

Movies for Mental Health (Online)

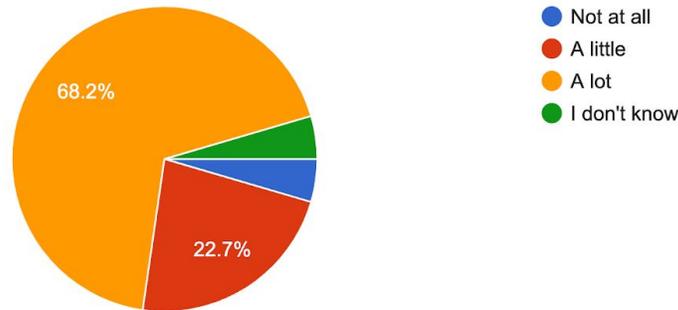
Post-Workshop Evaluations

Cecil College
October 29, 2020

Number of attendees: 34
Number of evaluations: 22

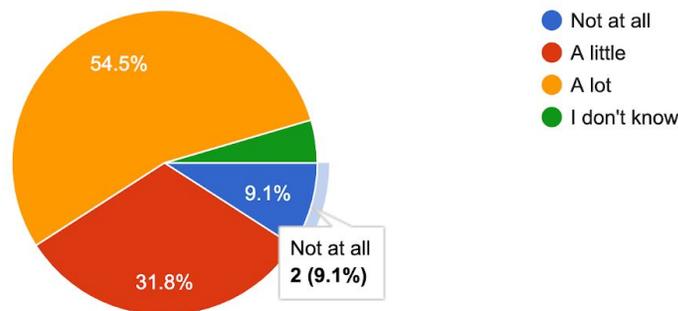
In your opinion, did this workshop increase your awareness of mental health issues?

22 responses



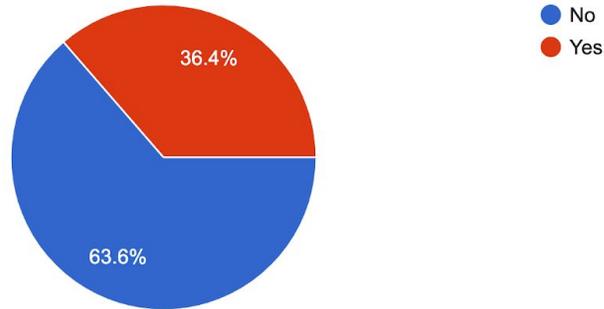
In your opinion, did this workshop help you confront and address stigma related to mental illness?

22 responses



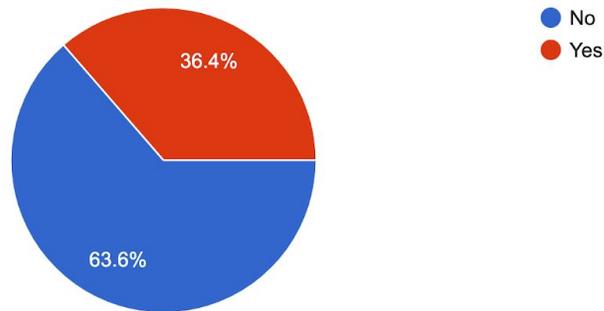
Did you know about your school's counseling services before this event?

22 responses



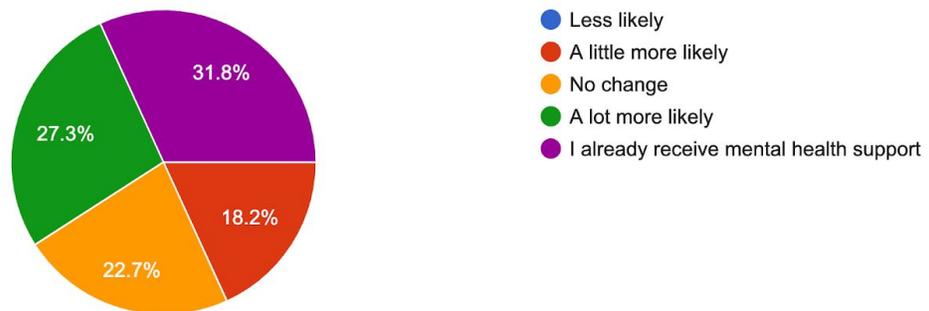
Did you know about the community resources before this event?

22 responses



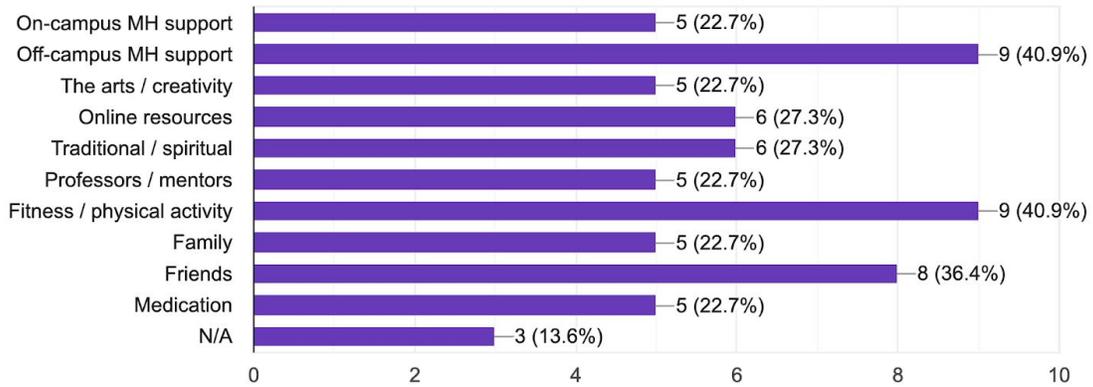
After this event, are you more or less likely to seek support for your mental health?

22 responses



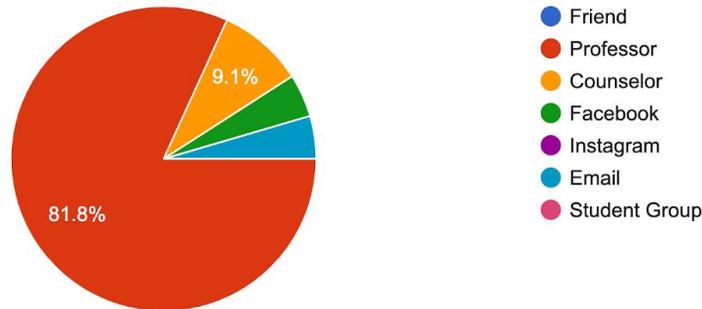
What type of mental health support do you think would be most useful to you?

22 responses



How did you hear about this event?

22 responses



What was your main takeaway?

MEDITATION

- There is help available. I feel very hopeful
- That mental health has all kinds of forms
- A lot of people are going through things
- That there are so many with different and similar struggles as me, and that I should keep prioritizing my mental health more
- Mental Health is Important
- That everyone can get help for different things
- Mental Health and Wellness are similar but also different
- How much support Cecil has to offer in mental health
- The importance of speaking up about your mental health
- Video's
- If anyone is in need of help or support, there are people that you can reach out to

How easy it is to talk to someone
That we are more alike than different and we all have a voice to share and support one another
Resources are available
The need to reduce stigma associated with mental health is still a valid concern
Not sure
I am not alone
Seeking help will really help with my anxiety, whether it is medication or breathing exercises
I became more aware of things that go along with Anxiety

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

(Highlights: see raw data for full list)

It is good for you. Helps you. Good support.
Necessary, informative, supportive, a warm environment
Something that gave awareness to mental health and a few tips on how to help
Inspiring, soothing, honest, sooo helpful!
It is neat / interesting (x2)
Enlightening
Inspirational, informative, fun and engaging
Very inspiring and educational (x2)
Powerful and innovative
A great experience and you will receive a lot of good takeaways from joining in (x2)
Moving and helpful (x2)
Informational (x2)
I would brainstorm with my friend to find ways to educate more people
A better understanding of mental health / a good learning experience (x2)
Informative and emotional

How might you use what you learned today?

(Highlights: see raw data for full list)

Social Work student
I could use the breathing exercises when I'm feeling stressed
Looking up resources / seek help (x3)
I will remember to prioritize my mental health more. I really haven't been taking care of myself at all lately, and just listening to all these inspiring panelists and attendees have inspired me to go back to working more on my own mental health journey.
Take better care of my mental health at home (x2)
I am a psychology major. I knew a lot of the information, but I enjoyed the support it offered.
Get more engaged in self-care
Use when dealing with students
Using the different relaxation breathing techniques will be added to my daily schedule
Take time to relax when needed
Be a voice for my surroundings, my students
I work in the mental health field so the info was very valuable to me
Being more open to sharing my story
I may reach out to a school resources like a counselor (x2)
To help others going through similar things

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

(Highlights: see raw data for full list)

Stigma

I feel as nothing will help as I have tried several solutions. I am an introvert and often don't seek help

Being scared to talk to people about it / not wanting people to know (x3)

School definitely is something I'm most passionate about but I spend so much time on it that it does cut off time for my mental health

Lack of support from some family members

Community activities, groups, projects and outside support

Money/Feelings of embarrassment

A busy and stressful schedule with no calm time

Location and time

Time

Stigma, lack of professionals in area, insurance or lack of sufficient

Feeling like an outcast

It can be hard to be so open up about anxiety for me

I feel weak

How can we improve this event in the future?

More movies

Shorter

I thought it was pretty good, I really liked Beth. Maybe more polls to stay engaged.

Start on time

It was fantastic! Maybe more breathing practices and tricks to feel calm

Maybe have more people (if they are willing) to share their stories.

I do not think that it needs to be improved. This event was very well put together.

It was awesome! I have no suggestions!

It is good as it is

Nothing wrong with it other than occasional glitches in the audio

Loved it

It was great so I'm not sure

It was perfect

Reduce barriers

I listened for 1/2 hr in which participants were asked questions. No information was imparted. Therefore, it was a waste of time

Broader and diverse student panel

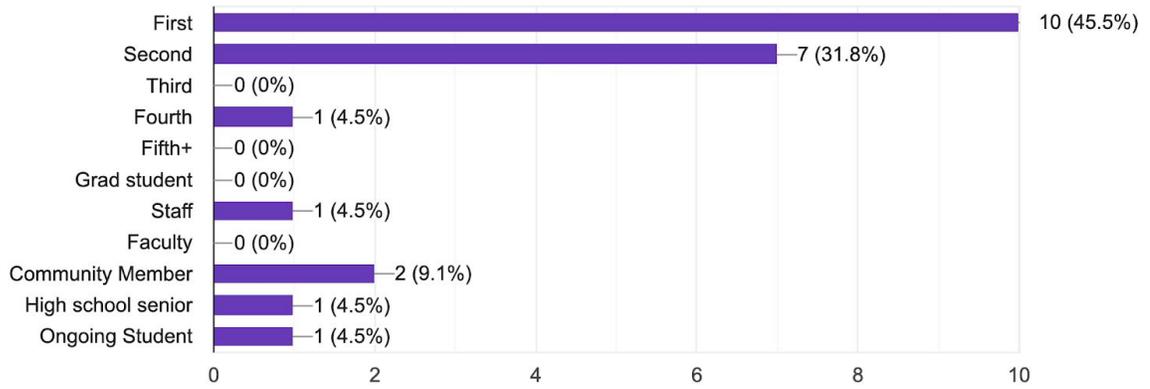
Not sure

Educating people

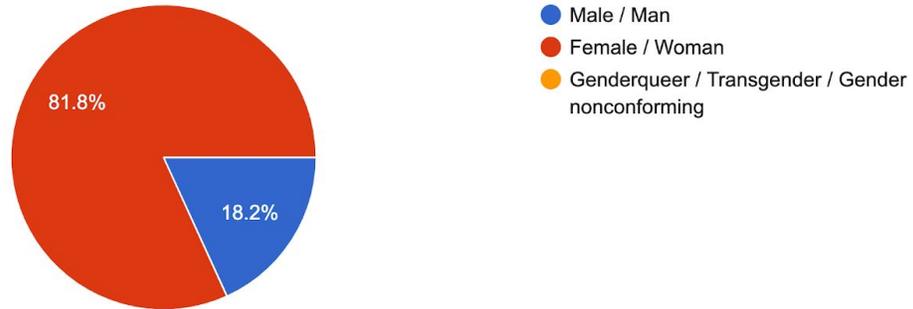
Major	
Business	2
Early Childhood Education / Education	2
General Studies	3
Mass Communications	1
Nursing	1
Psychology	4
Social Work	2
Teaching	1
Undecided	1

Year

22 responses



Gender Identity
22 responses



Race / Ethnicity		
Asian / Asian-American	0	
Black / African / African-American	2	9%
Hispanic / Latinx	1	5%
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	17	77%
Multiracial	2	9%
Other	0	