

Movies for Mental Health

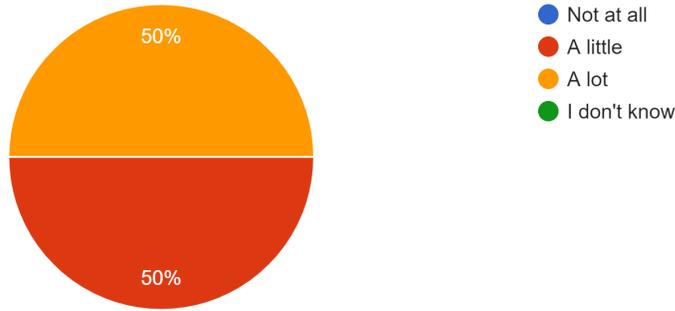
Post-Workshop Evaluations

Cooper Union
November 3, 2021

Approximate maximum attendance: 35
Number of evaluations: 24

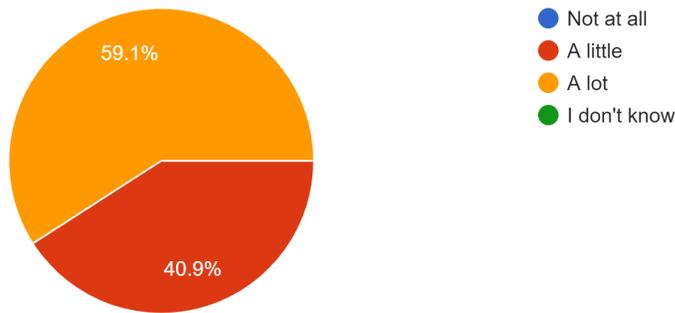
In your opinion, did this workshop increase your awareness of mental health issues?

22 responses



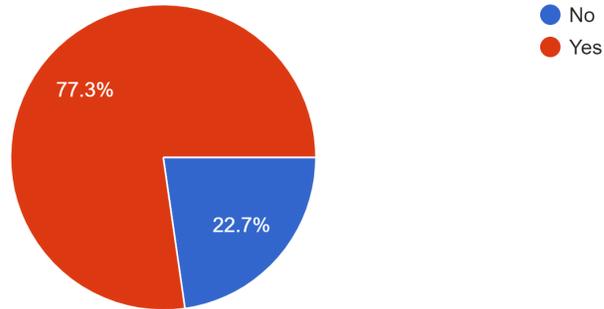
In your opinion, did this workshop help you confront and address stigma related to mental illness?

22 responses



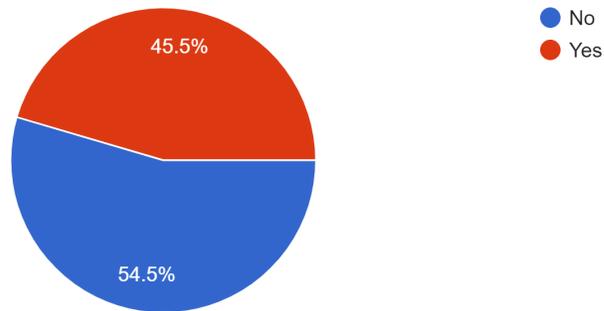
Did you know about your school's counseling services before this event?

22 responses



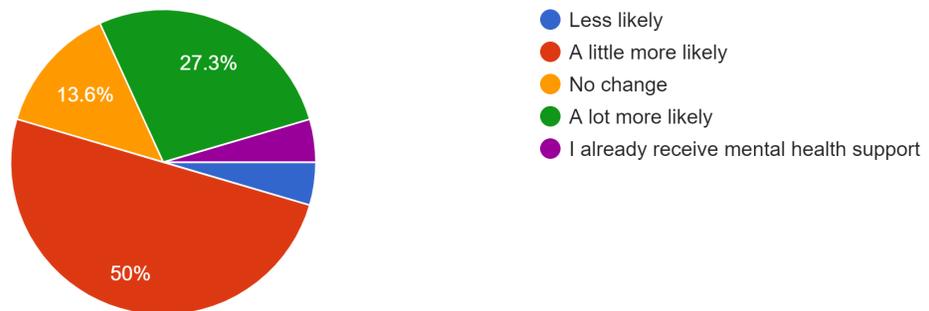
Did you know about the community resources before this event?

22 responses



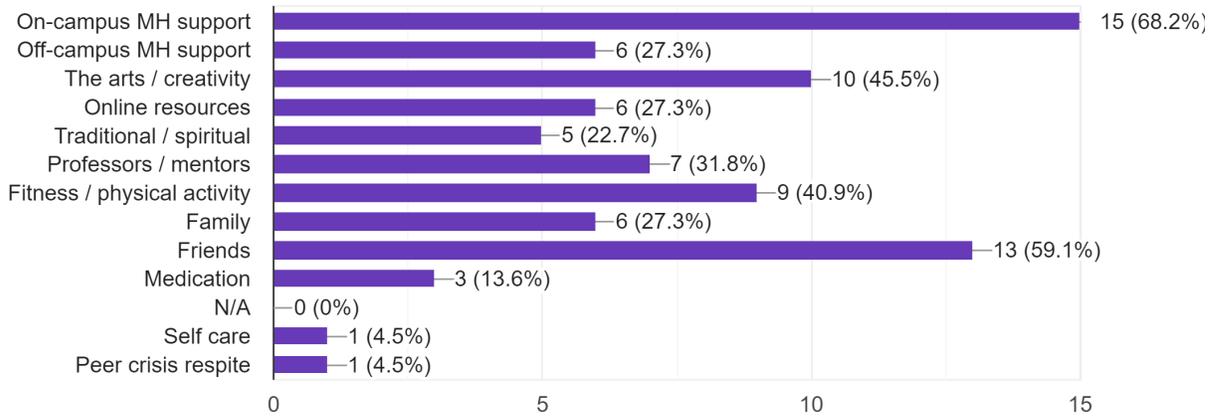
After this event, are you more or less likely to seek support for your mental health?

22 responses



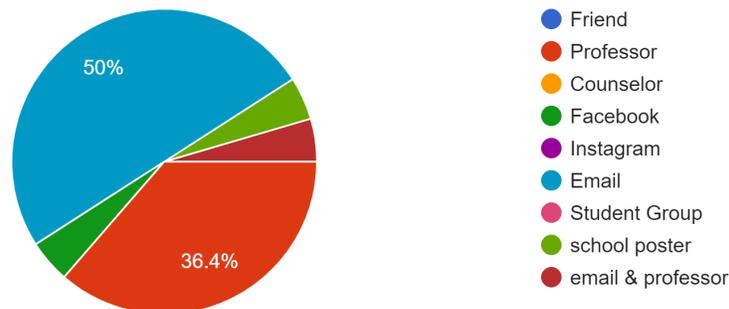
What type of mental health support do you think would be most useful to you?

22 responses



How did you hear about this event?

22 responses



What was your main takeaway?

It's important to put time away for your mental health.

Recognize when you're struggling and make a difference if you can or reach out for help

It is important to take a step back and prioritize your mental health disregarding the stigma around it

Everyone has their own things going on and so we must judge but also be more sympathetic

That it's okay to ask for help even if it's hard to admit that something is wrong

It is okay to seek help. You are not alone

Anyone around you may be experiencing mental health issues so it is important to check in on others.

My main takeaway is that I realized that there are many resources out there that can help me if I want to

seek out help and also I gained more insight about how I could help others if someone around me wants to talk about mental health and how I can help them.

My main takeaway is that there is no shame in getting help for your mental health, especially academically related

Find an outlet that helps you or one that you can turn to when in need.

My main takeaway was that there is much more to mental health than the stigma has set it to be

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

A bit eye opening to what we might not realize people are going through.

A workshop to gain empathy, understanding and gratefulness about mental health and what people are going through

The importance of being aware of how to take care of mental health and knowing the resources available

It was eye opening just seeing other people struggling with the same issue as me.

insightful about a variety of different experiences that we may also be going through

I would describe this event as a self-help/community-help effort into informing Cooper students of the resources and fellow students and faculty that have their mental health and wellness in mind.

This workshop showed the stories of individuals that struggled and was a relatable presentation into the dynamic between students and academic life.

How might you use what you learned today?

i'll probably start to change / reach out again for mental health problems that i have

I might take more time to rest.

Maybe to reach out when I need mental health support without hesitation

I will use what I have learned today to share with the people around me because you never know what someone is going through.

To help myself in certain situations. More importantly, to help my peers when I see they're struggling or when they reach out to me I know how to handle the situation better.

I will help spread these resource opportunities to fellow students struggling.

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

(Highlights: see raw data for full list)

Feeling like I could use my time elsewhere, feeling like I could deal with my issues myself
Financial independence/confidentially
Pride
Vulnerability
Admitting to myself that I couldn't do it on my own anymore
Accessibility to free/affordable resources
Fear of being characterized as something I'm not.
Feeling like nobody cares about my mental health or fear of sounding weird when talking about it.
I think the biggest barrier for me is time and lack of motivation of doing so when considering my immediate priorities I set for myself in classes I may need to pour hours into.
Not living up to my own expectations or encountering a roadblock

How can we improve this event in the future?

Maybe a panel with more people to get a more diverse range of stories pertaining and relating to different areas of mental health.
It was wonderful. More films though 😭
This event could be improved if it had a bit more hands-on activities.
Make it available online
Maybe an opportunity for audience members to share their own experiences??
I think talking about some academically related struggles would be relatable.

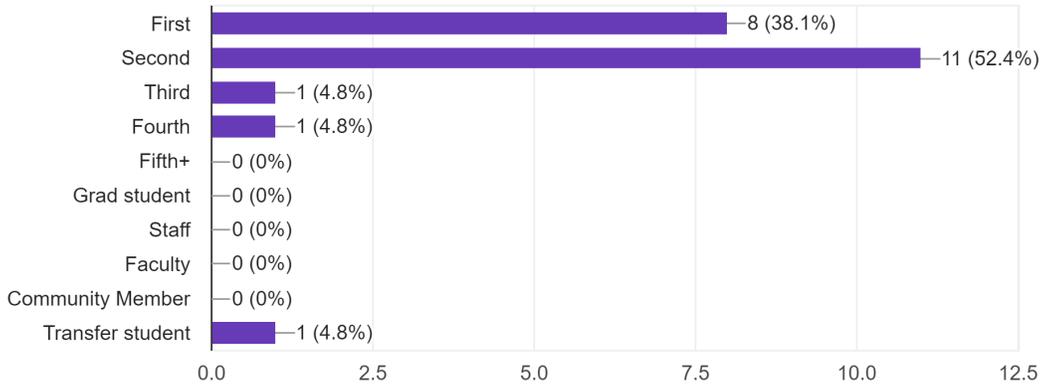
Major

Major	
Chemical engineering	7
Architecture	4
Electrical Engineering	3
Civil Engineering	2
Mechanical engineering	2
General Engineering	1

Art	1
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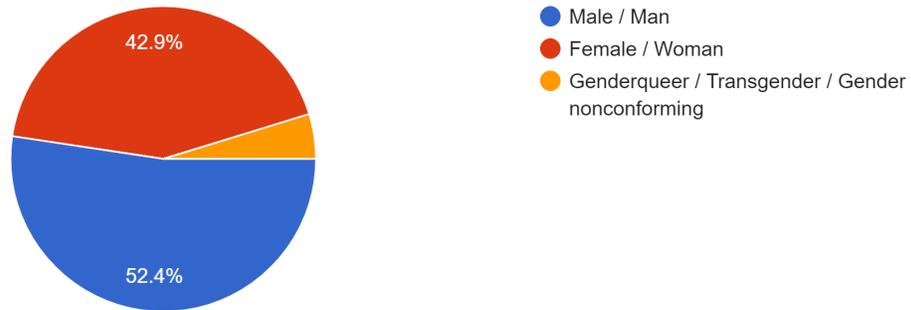
Year

21 responses



Gender Identity

21 responses



Ethnicity

21 responses

