

Movies for Mental Health (Online)

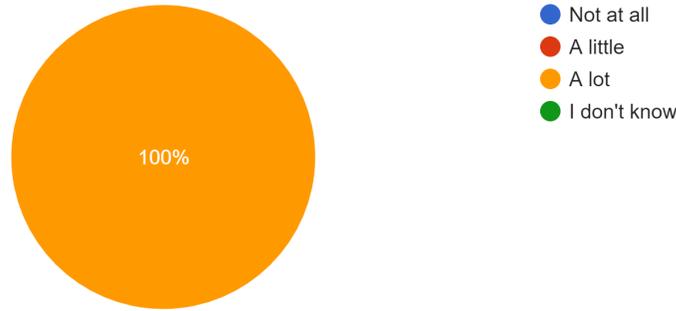
Post-Workshop Evaluations

Hamilton College
May 4th, 2021

Approximate maximum attendance: 13
Number of evaluations: 7

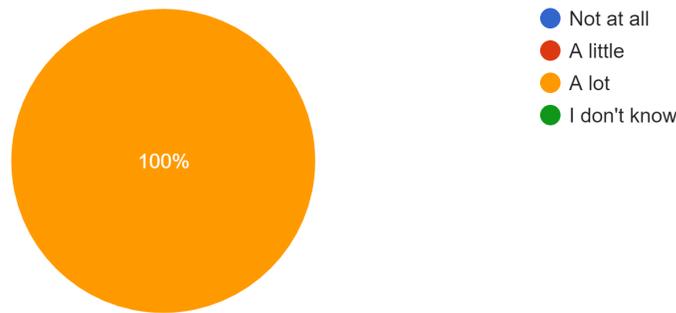
In your opinion, did this workshop increase your awareness of mental health issues?

7 responses



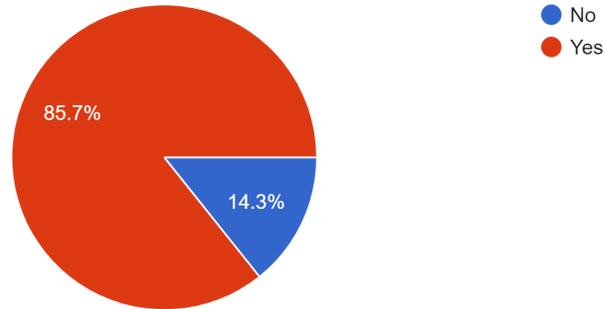
In your opinion, did this workshop help you confront and address stigma related to mental illness?

7 responses



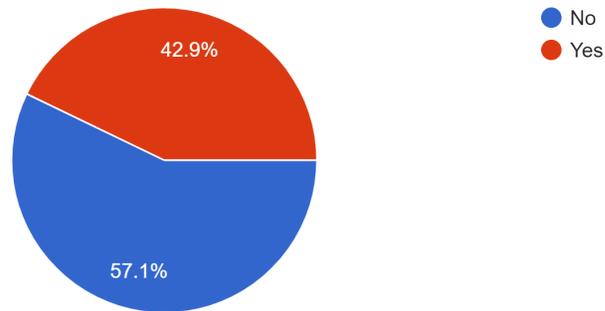
Did you know about your school's counseling services before this event?

7 responses



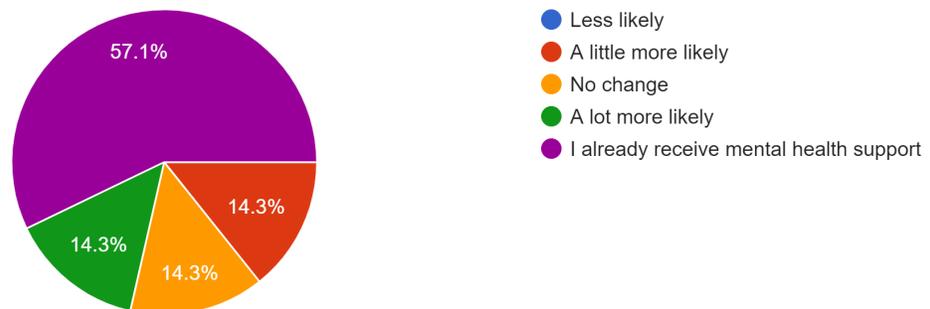
Did you know about the community resources before this event?

7 responses



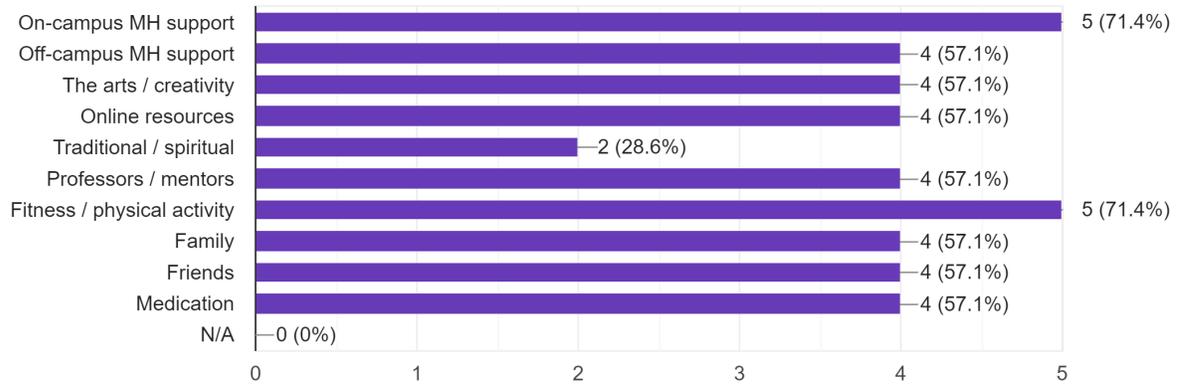
After this event, are you more or less likely to seek support for your mental health?

7 responses



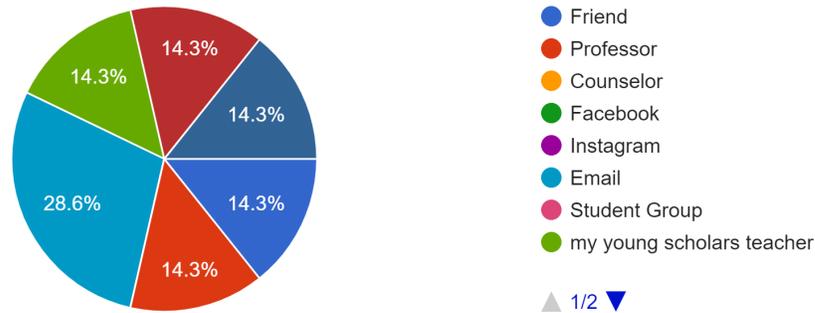
What type of mental health support do you think would be most useful to you?

7 responses



How did you hear about this event?

7 responses



What was your main takeaway?

There is a lot of mental health stigma in the Black community. I had no idea the resources

It is so comforting to attend events that are meant to destigmatize mental health as someone who wants to become a therapist and also experienced anxiety. I feel seen, understood and like there is a community of people out there for me.

The arts can serve as both an outlet and an awareness-raising tool. this is universal, and this is a start to making our community more open

Advocate for myself as I fight internalized stigma, but also treat myself with kindness and consideration always. I deserve care and so does my community.

It is important to seek care and support, even if you're not at a low

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

A short film based discussion revolving around culturally inclusive mental health
a fun and informational thing i would do again
Very validating and welcoming.
a mix of reflection, art, sharing of resources, and hearing personal experiences
Vulnerable
Inspiring

How might you use what you learned today?

to have more empathy
stigma
Look into Art with Impact, and continue to consistently dedicate time to support my mental health needs.
I definitely plan to use the breathing exercises
Talk about mental health with my loved ones, share the lessons learned from the movies and experiences.
Seek care and support moving forward

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

shame
my family thinking i am crazy
Time
ability to create safe spaces
Insurance, I am on Medicare. Cultural stigma, internalized fear and pressure from family.
Stigma in my community

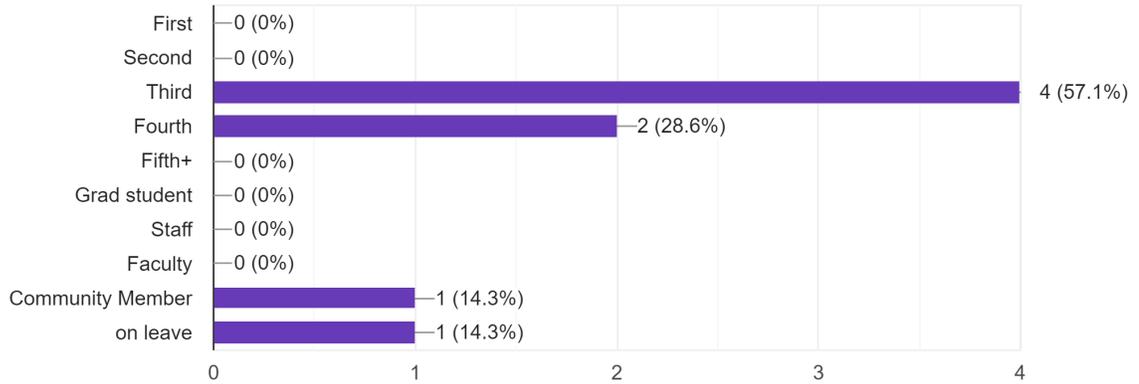
How can we improve this event in the future?

not really. I don't love breathing exercises, but many do
there is nothing
Better marketing or outreach: I loved this event and wish more people had attended to benefit from it.
maybe a more diverse set of faces running the event
Nothing! Absolutely beautiful.
I thought it was perfect

Major	
History	1
Women and Gender Studies	2
Dance	1
Creative Writing	1
Psychology	1

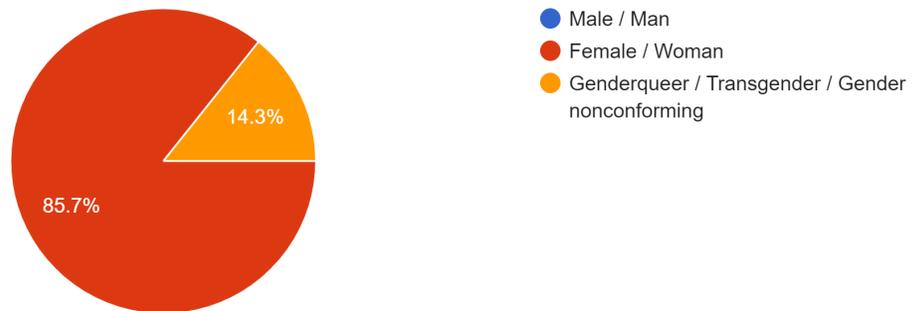
Year

7 responses



Gender Identity

7 responses



Ethnicity

7 responses

