

Movies for Mental Health (Online)

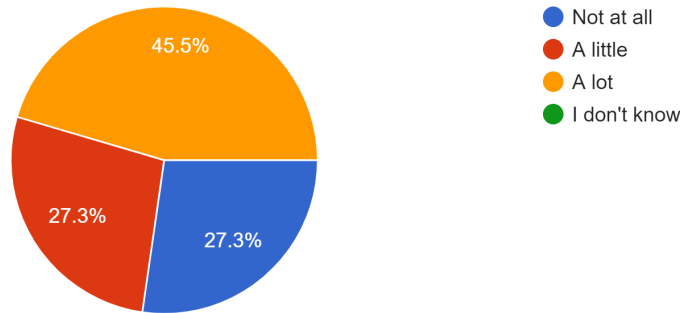
Post-Workshop Evaluations

Bridgewater State University
April 8, 2021

Approximate maximum attendance: 27
Number of evaluations: 11

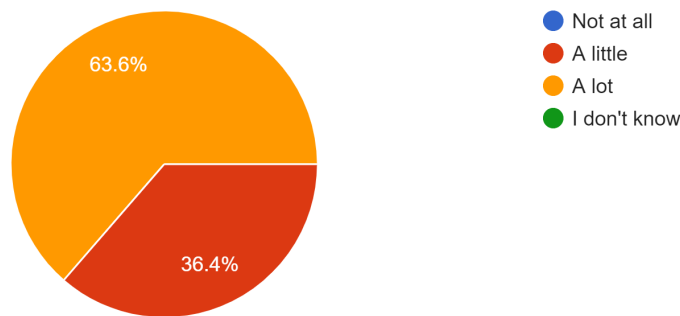
In your opinion, did this workshop increase your awareness of mental health issues?

11 responses



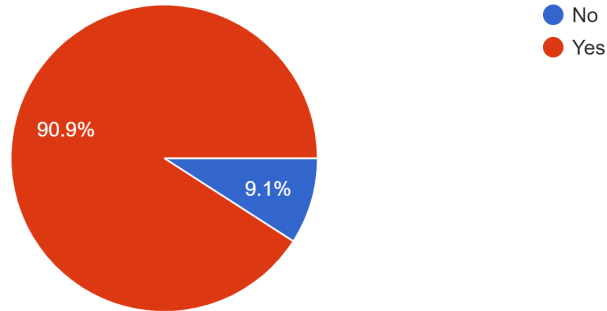
In your opinion, did this workshop help you confront and address stigma related to mental illness?

11 responses



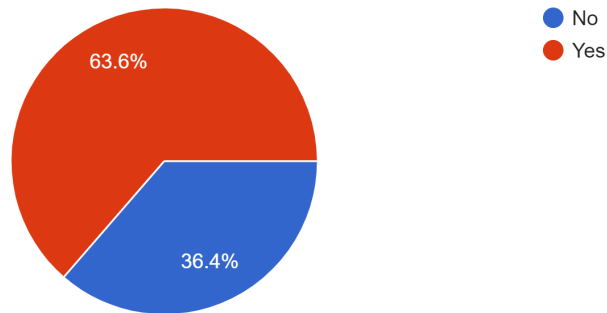
Did you know about your school's counseling services before this event?

11 responses



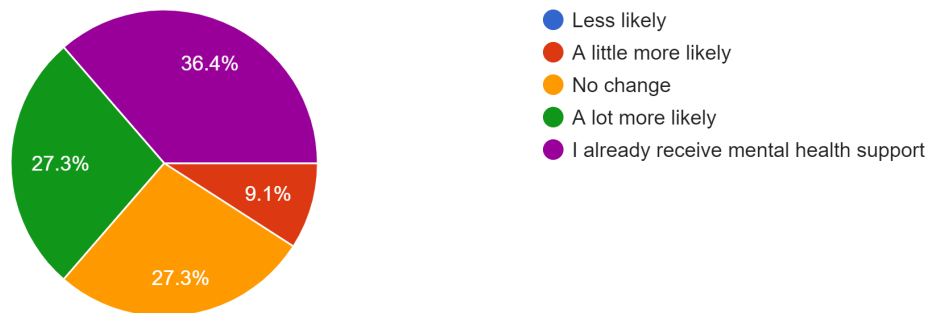
Did you know about the community resources before this event?

11 responses



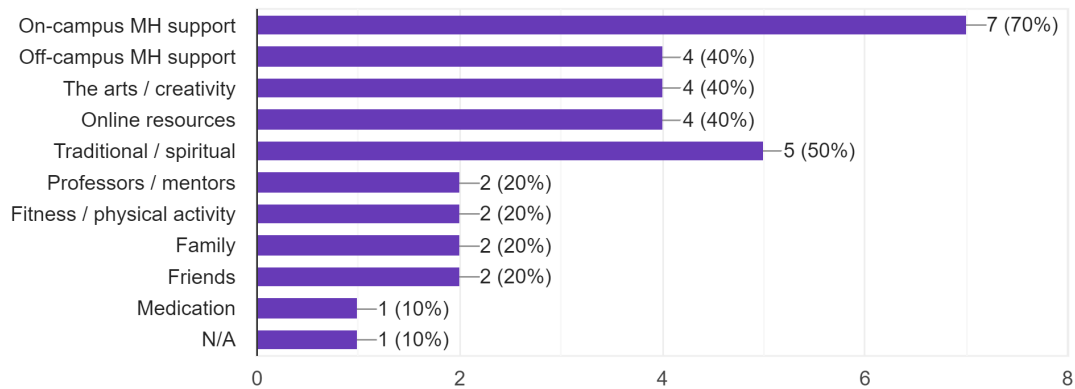
After this event, are you more or less likely to seek support for your mental health?

11 responses



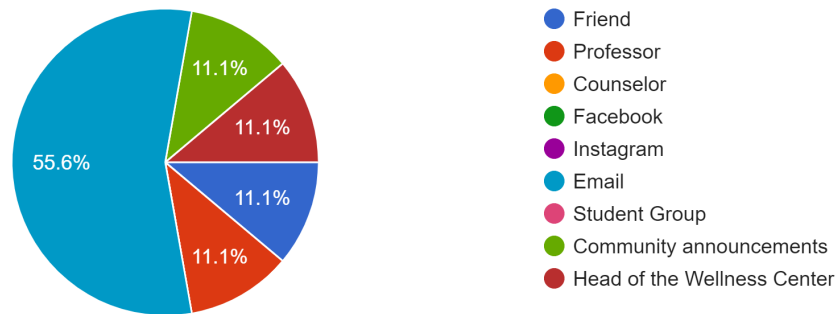
What type of mental health support do you think would be most useful to you?

10 responses



How did you hear about this event?

9 responses



What was your main takeaway?

I am not the only one with mental health struggles.
 It was hopeful
 Online resources
 I learned a lot about what other people like myself is going through
 The role we all can play on listening and encouraging students to use available resources.
 How affected young people are with mental health issues
 I am a clinical psychologist and professor, so am already knowledgeable about this material. I liked the films very much and I also like what Art with Impact is trying to do. I think this is very hard to do successfully using an online platform, but keep at it!

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

Moving and hopeful
 Helpful
 Hearing experiences through art
 A fun, educating experience
 Very informative and interesting
 Helpful, resourceful
 informative and powerful
 Please see other comments. I will tell some of my students who are interested in arts and therapy integration about your organization.

How might you use what you learned today?

continuing to seek and offer support
 Breathing techniques when overwhelmed.
 Reach out ti\o BSU counseling
 I'd be able to offer more resources to someone in need of support.
 I am more confident to go use the school's services now
 Being more aware of signals that a student may be experiencing mental health issues.
 To use as a springboard to learn more about helping youth
 Will share some info with my students.

**What are the biggest barriers to your mental wellness
 and/or receiving mental health support?**
 (Highlights: see raw data for full list)

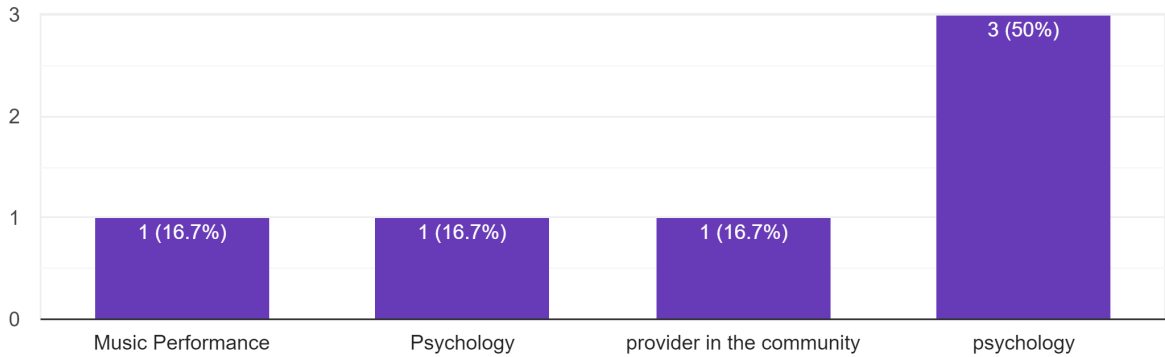
Fear of being judged
 None
 Financial
 Just kinda shy and embarrassed
 Stigma
 access and stigma
 I think I'm all set with this. I think stigma is big for students.

How can we improve this event in the future?

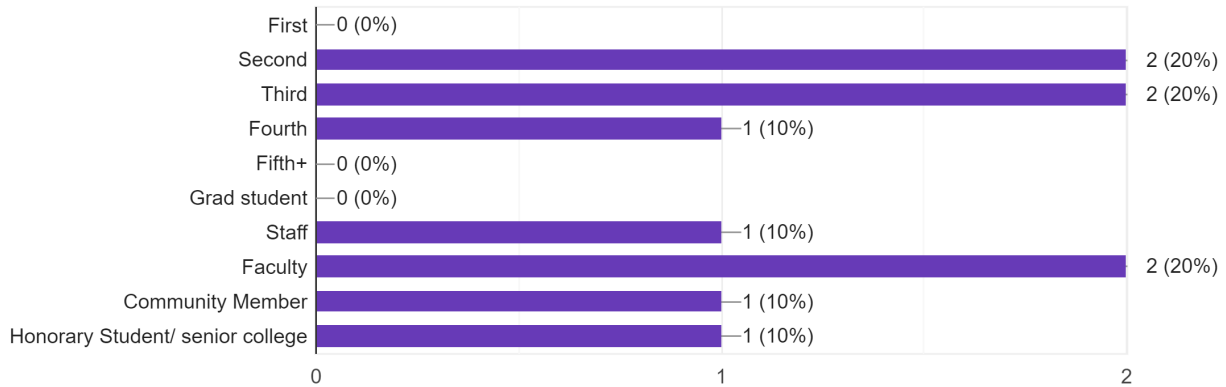
I think it is fine the way it is
 More in depth personal stories
 It was great- no improvement ! Just wanted more information and time
 Well done. No ideas for improvement
 Unsure
 I think there was too much time with the facilitator talking and not enough time for discussion. I had to leave right after the four panelists introduced themselves. I also know it is a tough balance between protecting participants from triggers and making sure they are okay, that they know they can reach out to

designated people in the chat. However, it was almost as if the message becomes it is very dangerous to talk about this stuff. I know that was not intended and some of it was necessary, but maybe you can adjust the balance. Thanks for making this very important program available.

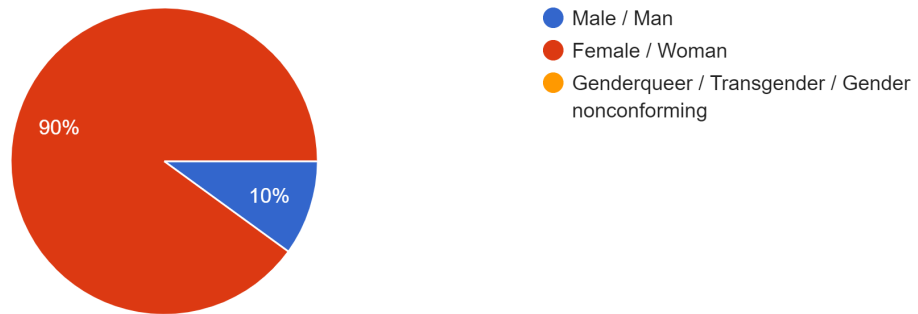
Major
6 responses



Year
10 responses



Gender Identity
10 responses



Ethnicity
10 responses

