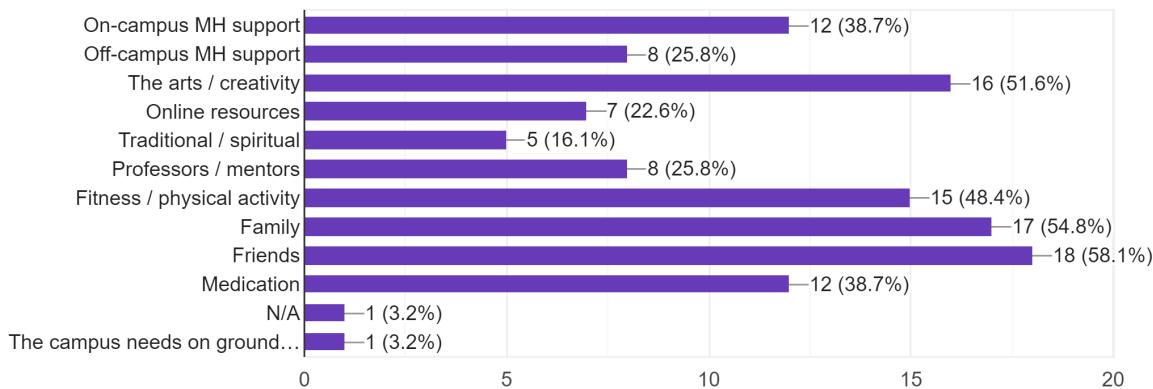
After this event, are you more or less likely to seek support for your mental health?

31 responses



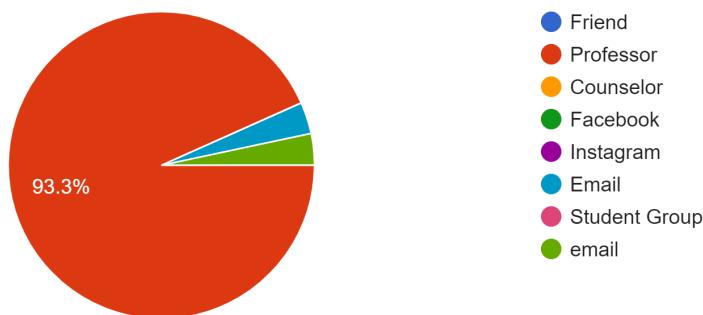
What type of mental health support do you think would be most useful to you?

31 responses



How did you hear about this event?

30 responses



What was your main takeaway?

That so many people are going through similar things as me

Everyone is at a different stage in their own internal battles and there are many ways we can help but actively listening is something that everyone can do.

Everyone has their own personal, valid experiences and it is important to know that you never know what others are going through at any moment and to treat others kindly.

There's an active and welcoming mental health support community available to me as a student.

Listening to others when they need it, communicate for myself, and normalize putting myself first

It is okay that I have mental health issues and people are here for me. People are struggling with the same things that I am struggling with. mental health and mental illness are common.

It is more than okay to ask for help. It is important to share our stories and challenges with others to help break the stigma on mental health.

We need to keep talking about mental health and provide accurate representations in the media

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

A very interactive, educational workshop regarding the stigma surrounding mental health. It also offered a safe place to discuss personal experiences and get the support from our peers.

The workshop was a safe space to learn more about mental health awareness.

It's a great resource to understand mental health if this is a career potential

It was very powerful and Beth created a very safe space.

This was a very open arms, non judgmental, really good representation of mental illness

A very intense, yet insightful workshop that shows and teaches mental health awareness through media.

How might you use what you learned today?

Be more compassionate to others

I loved the temperature breathing mindfulness technique

I will be more conscientious about stigma and labels

I will keep in mind what I learned today by treating others kindly and respecting the fact that you never know what someone is going through or the pressures that they are under.

I'm not sure if I'll use too many of the things I learned today but maybe it will come up in a way I don't always recognize.

I can use the calming methods, breathing exercise, and the connections to new people I met through the chat and on the panel

It confirms where I want to go and why am I important to others

It gives me more insight into the psychology profession and helps me consider what career I want to pursue.

I might make time to see Tanya on campus

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

(Highlights: see raw data for full list)

Financial barriers

Family stigma

I have a hard time finding therapists that are close to school

I have had some negative experiences with therapy in the past

I didn't want to explain the black experience over and over again and then still not receive help for the problems that pertain to my race.

Not enough services because of the pandemic.



Cost

I don't want to feel like a burden by reaching out for help. I also don't want to make the leap of asking for help and then the 'help' isn't helpful to me and I'm left feeling dissuaded from seeking help in the future.

Time

Trouble putting my feelings into words

Reminding myself that it is not weak.

How can we improve this event in the future?

More videos

Maybe other types of art

Maybe make it a little shorter

I think posting it on the baypath app or sending the whole school an email to join if they'd like to

I felt a little disconnected being muted so I feel that in the future having time set aside for the audience to speak would be nice:)

Longer breathing exercises.

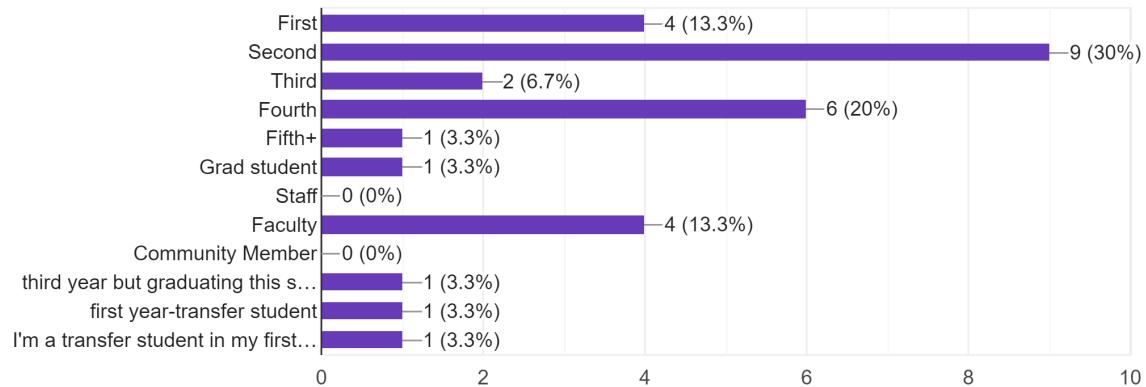
More frequency!

Major

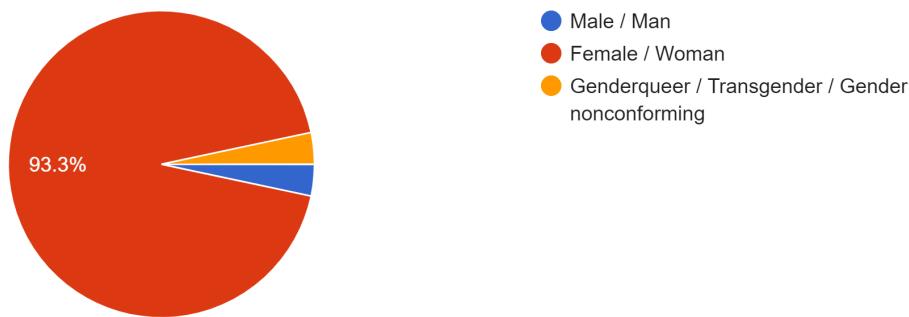
Psychology	7
Neuroscience	1
Child psychology	1
Neuropsychology	1
Forensic Psychology	10
Mental health counseling	2
Rehabilitation, advocacy, and justice	1
Legal Studies	1
Criminal justice: public safety and justice	1
MASTERS in clinical mental health counseling	1
sociology	1

Year

30 responses


Gender Identity

30 responses


Ethnicity

30 responses

