Movies for Mental Health (Online)
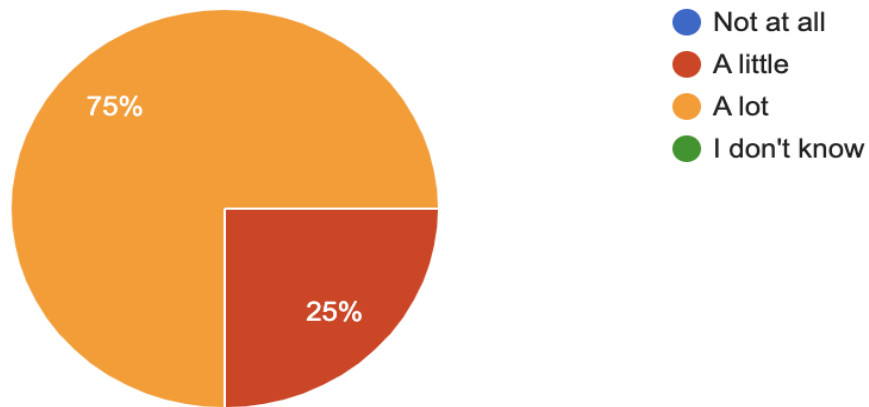
Post-Workshop Evaluations

| Blackhawk Technical College 4.18.23	Approximate maximum attendance: 9 Number of evaluations: 4

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

4 responses

- 🔵 Not at all
- 🔴 A little
- 🟠 A lot
- 🟢 I don't know

75%

25%

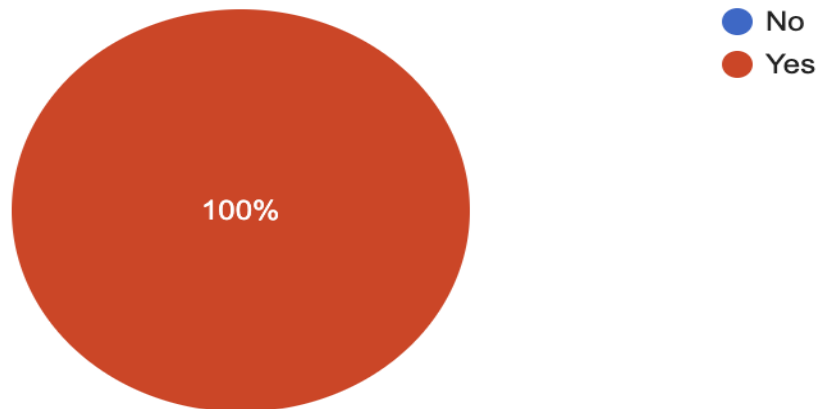## In your opinion, did this workshop help you confront and address stigma related to mental illness?

4 responses

- Not at all
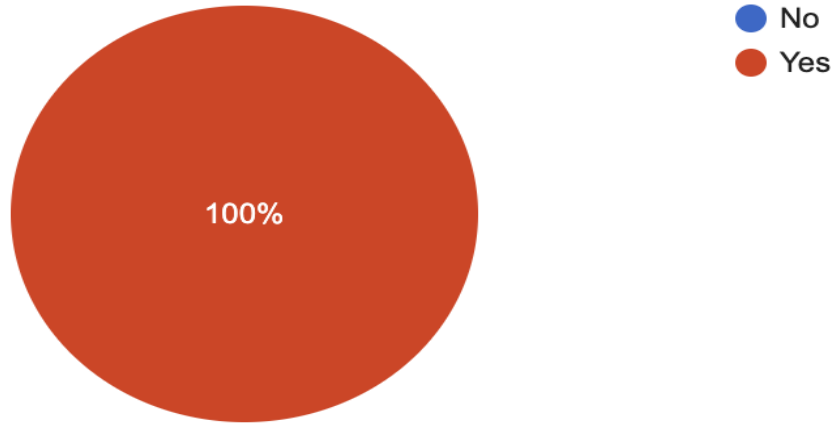- A little
- A lot
- I don't know

75%

25%
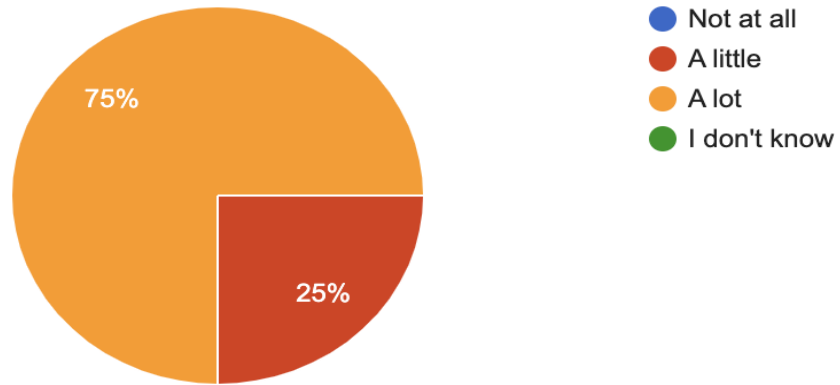
Did you know about your school's counseling services before this event?

4 responses

- No
- Yes

100%

Did you know about the community resources before this event?

4 responses

- No
- Yes

100%

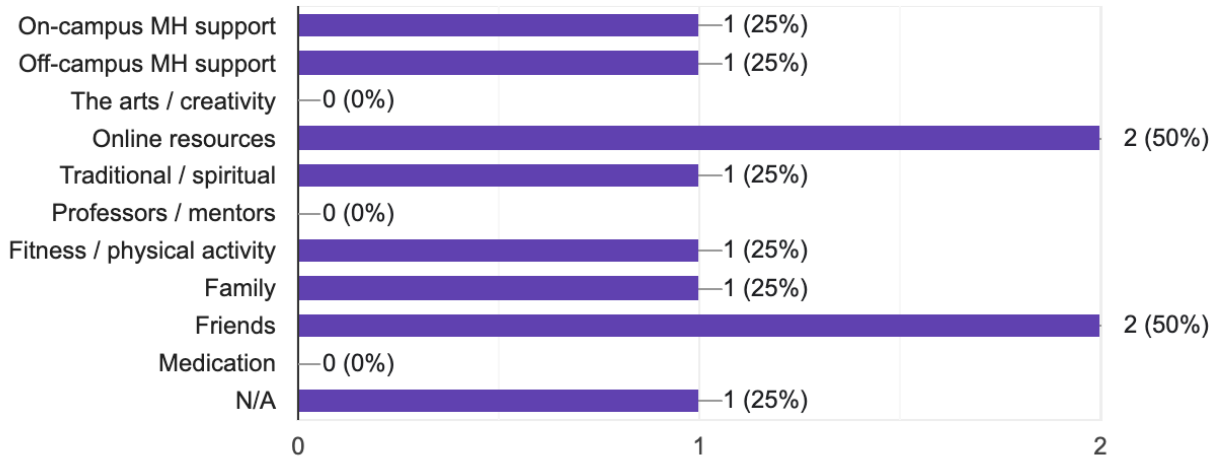## After this event, are you more or less likely to seek support for your mental health?

Copy

4 responses

- Less likely
- A little more likely
- No change
- A lot more likely
- I already receive mental health support

25%

50%

25%
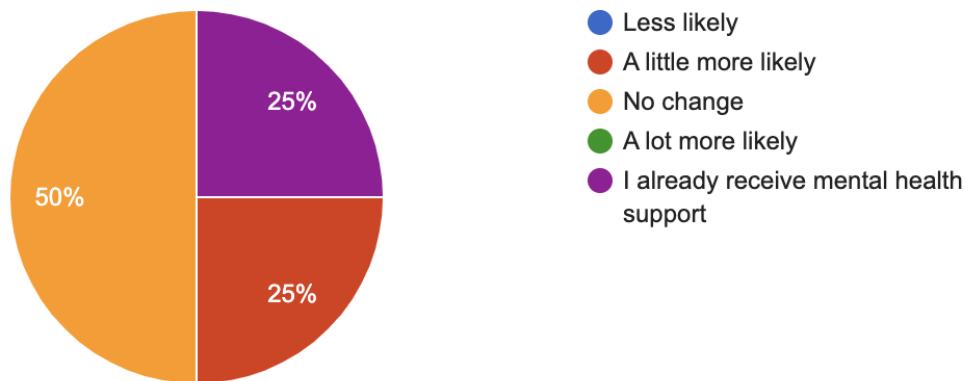
What type(s) of mental health support would you like better access to?

Copy

4 responses

Category	Count
On-campus MH support	1 (25%)
Off-campus MH support	1 (25%)
The arts / creativity	0 (0%)
Online resources	2 (50%)
Traditional / spiritual	1 (25%)
Professors / mentors	0 (0%)
Fitness / physical activity	1 (25%)
Family	1 (25%)
Friends	2 (50%)
Medication	0 (0%)
N/A	1 (25%)

How did you hear about this event?

4 responses

- Friend
- Professor
- Counselor
- Facebook
- Instagram
- Email
- Student Group

Email: 25%
Student Group: 25%
Professor: 50%
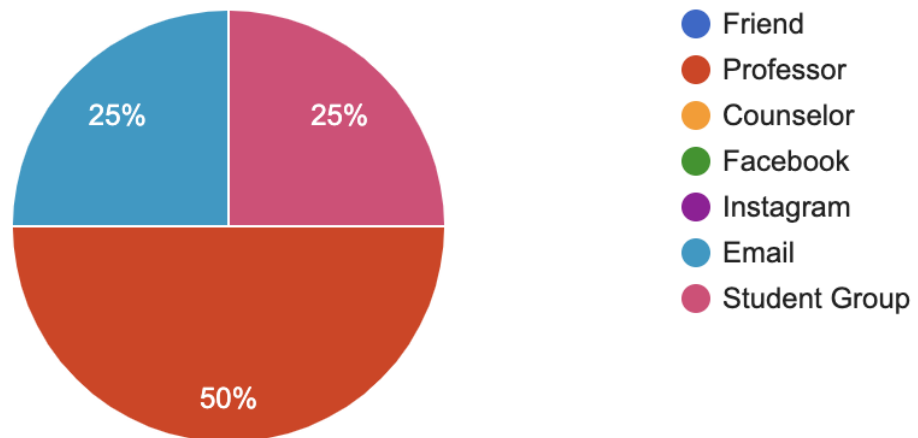
What was your main takeaway?
Self care is okay. Just do it!
We are not alone
Support
That I am not alone

If you were telling a friend about this workshop, you would describe it as: (Highlights: see raw data for full list)
Powerful workshop topic covering mental health topics
uplifting
a nice support access
Powerful

How might you use what you learned today?
I can use what I learned to help students on campus
remind self im not alone
about my staff and students
have more open conversations

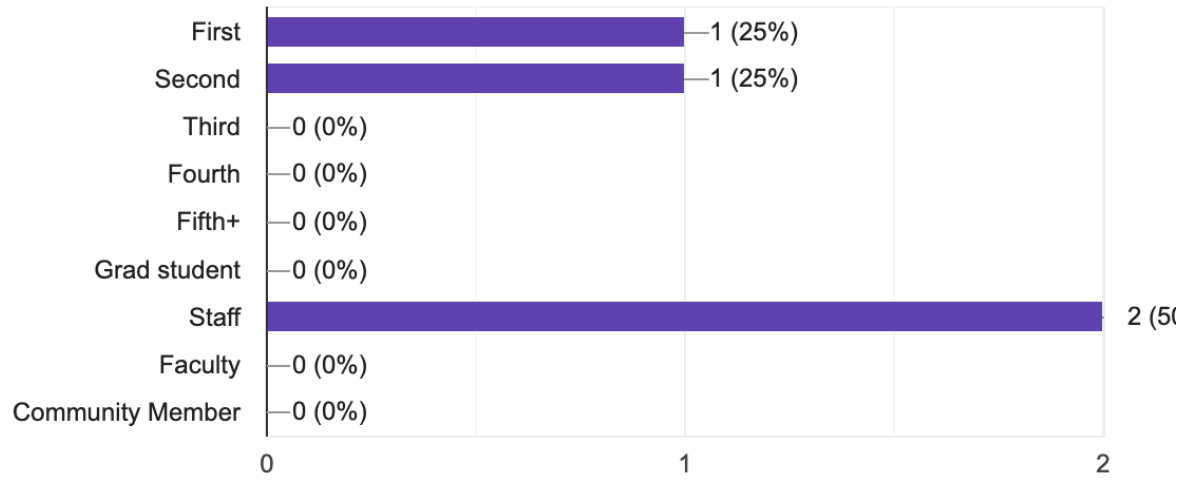| What are the biggest barriers to your mental wellness
and/or receiving mental health support?
(Highlights: see raw data for full list) |
|---|
| My own mind. |
| myself |
| insurance |

How can we improve this event in the future?
Make it all online instead of in person and online
not sure
trouble shoot tech
N/A

Major
Staff Member
Human Services
Substance use disorder

Year

4 responses

Category	Value
First	1 (25%)
Second	1 (25%)
Third	0 (0%)
Fourth	0 (0%)
Fifth+	0 (0%)
Grad student	0 (0%)
Staff	2 (50%)
Faculty	0 (0%)
Community Member	0 (0%)

Gender Identity

Co[

4 responses

- Male / Man (cis or trans)
- Female / Woman (cis or trans)
- Genderqueer / Gender nonconforming / Non-binary

75%

25%
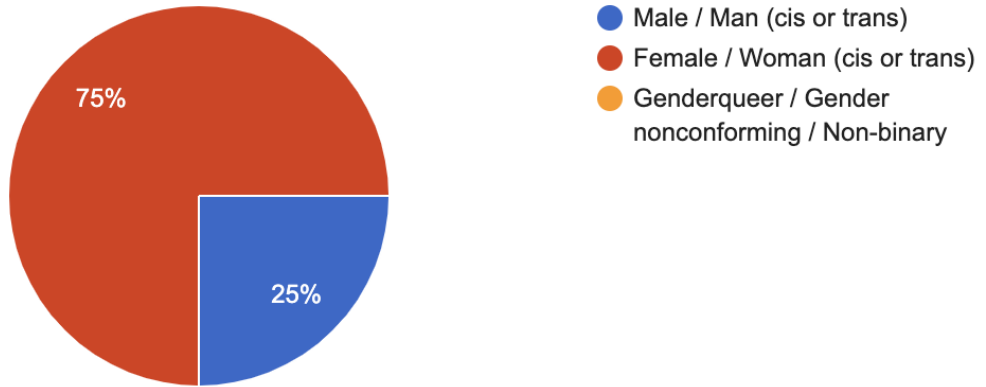
Ethnicity

Copy

4 responses

Asian/Asian American	0 (0%)
Black/African/African Am…	0 (0%)
Indian/South Asian	0 (0%)
Middle Eastern	0 (0%)
Indigenous / Native Ameri…	0 (0%)
White/Caucasian	3 (75%)
Hispanic/Latinx	0 (0%)
Pacific Islander	0 (0%)
	1 (25%)

0   1   2   3