

Movies for Mental Health

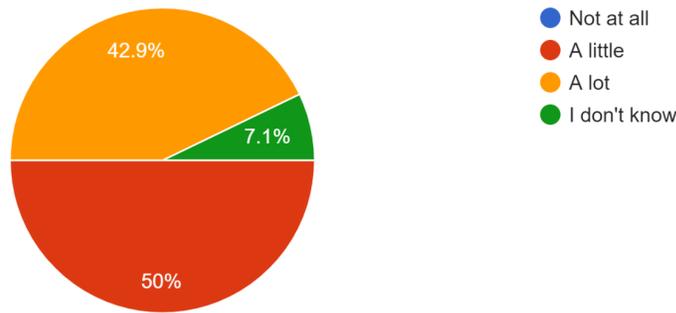
Post-Workshop Evaluations

Beloit College
April 8, 2022

Approximate maximum attendance: 21
Number of evaluations: 14

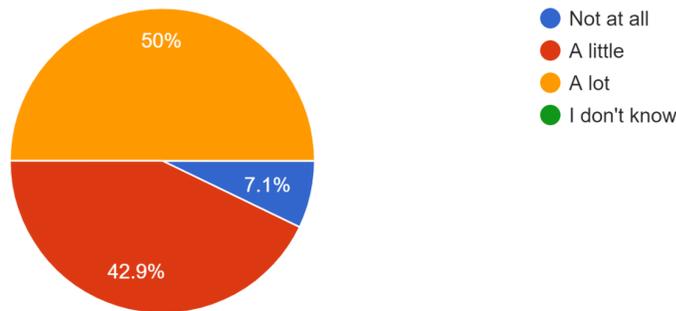
In your opinion, did this workshop increase your awareness of mental health issues?

14 responses



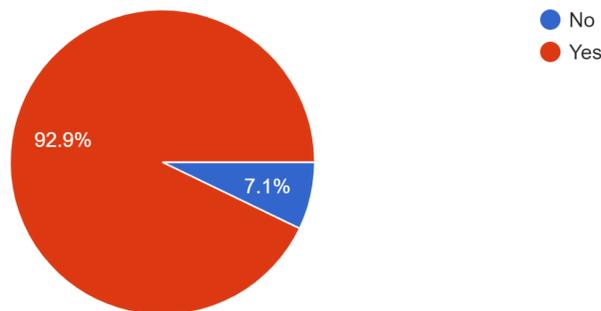
In your opinion, did this workshop help you confront and address stigma related to mental illness?

14 responses



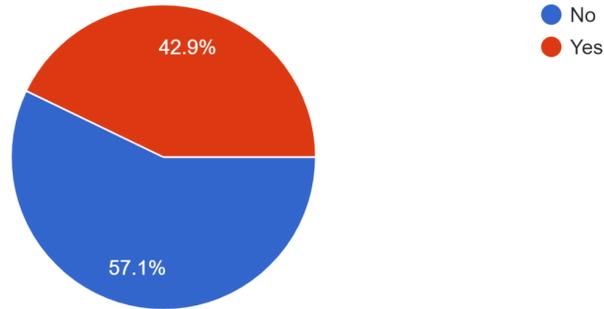
Did you know about your school's counseling services before this event?

14 responses



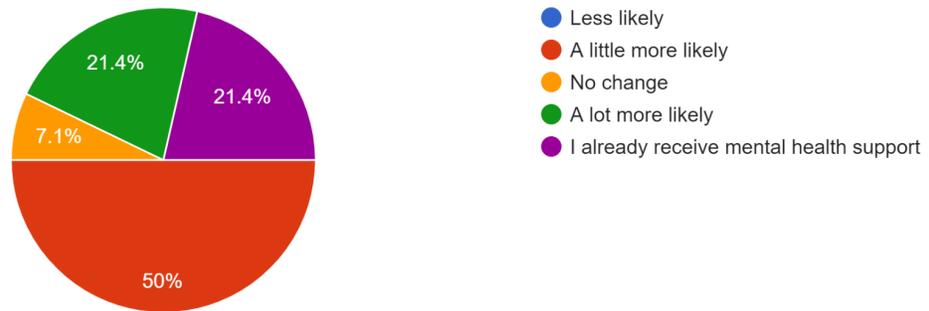
Did you know about the community resources before this event?

14 responses



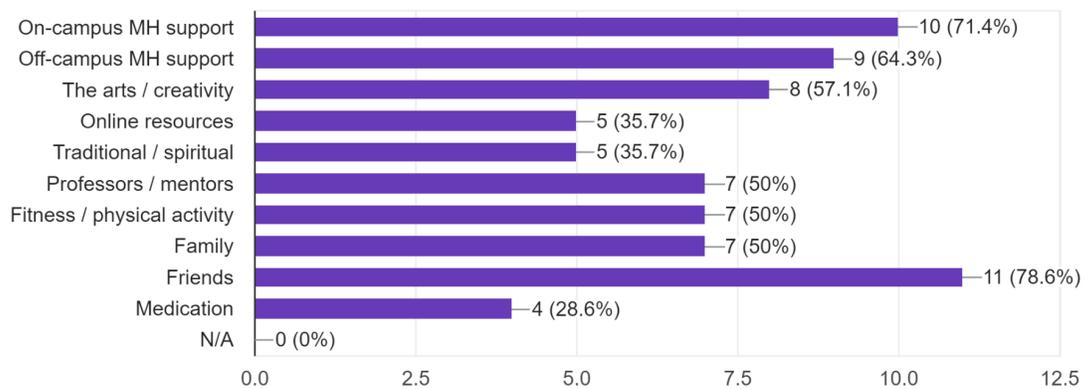
After this event, are you more or less likely to seek support for your mental health?

14 responses



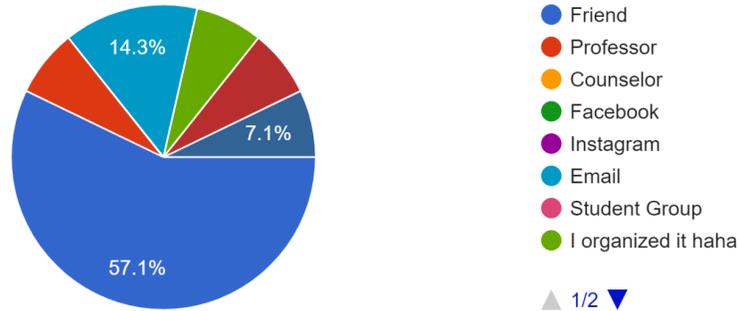
What type of mental health support do you think would be most useful to you?

14 responses



How did you hear about this event?

14 responses



What was your main takeaway?

- Mental health issues can come in all shapes and sizes. It's important to be receptive to people's issues
- Checking in with friends and asking what type of support they want can be helpful.
- Mental illness can be very stigmatized and there are ways to bring upon mental wellness despite barriers.
- Stigma around mental health makes conversations difficult and solutions even more so.
- My main takeaway was that I am not alone and if I am ever going through a hard time there are many people and many ways I can go about it.
- That there are a lot of damaging stigmas about mental health that we can seek to change through our language, actions and by sharing our own experiences
- To reach out to our community.

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

(Highlights: see raw data for full list)

- The workshop was helpful in engaging in difficult conversations
- Helpful and really comfortable.
- An amazing event to destigmatize mental health topics
- This workshop helps bring attention to mental illness and resources that can help.
- Discussion on what we culturally view mental health to be, making lists of different ways to support ourselves and our communities through MH.
- I would describe it as very informative and helpful in being more aware about mental illnesses
- A workshop where we explore how art might represent mental health and use this as a jumping off point to deconstruct some of our own stigmas and barriers

How might you use what you learned today?
In my future as a social worker
I think the reminder of the body scan and breathing techniques were nice.
I will be more patient when friends reach out to me, and try not to go into "fixing mode"
I might reach out to my friends more to check in on them as well as spend more time with them.
I would like to watch more films regarding MH because I feel like I got a better vocabulary to describe my own situation after this workshop.
I might use it by telling others about what I learned and if I ever need help to seek the resources that are available.
By trying to check in with my friends, ask them what i can do to support them
Have more conversations with family and friends

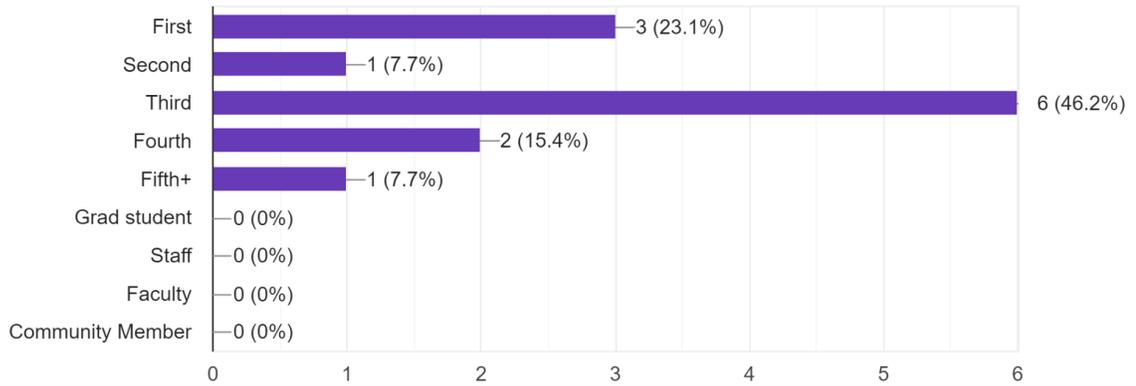
What are the biggest barriers to your mental wellness and/or receiving mental health support? (Highlights: see raw data for full list)
Time and money
Waiting lists for counseling services
I've done bad things before and sometimes I'm only seen for those negative things.
Stigma
Not being sure if I need help, feeling like a bother
Sometimes I don't feel motivated or like I won't get better which can cause me to feel like getting help isn't worth it.
Not being able to articulate my feelings
Not having a community or actual support on this campus for mental health I believe Beloit college can do more

How can we improve this event in the future?
Add different mindfulness activities besides breathing/body scan; theres a million other ways to be mindful that are more accessible
Have shorter discussion periods and more films
I think I was just confused about what type of event it would be so maybe more clarity there wouldn't helped
I loved it! I think this is a really engaging model and does not need a change for improvement
It would also be great to define and describe some specific mental illnesses.
I feel the time could use 1 more film and 1 less question.

Major	
Physics	1
Environmental studies/education	1
Computer science	2
Chemistry and Chinese	1
Philosophy	2
Creative writing	1
Undeclared	2
Biochemistry	2
American Studies	1
Biology	1

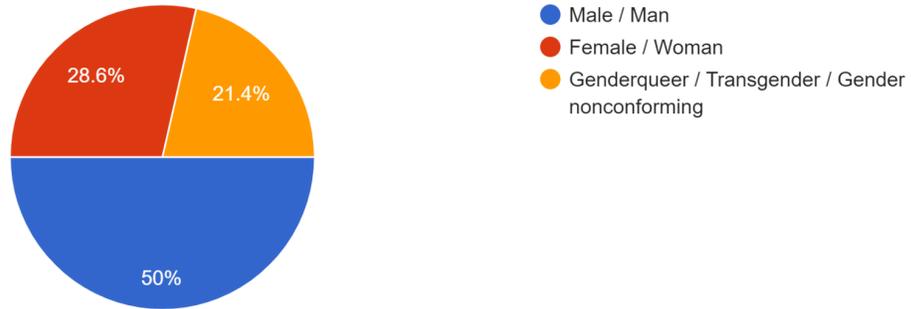
Year

13 responses



Gender Identity

14 responses



Ethnicity

14 responses

