

# Movies for Mental Health (Online)

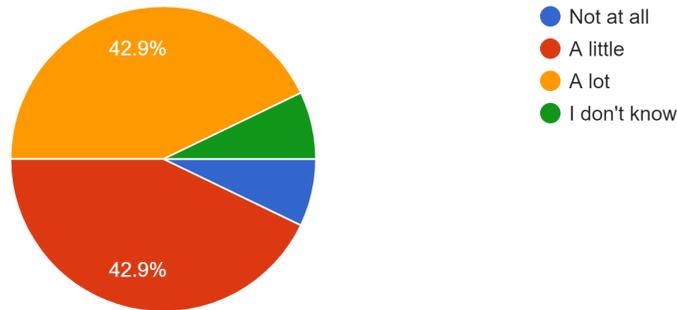
## Post-Workshop Evaluations

Eating Recovery Center  
October 14, 2021

Approximate maximum attendance: 23  
Number of evaluations: 20

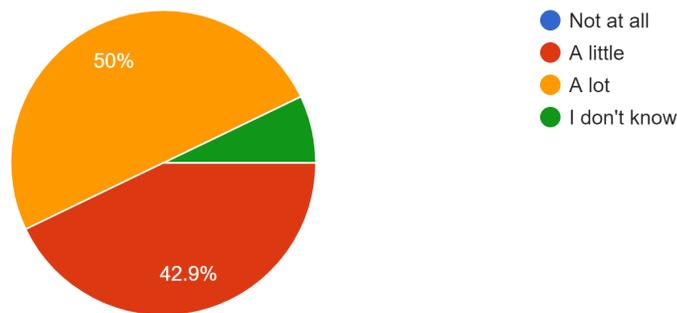
In your opinion, did this workshop increase your awareness of mental health issues?

14 responses



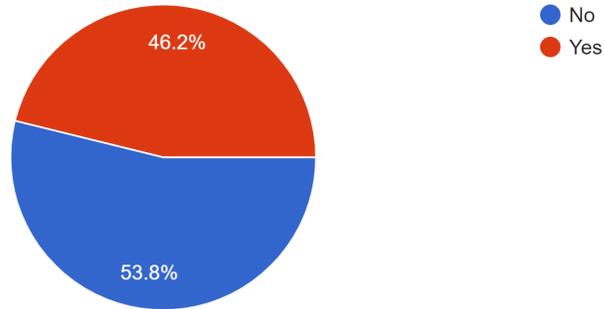
In your opinion, did this workshop help you confront and address stigma related to mental illness?

14 responses



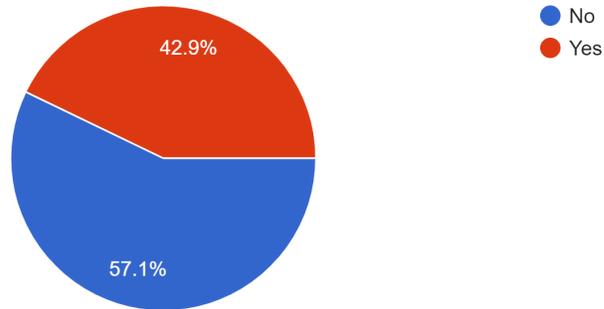
Did you know about your school's counseling services before this event?

13 responses



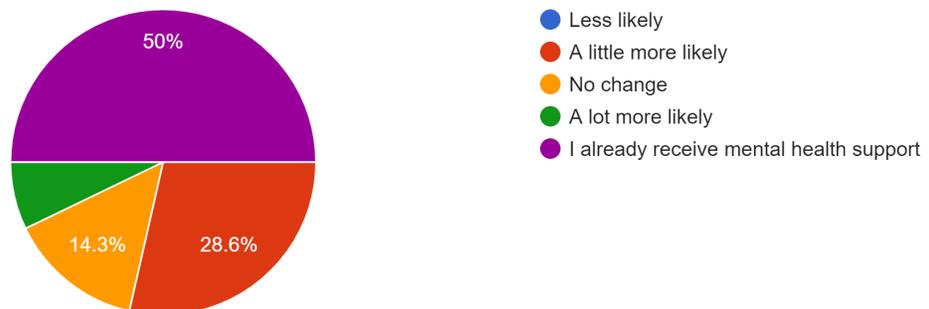
Did you know about the community resources before this event?

14 responses



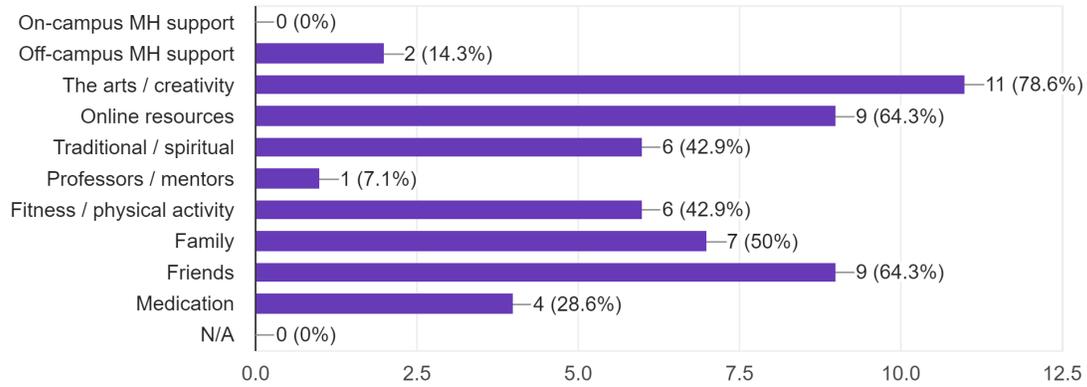
After this event, are you more or less likely to seek support for your mental health?

14 responses



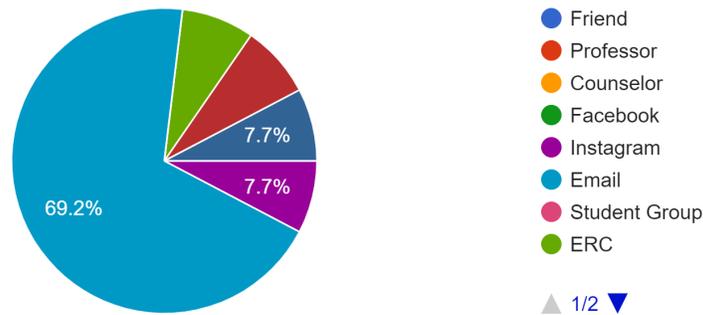
What type of mental health support do you think would be most useful to you?

14 responses



How did you hear about this event?

13 responses



**What was your main takeaway?**

- AWI is a valuable organization, i want to hear more about what you do
- Mental health well being is a journey
- The impact stigma has on seeking help for mental health and the impact of not having access to resources or not knowing available resources for MH
- Open my awareness to my body and be curious instead of judgmental
- Education can heal.
- It's okay to take a "break" from dealing with your issues if you need to.
- The impact of media and art on our perception of mental illnesses and health, stereotypes and what can be a better portrayal.

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

Short films inspiring conversation about mental health
Interesting
very interactive, engaging, interesting, collaborative
Informative and insightful
encouraging
thought provoking
engaging and welcoming
An open space to discuss and learn about mental health via film and conversation
Informational
Very insightful and affirming
Creative and inspiring hope
Creative, supportive, an online community

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

I teach a meditation class to individuals in recovery from substance use/homelessness/ who live with mental health challenges - I would like to support them in making films about their lives and experiences.
Tell others about it and get the conversation going
the link to more videos to share with clients
Help me treat my clients more effectively
be more curious and listen to my body
Gave me insight and things to reflect on
Utilize movies as a way to connect with feelings and open up difficult conversations
I will work towards being the person that my friends and family can come to if they need help.
Use all types of tools, like body scan, etc.
I will likely check out the therapy resources.
To use the arts as a path to wellness, to discuss these topics with friends
I'll definitely be more discerning/critical of how mental health is addressed in what I read and watch.

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

(Highlights: see raw data for full list)

i have a lot of family responsibilities

The stigma

Belief that I need to do everything myself/on my own

Complacency

Fear of repercussions

Time (work schedule)

The US healthcare system, trying to find a good therapist, getting frustrated with the system and feeling it would be better to deal with things on my own.

Finances and lack of resources in my community.

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

I really enjoyed the polls as a way to make it interactive while still allowing for staying anonymous

More discussion around the films and viewing more films

More videos, or different types of issues not included

Not much, make it more inclusive/diverse?

## Major

Psychology

1

N/A

5

Nursing

1

Dietitian

1

RN

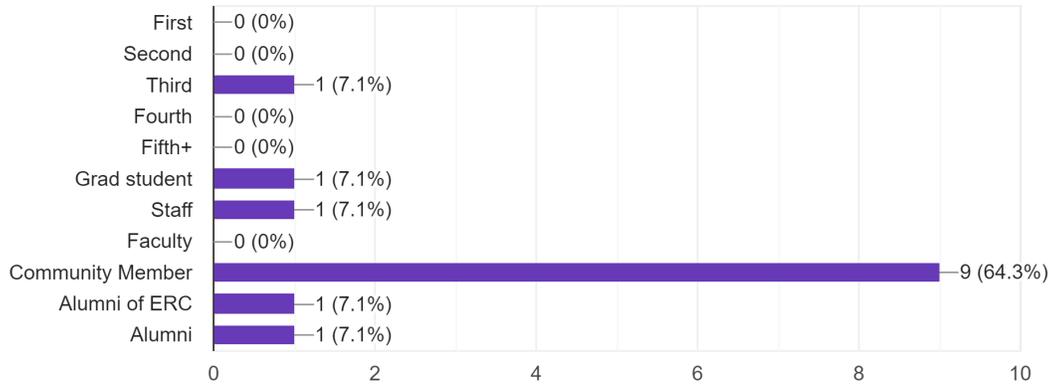
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English, Biology, & Art triple major

1

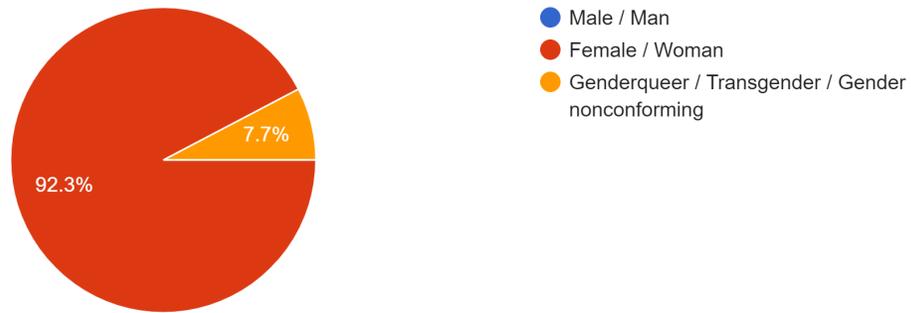
### Year

14 responses



### Gender Identity

13 responses



### Ethnicity

13 responses

