

Movies for Mental Health (Online)

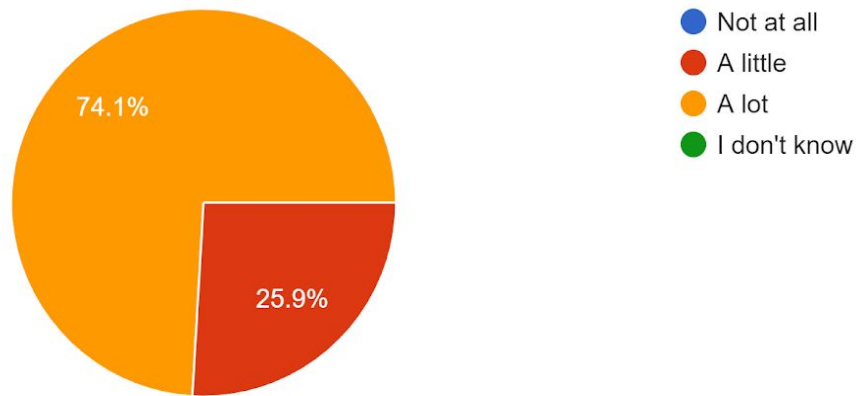
Post-Workshop Evaluations

Cleveland State University
January 25, 2021

Number of attendees: 49
Number of evaluations: 27

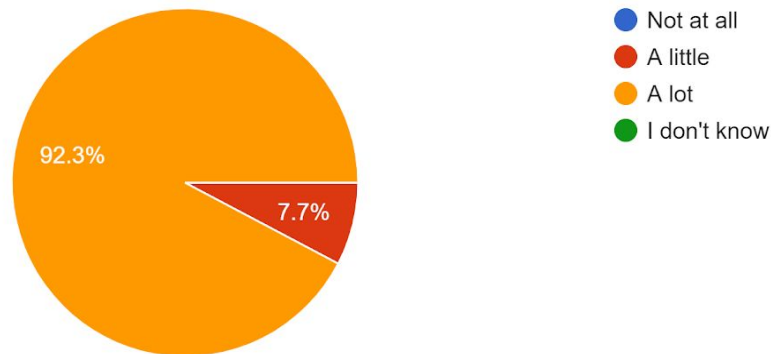
In your opinion, did this workshop increase your awareness of mental health issues?

27 responses



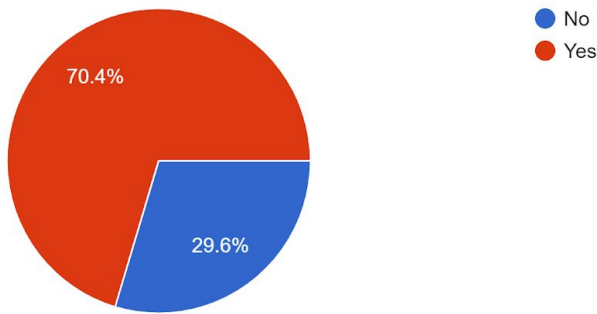
In your opinion, did this workshop help you confront and address stigma related to mental illness?

26 responses



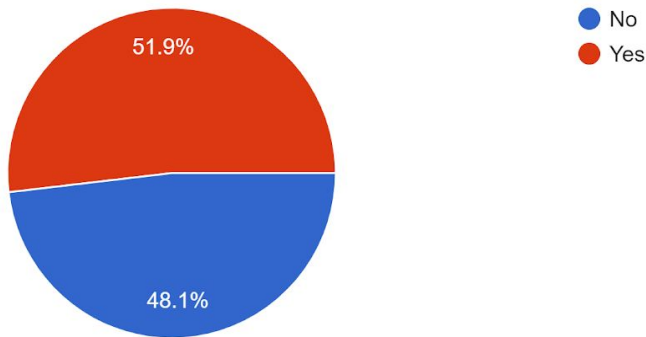
Did you know about your school's counseling services before this event?

27 responses



Did you know about the community resources before this event?

27 responses



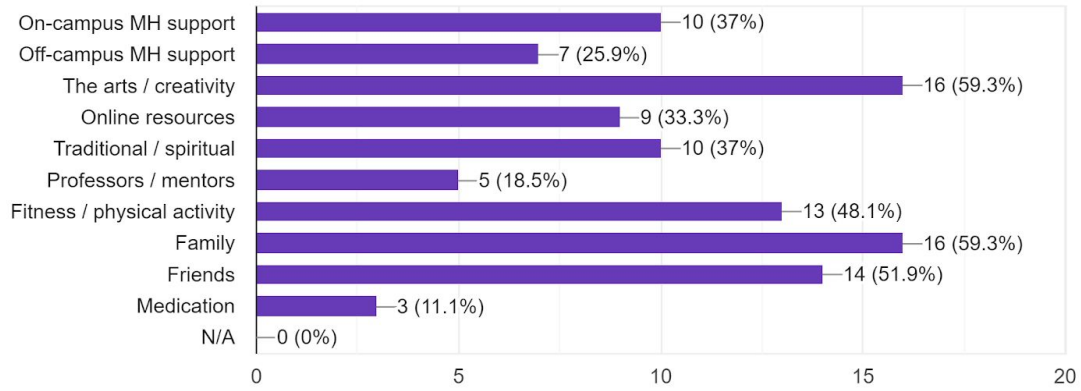
After this event, are you more or less likely to seek support for your mental health?

27 responses



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

27 responses



How did you hear about this event?	
Email / Instagram	26% each
Student Group / Facebook / Psych department	7% each
Counselor / Professor / Friend / AWi Staff / Co-worker / CSU Newsletter / Eventbrite	4% each

What was your main takeaway?

- My main takeaway from this workshop is that it is okay to seek help and that while it is easy to feel alone with our mental health struggles, there are others out there that can relate and help us.
- A lot more people are going through something than we know.
- Don't be scared to talk about it. The only way to get past it is to be vulnerable and grow from it.
- Healing and care BEGINS with a conversation.
- everyone has their own struggles
- Excellent program....covered so much and is greatly needed...thank you
- Gaining understanding about the impact of Mental Health.
- I loved the films - Especially the Conversation That Never Happened
- importance of acknowledging & validating
- It's OK to have mental problems.
- Learning that Asians are very likely to experience things like depression.
- Mental health is a priority in everyone's life.
- Mental health is unique to each person
- Mental Health Matters
- Mental health shouldn't be stigmatized
- That discussion of mental health is extremely important
- That talking is important and we are all relatable when it comes to mental health
- That your mental health is actually so important and even the little things that bothering you in your life or family situation should be talked about and resolved
- There are many people out there that feel the same as I do.
- To gain more understanding about Mental Health
- Was to make sure I am taking care of my physical state but also my mental state and learning how to talk to other about the topic
- We are all in this together.
- 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)

- A good way to hear how others feel and compare it to yourself
- A great resource and way to learn and express thoughts on mental health and coping
- an open discussion with great people
- An open group that helped create MH awareness
- and excellent way to raise awareness about mental health/illness
- enlightening and normalizing
- Eye opening and comforting
- I would describe it educational and very informative
- I would say that it was very informative and I learned a lot about myself
- informative and empowering
- Informative, interactive and supportive
- It provides different perspectives and helps everyone understand that every person is going through struggles.
- It was very informational and I felt a lot better with talking to someone who I am concerned about
- It's a great lesson, and benefits me a lot.
- Productive and Engaging
- Very helpful and eye opening

How might you use what you learned today?

- I'm an advocate serving all populations, I can be more sensitive to culture specific MH stigma
- I might reach out to the Counseling Service at CSU because I was worried about the stigma related to it before attending this workshop.
- become more aware of & sensitive & empathetic toward others
- To use not only to better understanding of other people but to also learn more about myself and taking care of my own mental health
- Try and seek counseling for the first time about my stress
- Continue to be aware of those around me who might need assistance and make appropriate referrals. Also, practice self care for mental health wellness
- I can use this in my every day and professional life. The conversations and connections are extremely important. I life
- I can use what I learned today to help others that may need support or mental health resources.
- I might learn to use the information where I work and for myself.
- I will want to reach out more
- I would use the knowledge I learned to my family.
- I'm going to use it forever and start working on myself and bettering myself so I can then go and help others
- Seek out help from my local Nami.
- Be more welcoming and understanding
- Share resources gathered here.
- share with others as a way open conversations
- To find resources to better improve my mental health
- Use breathing tools
- use the resources that were given

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

(Highlights: see raw data for full list)

- My family is. I feel like they do not actually listen to me but instead brush me off or even get annoyed when I try to talk to them about how I am feeling
- Stigma, worried that it might not be anonymous, information could be shared with others, worried of being judged.
- cultural differences
- Finding time to seek help and finding time for myself as well
- reliving trauma
- Finding the time to seek help and planning time for myself for mental wellness.
- Me accepting that I need help
- I didn't want to talk my feelings to others.
- Travel, time, lack of art as therapy
- Access. I've been looking for an appropriate support group and it is not that easy.
- mental wellness - old beliefs support - finances (usually)
- Fear of trial and error to see what works
- Being seen as weak
- Stigma behind it.

How can we improve this event in the future?

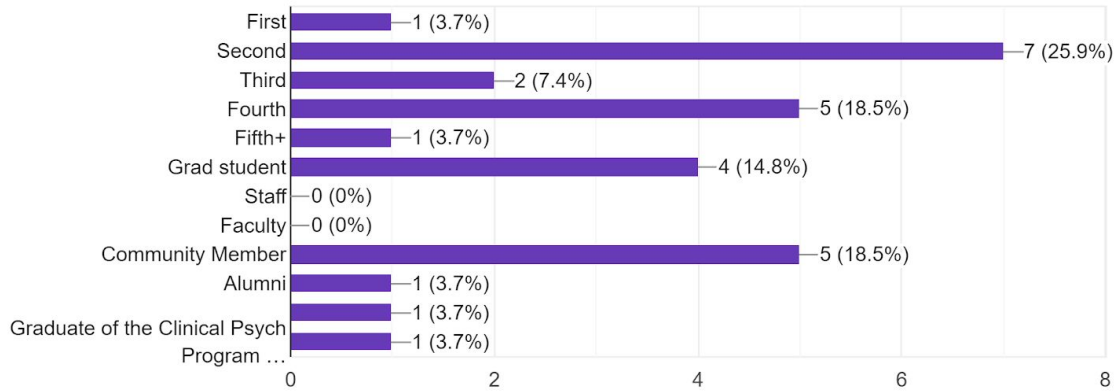
- Excellent workshop....continue to be creative and reach out as you are doing and people will respond.
- more frequent workshops!
- more polls :)
- It was great, more films, more clips
- This event was truly amazing and inspiring, I can't think of any suggestions
- Provide some art exercises!
- People of all cultures and community
- It's wonderful! Thank you!
- I think you did a really great job!! Please continue doing this event!!
- Add an art aspect
- It was perfect!
- I would say that you all are doing a great job with portraying everything and making the space a welcoming area
- Nothing. It was very inspiring and well put together
- Maybe a bit less overexplanation of the chat functions. Seems extremely to the point, do not need 30 minutes of explanations just to save time.

Major

Psychology	6
Health Science	4
Counseling	2
Biology / Teaching / Art Therapy / Computer Science / Early Childhood Education / Environmental Studies / Film / Fine Art/Art Ed / Information System / Nursing / Theatre/French	1 each

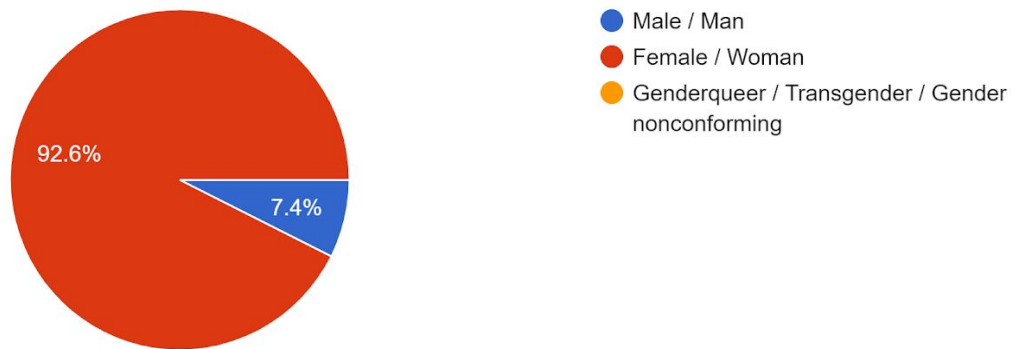
Year

27 responses



Gender Identity

27 responses



Race / Ethnicity		
Asian / Asian-American	3	12%
Black / African / African-American	5	19%
Hispanic / Latinx	2	8%
Indian / South Asian	1	4%
Middle Eastern	1	4%
Native American / First Nations	1	4%
White / Caucasian	17	65%
Multiracial	2	8%