

# Movies for Mental Health (Online)

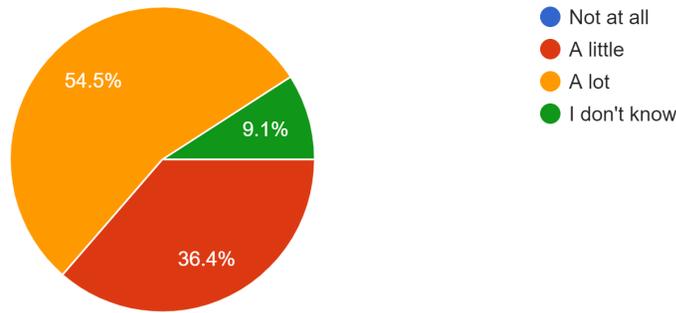
## Post-Workshop Evaluations

Cecil College  
March 8, 2022

Approximate maximum attendance: 29  
Number of evaluations: 11

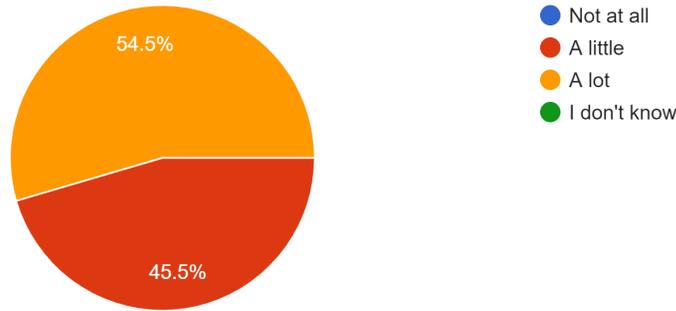
In your opinion, did this workshop increase your awareness of mental health issues?

11 responses



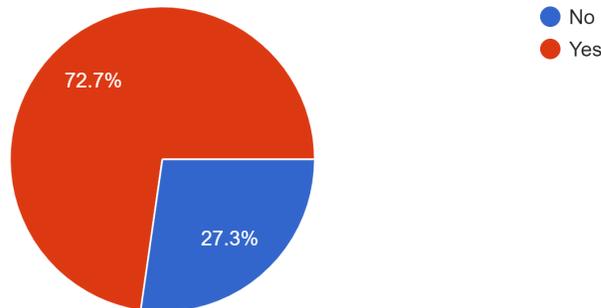
In your opinion, did this workshop help you confront and address stigma related to mental illness?

11 responses



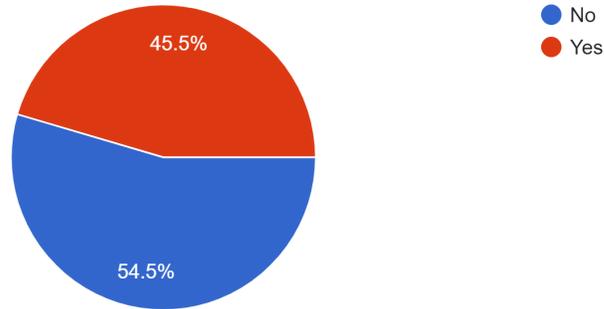
Did you know about your school's counseling services before this event?

11 responses



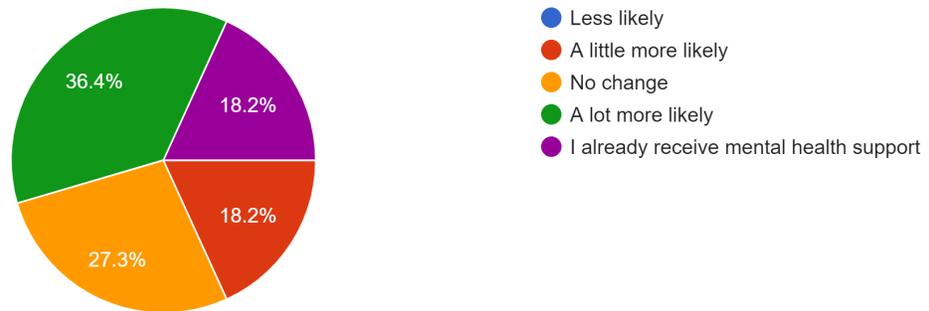
Did you know about the community resources before this event?

11 responses



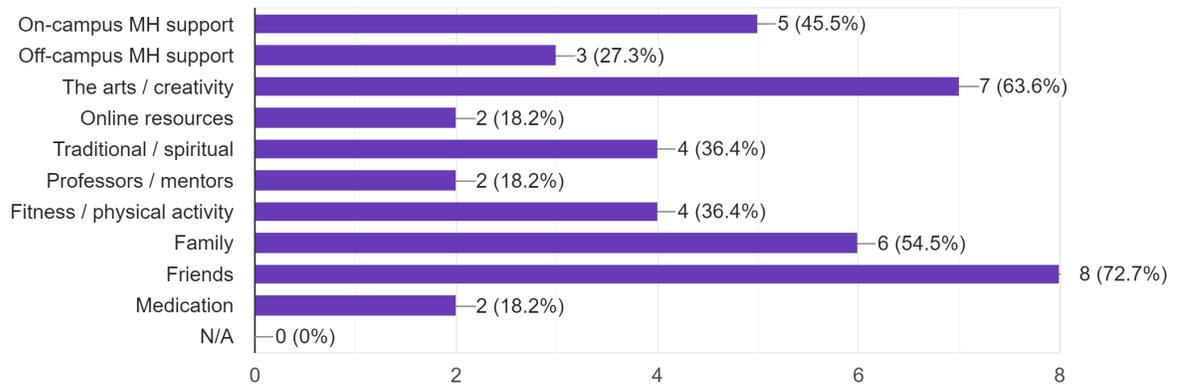
After this event, are you more or less likely to seek support for your mental health?

11 responses



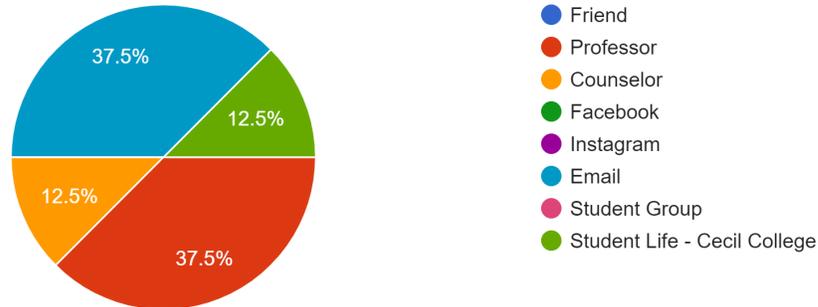
What type of mental health support do you think would be most useful to you?

11 responses



How did you hear about this event?

8 responses



What was your main takeaway?
Don't be afraid to take care of mental illness
Knowing myself more
Speak out more about mental health and be present for others suffering
Self Advocacy and Breathe -- there is no rush!
Taking the time to take advantage of great programs like this. You always learn something new or are reminded of something that you just hadn't thought about in a long time.
Talking about mental health is so important, and especially if we don't want to be trapped in a cycle of negative emotions and mentality. Seeking help is so important and something that we shouldn't avoid.
Mental health is something everyone goes through, and you are not alone.

If you were telling a friend about this workshop, you would describe it as: (Highlights: see raw data for full list)
inclusive and informative
Beneficial and helpful
Worthwhile and insightful
Learning more about mental health has invigorated me to take more care of it, and this workshop was a great way for me to do so.
A great experience that widens your understanding in mental health
Helpful, a feeling of community

How might you use what you learned today?
It helps to know I am not alone
Taking awareness of my body
Continue talking about the importance of taking care of oneself.
I will share Art With Impact, NAMI, SANTE etc
I feel like this is something that should be used daily because our mentality determines our attitude in life.
I'll probably recognize that I need to talk to someone sooner
Breathing techniques when I start to feel anxious. Reach out to local help available if I ever feel overwhelmed.

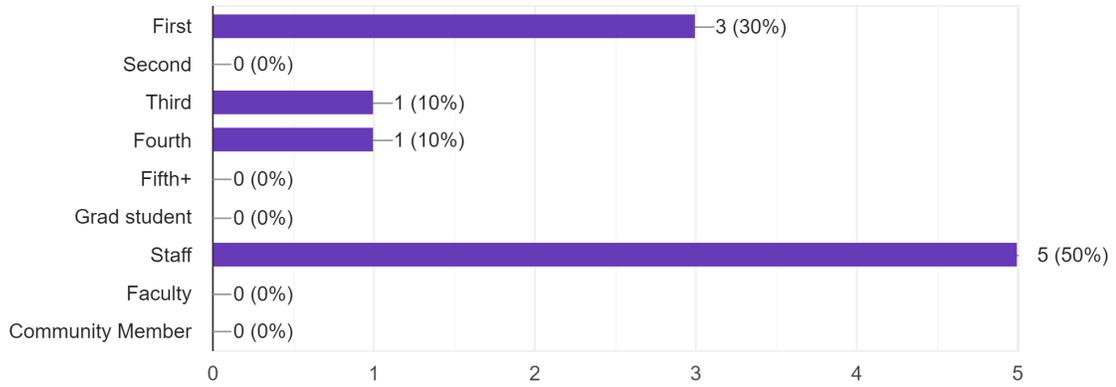
What are the biggest barriers to your mental wellness and/or receiving mental health support? (Highlights: see raw data for full list)
Cost
Stigma
Time and Effort
Not wanting others to know how much I'm struggling sometimes...
Actually talking about my feelings and my problems.
No health insurance

How can we improve this event in the future?
More movies
I think it was a perfect collaboration between students and teachers, and new guests! Keep up this great work, I know that many will appreciate it in the future!
More discussion of the film's content, symbolism, etc. and how it relates to mental health experiences of students. It felt like things stayed surface level and could have gone much deeper to gain more meaning.

Major	
Art	1
General Studies	4
Business Administration	1
N/A	2

### Year

10 responses



### Gender Identity

10 responses



### Ethnicity

10 responses

