

# Movies for Mental Health (Online)

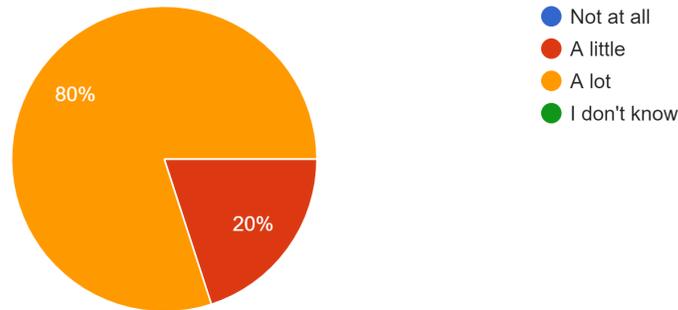
## Post-Workshop Evaluations

Fordham University  
April 23, 2021

Approximate maximum attendance: 20  
Number of evaluations: 5

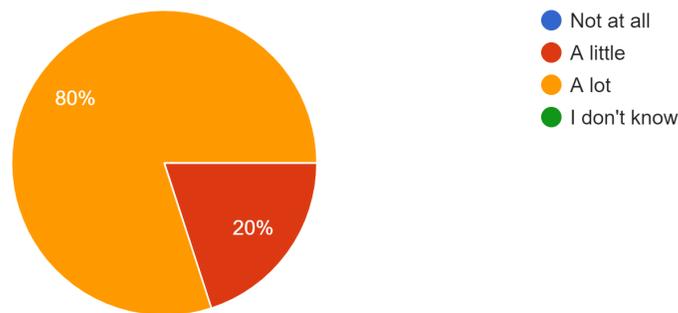
In your opinion, did this workshop increase your awareness of mental health issues?

5 responses



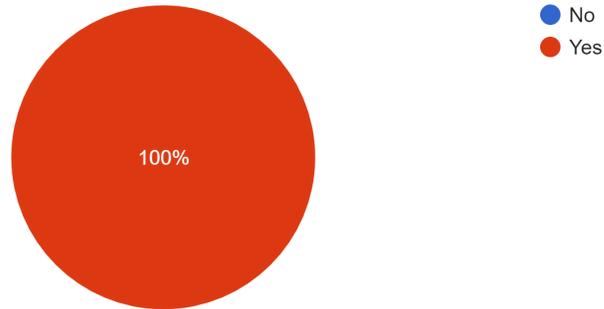
In your opinion, did this workshop help you confront and address stigma related to mental illness?

5 responses



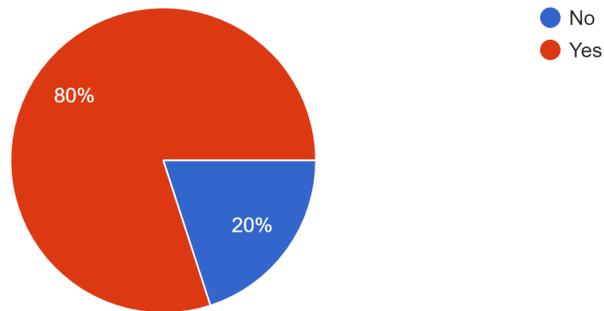
Did you know about your school's counseling services before this event?

4 responses



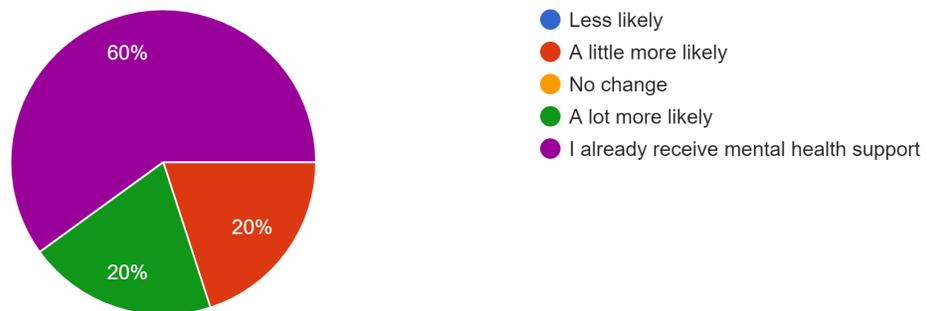
Did you know about the community resources before this event?

5 responses



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

5 responses



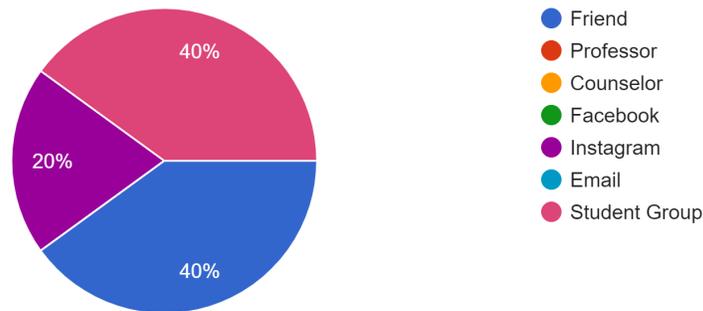
What type of mental health support do you think would be most useful to you?

5 responses



How did you hear about this event?

5 responses



**What was your main takeaway?**

Using film to describe symptoms

Talking about mental health and reducing stigma is really important to addressing these issues

Mental health solutions look different for everybody!

how important mental health is and the different ways other people self-care

I loved the conversation about productivity. I feel like that is a main source of my mental health issues, so it reminded me to be more kind to myself and to give myself a break!

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

Educational and motivational  
A rich, guided discussion space about mental health  
Movies and open dialogue about mental health.  
insightful, relatable, and very open and inclusive  
I feel so refreshed and connected with others!

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

As a support  
It's really important to remember not to judge people before knowing them. You never know what someone has gone through.  
Make sure that my friends and peers know what resources are available to them.  
making sure that I take care of myself in the ways i see fit  
I am going to make my mental health more of a priority.

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

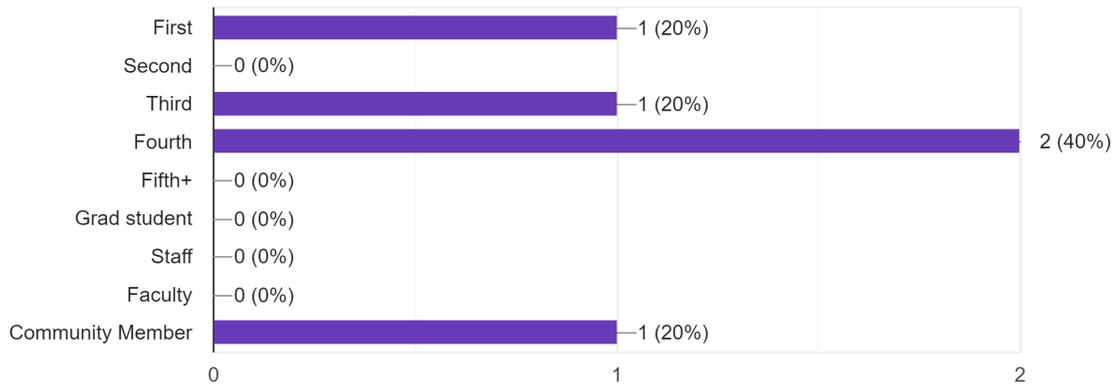
Shame family  
Not knowing for sure if I needed it. Worrying that if I went, a flood dam would open up  
feeling alone, or that i shouldn't be feeling this way  
Recognizing when I need to reach out for help - I usually think that I can just push through it.

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

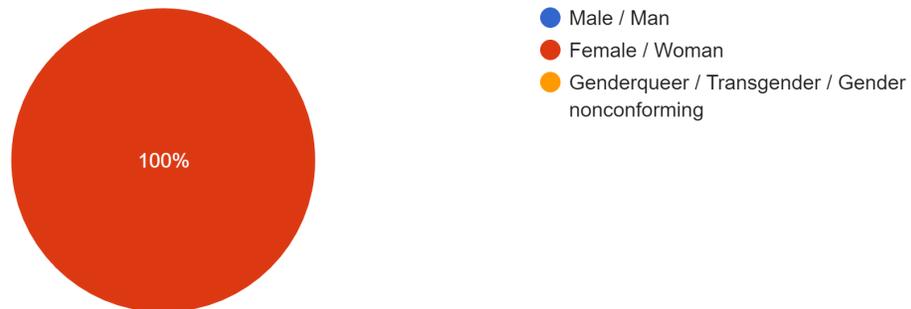
All was good  
being in person haha  
I can't think of an answer to this question! I love everything about the event. Beth was amazing!!!

Major	
Economics & International Studies	1
Business Administration	1
History	1
Psychology	2

Year  
5 responses



Gender Identity  
5 responses



### Ethnicity

5 responses

