

Movies for Mental Health

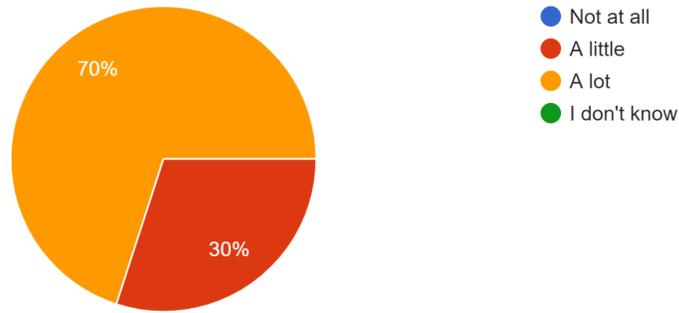
Post-Workshop Evaluations

Brooklyn College
April 7, 2022

Approximate maximum attendance: 16
Number of evaluations: 14

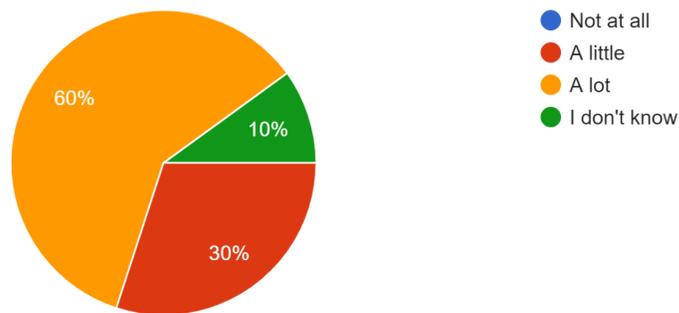
In your opinion, did this workshop increase your awareness of mental health issues?

10 responses



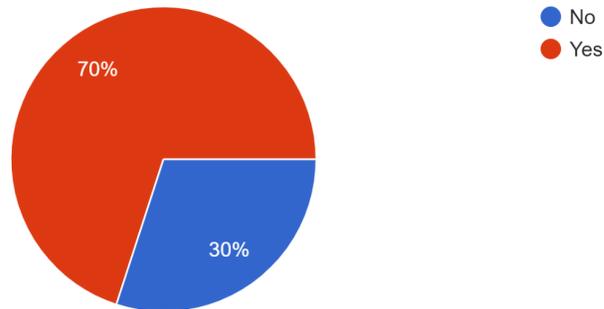
In your opinion, did this workshop help you confront and address stigma related to mental illness?

10 responses



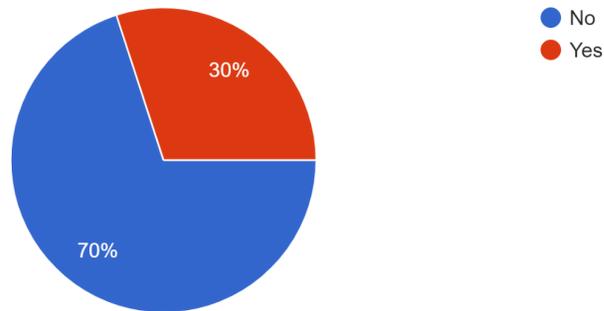
Did you know about your school's counseling services before this event?

10 responses



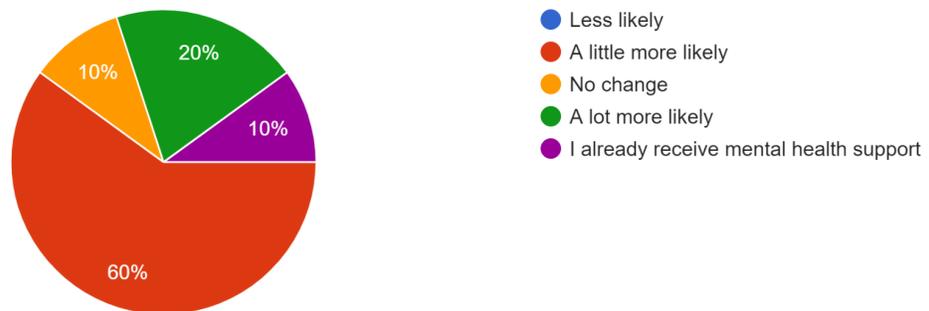
Did you know about the community resources before this event?

10 responses



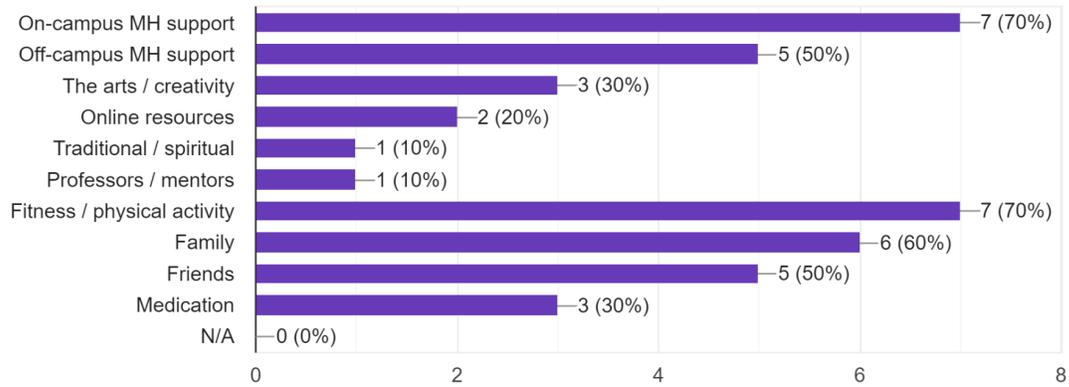
After this event, are you more or less likely to seek support for your mental health?

10 responses



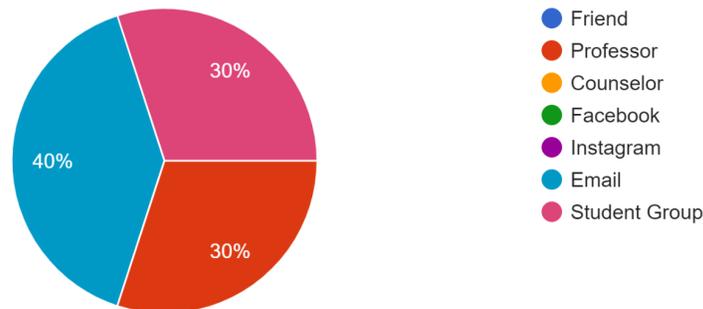
What type of mental health support do you think would be most useful to you?

10 responses



How did you hear about this event?

10 responses



What was your main takeaway?

- Great community resource which helps you learn about mental health and opens you up to see what it's like.
- That there are always people going through similar things as you and are willing and open to speak to you and with you about experiences
- We all have a story.
- It's important to take care of yourself
- The counseling availability and that I am not alone in this world.

- That it is okay to have feelings that you can not control. You could get the help that you needed if you ask for it
- It's ok to talk about things if you are not feeling ok
- The path to Mental wellness is a Marathon not a sprint.
- I didn't really take anything away that I didn't know already

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

- Great introduction to mental health awareness to students at Brooklyn College.
- Informational
- A place to really address things that are pressing and things that are buried
- Chilled environment with a good feeling.
- A way to be aware of mental illness and other issues we all deal with. How to deal with them. Knowing that we are not alone and there are resources out there to help us.
- Open-minded, connected, and a good way to hear from others
- Educational and it brings up a lot of feelings
- Comfortable and open minded people looking to help

How might you use what you learned today?

- I will definitely use more of the breathing techniques at home
- Definitely to improve on the topics I've pushed to the back of myMind and how I relate to them
- Definitely taking advantage of the counseling services on campus as well as outside resources. I've been interested in going into therapy but needed that support that I received from this workshop.
- I would use what I learn today by telling myself that there are a lot of people that are feeling the same way that I'm feeling
- Helps me understand what students are going through
- I can apply the tips we gave each other on mental health wellness to my daily life

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

(Highlights: see raw data for full list)

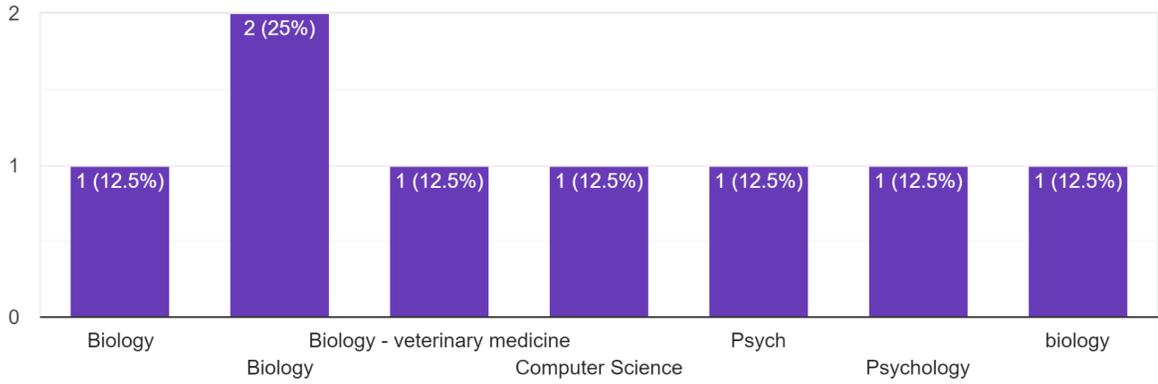
- One barrier would be time.
- Money. Feeling like they'd send me to an institution
- "I'm a man, we don't really need to talk about these things" and part of me somehow agrees with that notion
- Thoughts like i can handle it on my own
- Anxiety. Not being able to get up and do it. Procrastination and lack of motivation. Scared of what might come about it - trauma being brought up.
- My biggest barriers to my mental wellness would be trying new things more
- The biggest barrier is myself. And my mind.

How can we improve this event in the future?

- It went really well, there wouldn't be anything I would change because it worked out perfectly and punctually.
- More people talking about their experiences. The movies were kind of short and I didn't really see their messages. I liked the third one. The first two I didn't like/see the point
- I honestly loved the event, I wish there was a larger turnout, maybe our organizations can come focus on creating better promotion material or strategies
- Less chairs so people can sit closer
- Maybe advertise more so that more people can be involved.
- I think a way that you guys could improve this event is by having more films that could explain why they are having those feelings
- It was pretty enjoyable for my first time, hopefully more people could come and share their experiences.

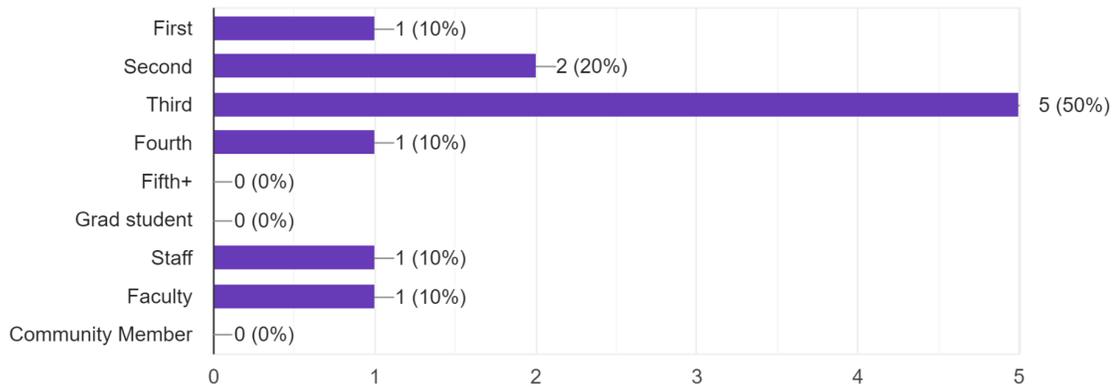
Major

8 responses

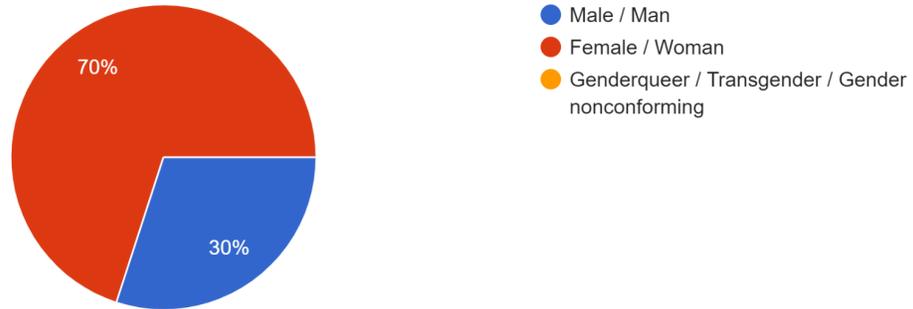


Year

10 responses



Gender Identity
10 responses



Ethnicity
9 responses

