

Movies for Mental Health (Online)

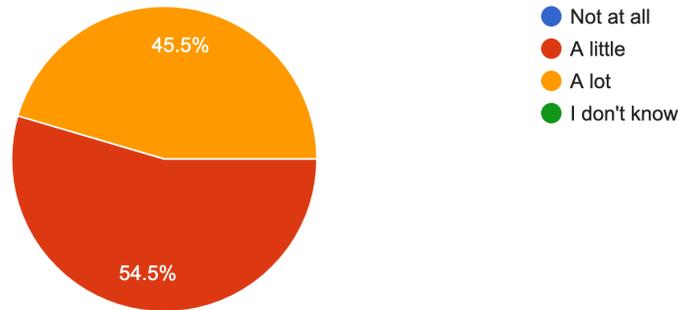
Post-Workshop Evaluations

Creighton University
April 14, 2021

Approximate maximum attendance: 25
Number of evaluations: 11

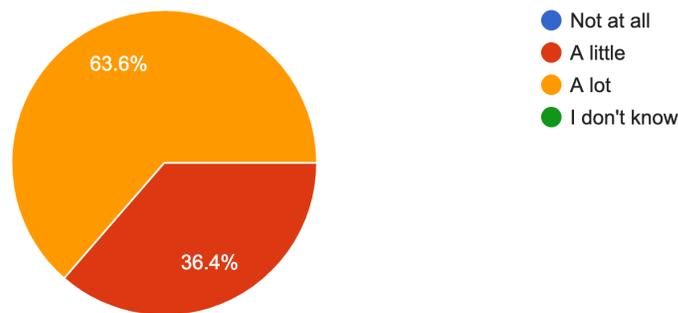
In your opinion, did this workshop increase your awareness of mental health issues?

11 responses



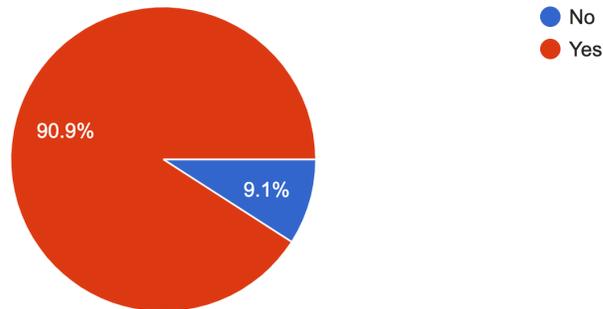
In your opinion, did this workshop help you confront and address stigma related to mental illness?

11 responses



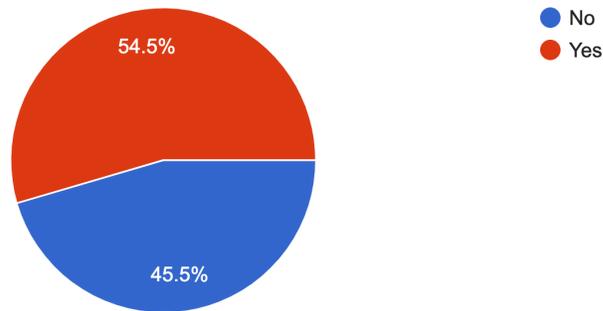
Did you know about your school's counseling services before this event?

11 responses



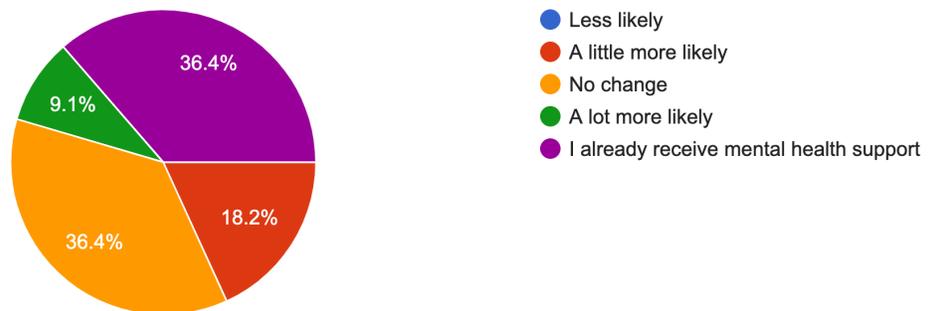
Did you know about the community resources before this event?

11 responses



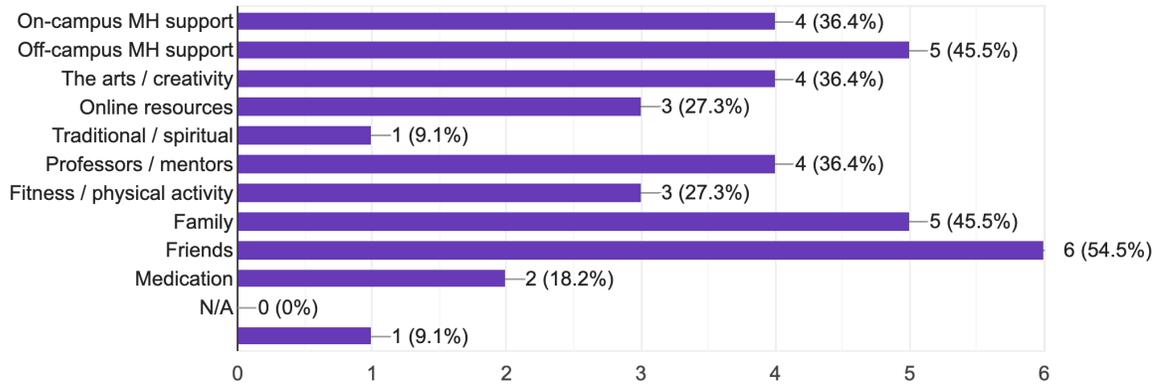
After this event, are you more or less likely to seek support for your mental health?

11 responses



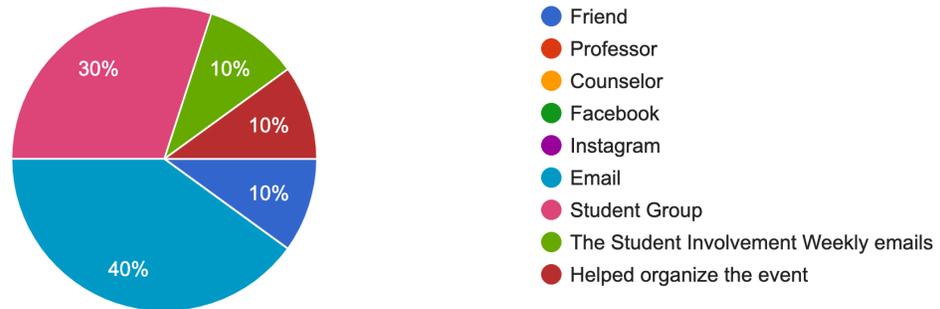
What type of mental health support do you think would be most useful to you?

11 responses



How did you hear about this event?

10 responses



What was your main takeaway?

There are many people who are open to talk and I am not alone.
 There is help out there. Such a beautiful way for people to come together and feel supported!
 More mental health knowledge
 What I am feeling is valid and I can reach out for help.
 That I don't have to live with the stigma of my own mental health.
 Reminder of the breadth of mental health
 We are never alone in our mental health struggles
 It is important to take care of MH. It is not something to embarrassed
 types of services available to Creighton students
 That we really need to give each other more grace and understanding.

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

A good group bringing awareness about mental health while keeping your own mental health in mind.
mindfulness session crossed with media
Inspiring and hopeful
A must to learn
Movies, breathing, and reflections on mental health
Helpful and relatable
Something important we need to care but still we do not care about
Useful information that could be helpful to a lot of students. Resources are available
A powerful experience where I could really relate to the speakers and the information shared.
A creative way to discuss and understand mental health.

How might you use what you learned today?

I might use what I learned today to remind myself to keep in mind that I don't have to feel ashamed about mental unwellness.
In my role as a teacher and a friend take explicit action steps to bring mental HEALTH to the forefront of conversations.
to refer to visual arts as a means of learning about mental health
Going forward and sharing
My mental health deserves attention at all times not just the lows
In talking to others about mental health, as an executive of Active Minds
I will use those to raise/improve myself
share with others who might benefit
I'm still processing a lot, but I think what Patrick said about learning to love myself, even the things that don't make me happy.
I use this knowledge daily so it just affirmed what I am doing.

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

Money and fear of admitting I need help
Being busy and lacking social support have been some barriers that I've been working with along with my current therapist and medical support team.
My school counselor's not working in the summer so it's difficult for continuity; cost; time for appointments outside of 9-5pm.
I get in my own head and don't treat myself with the compassion that I treat others which leads to an episode or relapse. I love my therapist in MI and it's hard traveling across state lines because she can't treat me in NE and I haven't found a good fit here yet so I only see my therapist on breaks when I go home.
I don't care about barriers. But I just want to say waiting time in Creighton counseling before you really start talking to the counselor is really high. I had to wait two + weeks. That's a long time when you are struggling with something.
Have broken through barriers. Have a graduate degree in counseling. Was in counseling for a few years.
Have gone back when I feel the need.

How can we improve this event in the future?

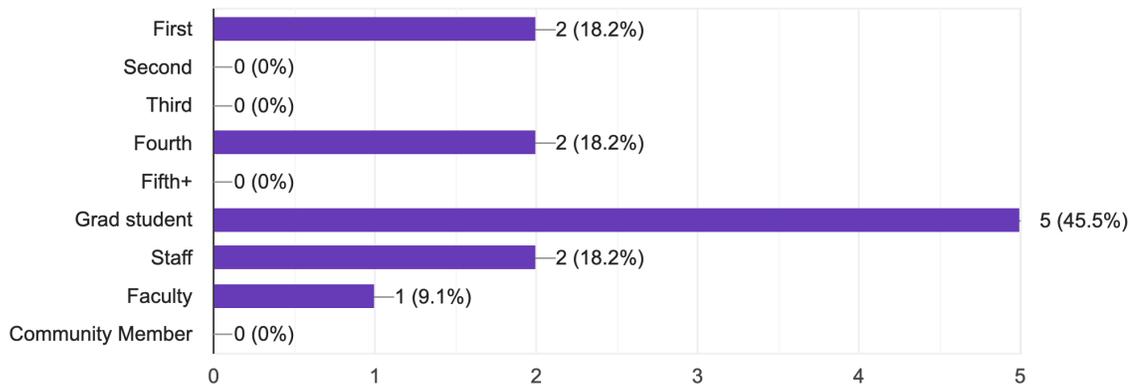
I thought it was great!
 Just SO good!
 This was very well handled.
 I think it could be improved by hopefully being in person in the future.
 When things can happen in person, maybe incorporate a creative activity of sorts.
 No idea-it was great!.

Major

Psychology	2
Exercise Science & Pre-Health Professions	1
Biochemistry, pre-med track.	1
Medical Student	1
Healthy Lifestyle Management	1
Criminal Justice	1
Physics	2
Ministry	1
Organizational Leadership/Negotiation and Conflict Resolution	1

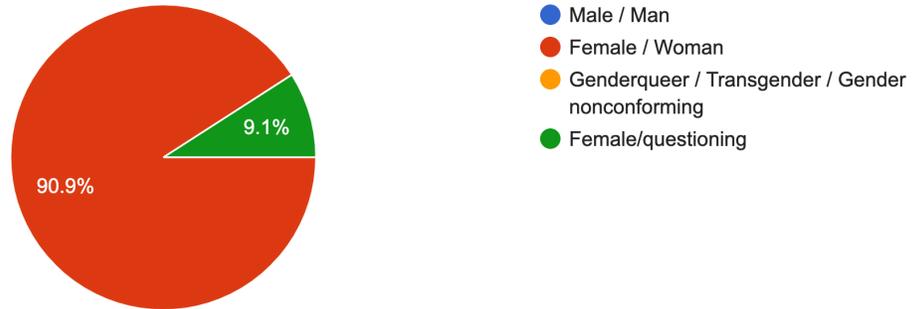
Year

11 responses



Gender Identity

11 responses



Ethnicity

11 responses

