

# Movies for Mental Health

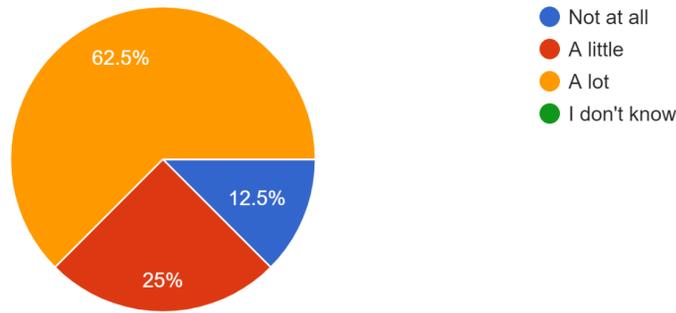
## Post-Workshop Evaluations

Columbia College Chicago  
April 21, 2022

Approximate maximum attendance: 16  
Number of evaluations: 8

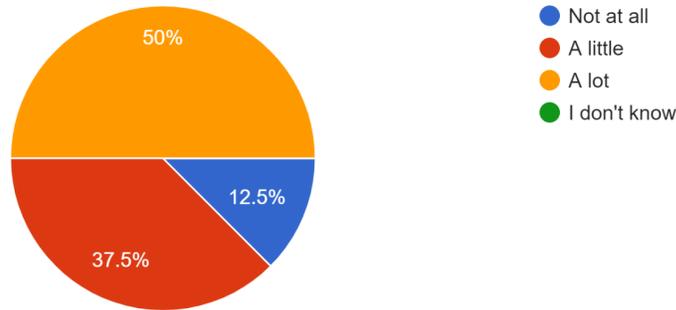
In your opinion, did this workshop increase your awareness of mental health issues?

8 responses



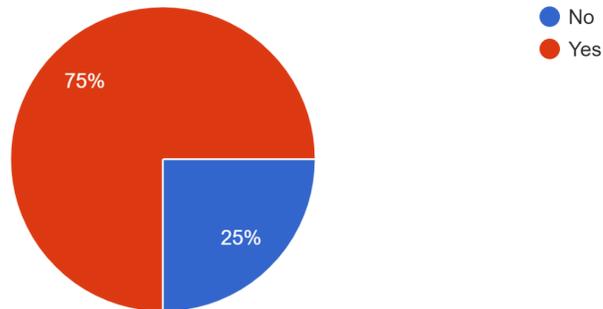
In your opinion, did this workshop help you confront and address stigma related to mental illness?

8 responses



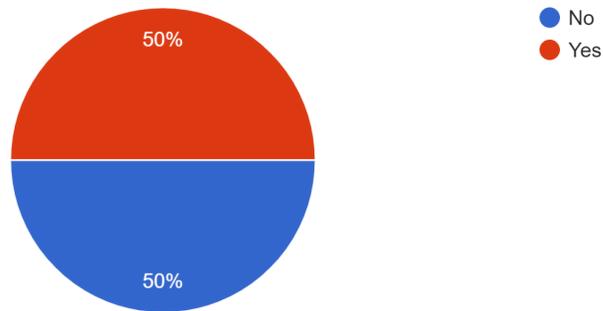
Did you know about your school's counseling services before this event?

8 responses



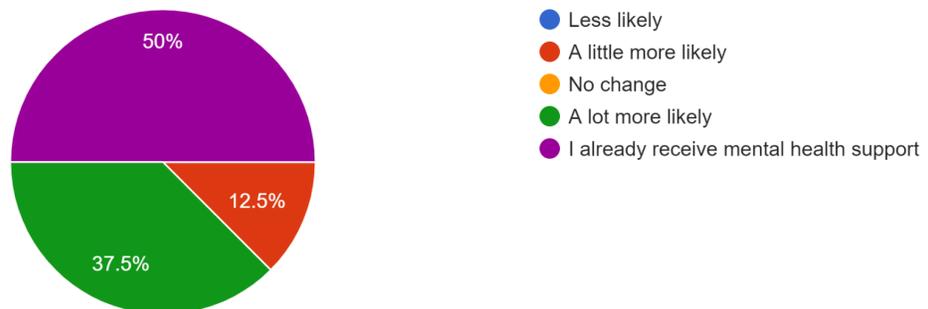
Did you know about the community resources before this event?

8 responses



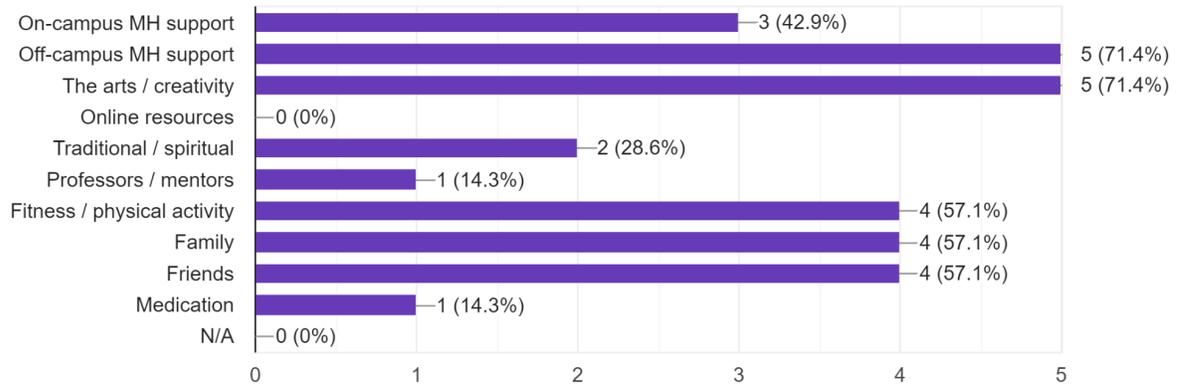
After this event, are you more or less likely to seek support for your mental health?

8 responses



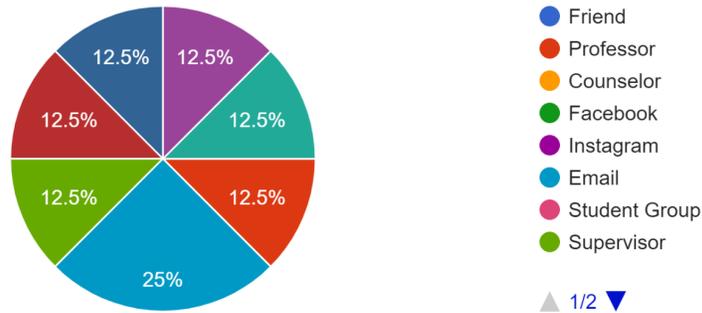
What type of mental health support do you think would be most useful to you?

7 responses



How did you hear about this event?

8 responses



What was your main takeaway?
That representation matters no matter what your identity is.
To be yourself despite the baggage you carry
To know I'm not alone
You can control how to deal with your mental health
That everybody experiences mental health in many different ways.
Community is important and everyone's experience is unique and can connect others
Stigma affects everyone differently

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

Be willing to open your mind and value yourself.
Open, motivating and welcoming
A cool, creative event with great films
Very impactful and educational, a safe space
A place to explore your mental health as well as others through discussion and exercises.
Mental health discussion & short film screening

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

Continue going to therapy.
Be more open with my therapist and within my life to myself and those around me
To help others
I will definitely be reaching out to resources
I plan to try to do more exercises throughout the day to relax and reduce anxiety.
I can learn to better my mental health, maybe take it to therapy, after this workshop

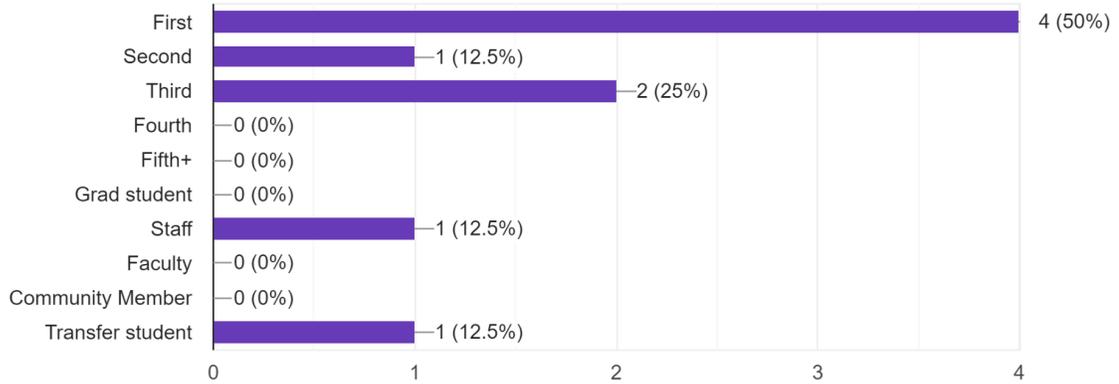
**What are the biggest barriers to your mental wellness and/or receiving mental health support?**  
 (Highlights: see raw data for full list)

Being Black
Vulnerability and facing it
Getting to campus
I think it was time management and embarrassment
The biggest barrier is that I can feel like I have so much going for me that I am somehow not allowed to have mental health problems.
Insurance not accepted, and not able to find health resources that fit
Misinformation

How can we improve this event in the future?
More recent films and it's connection to our generation
It was great!
Try and better judge the size of your event space in advance
I believe taking more time for the relaxing exercises would be good.
More publicity/advertisement

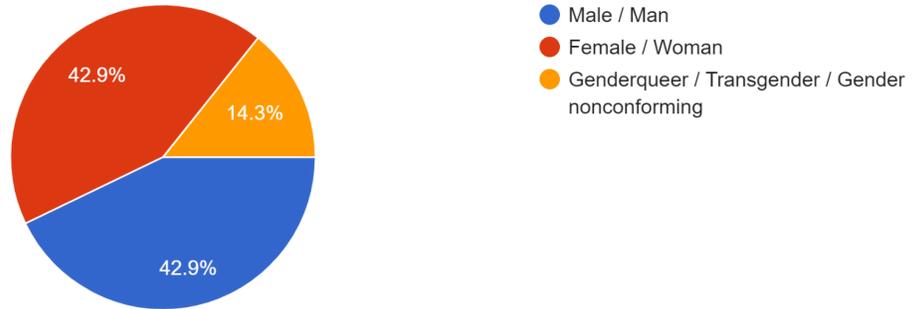
Major	
Communication	1
Creative Writing	2
Music	1
Acting	1
Film	2

Year  
8 responses



### Gender Identity

7 responses



### Ethnicity

7 responses

