

# Movies for Mental Health (Online)

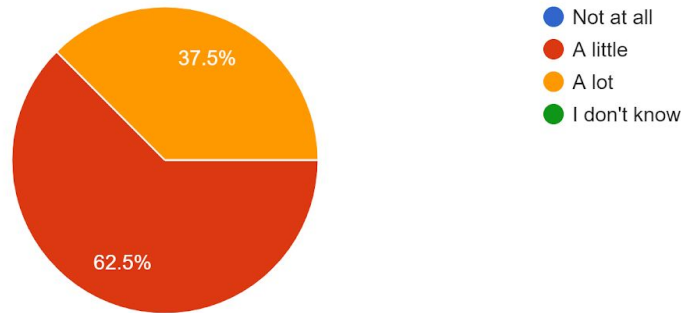
## Post-Workshop Evaluations

Colgate University  
March 3, 2021

Approximate maximum attendance: 18  
Number of evaluations: 8

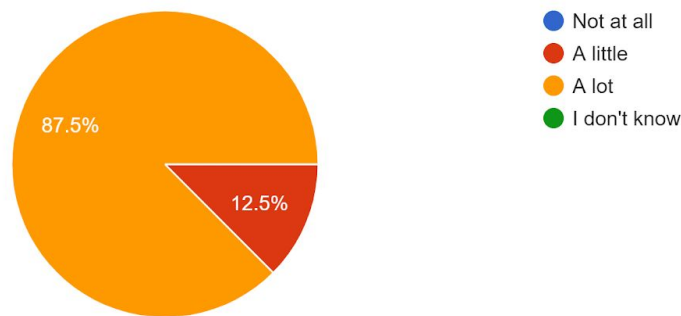
In your opinion, did this workshop increase your awareness of mental health issues?

8 responses



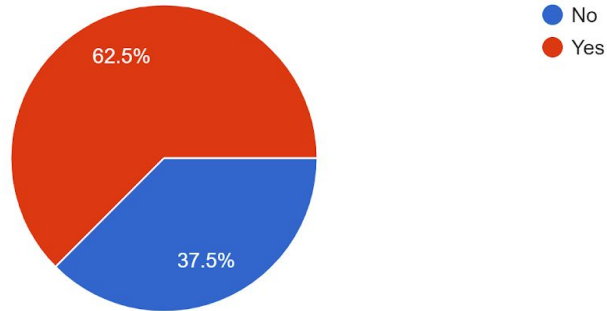
In your opinion, did this workshop help you confront and address stigma related to mental illness?

8 responses



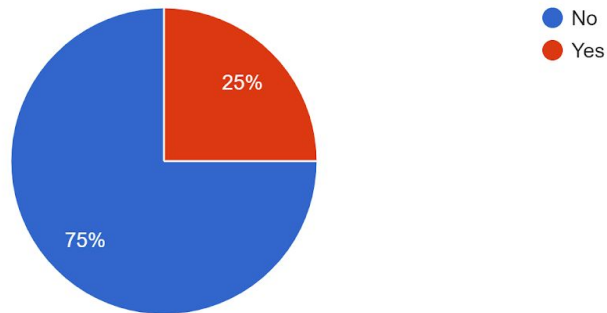
Did you know about your school's counseling services before this event?

8 responses



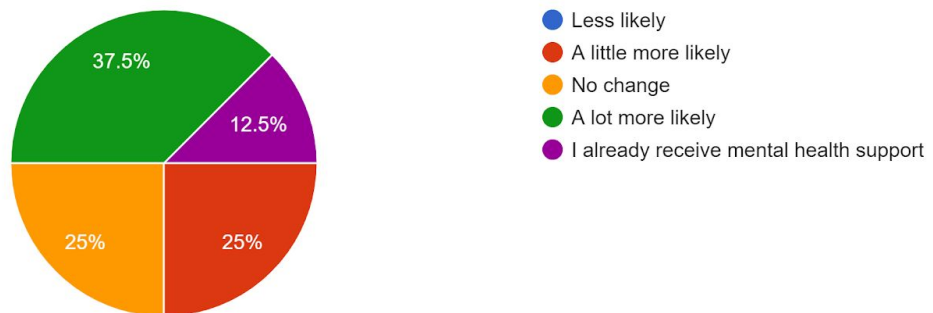
Did you know about the community resources before this event?

8 responses



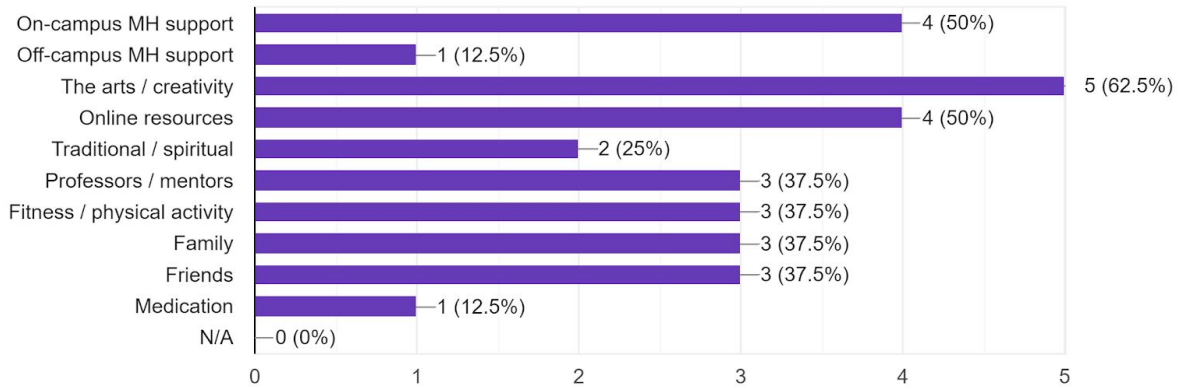
After this event, are you more or less likely to seek support for your mental health?

8 responses



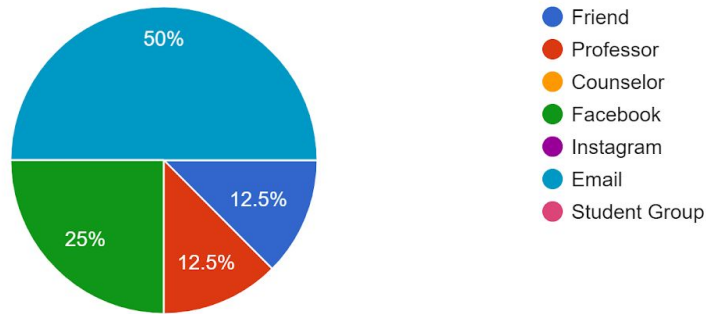
What type of mental health support do you think would be most useful to you?

8 responses



How did you hear about this event?

8 responses



**What was your main takeaway?**

There is a large Art With Impact group

Film can be a good outlet for portraying mental health

I thought it was a very eye-opening workshop.

NAMI Syracuse

Support comes in many forms and can change with people's needs. But we all need it.

There are people & organizations out there that are aware and seek to support people who struggle with mental conditions

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

Interesting, colgate specific, informal  
Informative  
Very useful.  
Really nice, helpful, interesting films  
Unique; interactive.  
Interesting! Liked the incorporation of movies a lot.  
A helpful, engaging, fun, workshop that help raise awareness of mental illness

**How might you use what you learned today?**

I will share info with friends, and research more [about] Art With Impact  
I will take more advantage of the on-campus resources available to me.  
I'll help others by passing along links and resources  
I feel more likely to check in with my support network and also to be honest with them about my capacity currently.  
I want to learn more about the peer coaching program, and see if I can participate in helping others to gain awareness or support others in their struggles

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

Time, finding helpful/good support that works  
Insurance  
Stigma, not willing to discuss issues with friends.  
Making it a priority  
Time!  
I feel guilty when I feel sad/negative but I cannot pinpoint a cause.

## How can we improve this event in the future?

Shorter

Have a bit more racial diversity

More audience participation?

Adding some activities to do on your own after meeting

I wish the goals were clearly stated and it was a bit shorter. Was the goal awareness, or collective action, or something? It leaves you a bit unclear at the end. I also wish I got to interact with other participants.

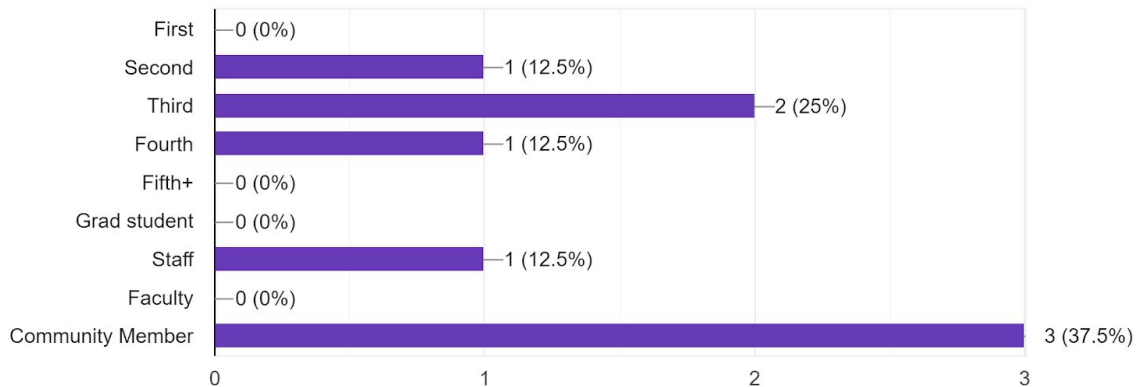
It's great! The technology can be a little clunky sometimes.

### Major

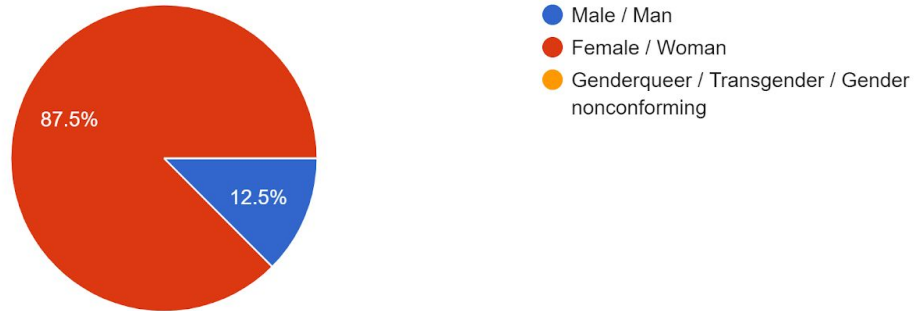
Biology	<b>1</b>
Astronomy/Physics	<b>1</b>
Education	<b>1</b>
Psychology	<b>2</b>

Year

8 responses



Gender Identity  
8 responses



Ethnicity  
8 responses

