

Movies for Mental Health (Online)

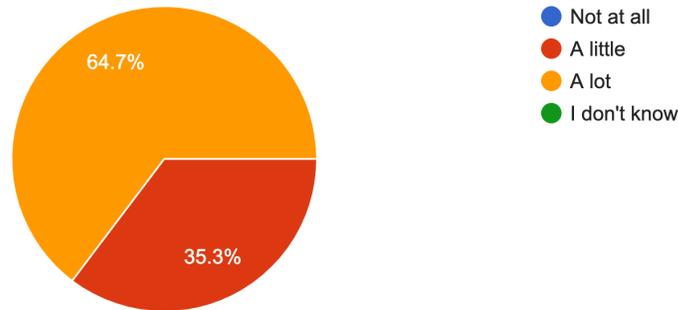
Post-Workshop Evaluations

Harvard University
April 16, 2021

Approximate maximum attendance: 37
Number of evaluations: 29

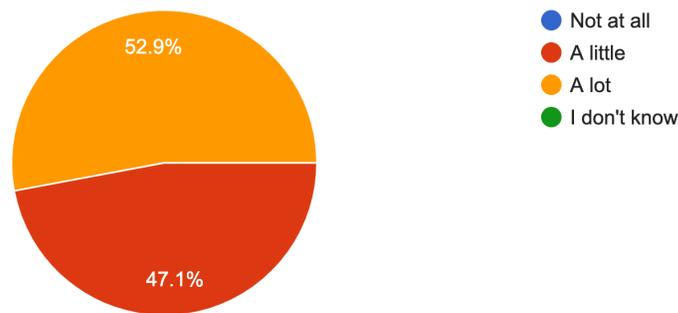
In your opinion, did this workshop increase your awareness of mental health issues?

17 responses



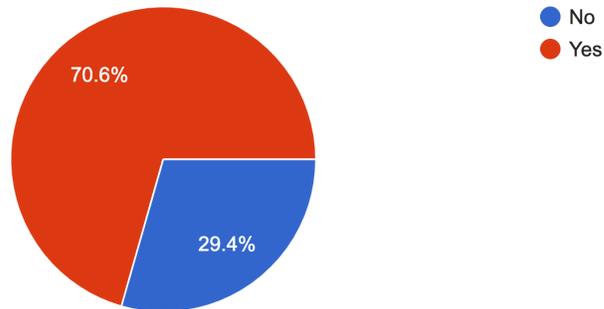
In your opinion, did this workshop help you confront and address stigma related to mental illness?

17 responses



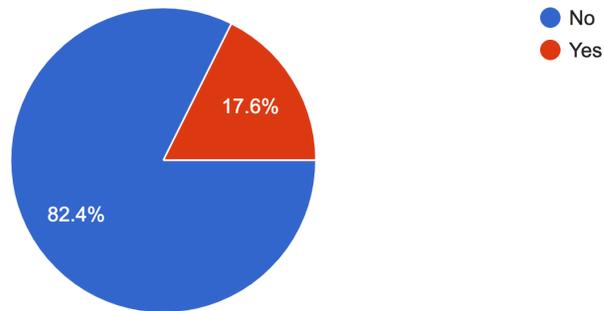
Did you know about your school's counseling services before this event?

17 responses



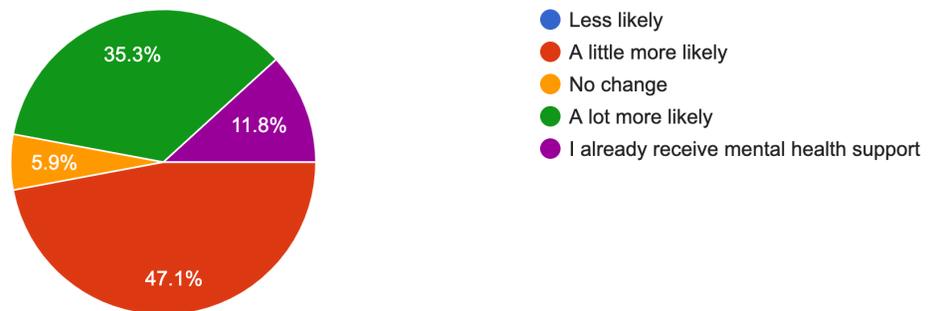
Did you know about the community resources before this event?

17 responses



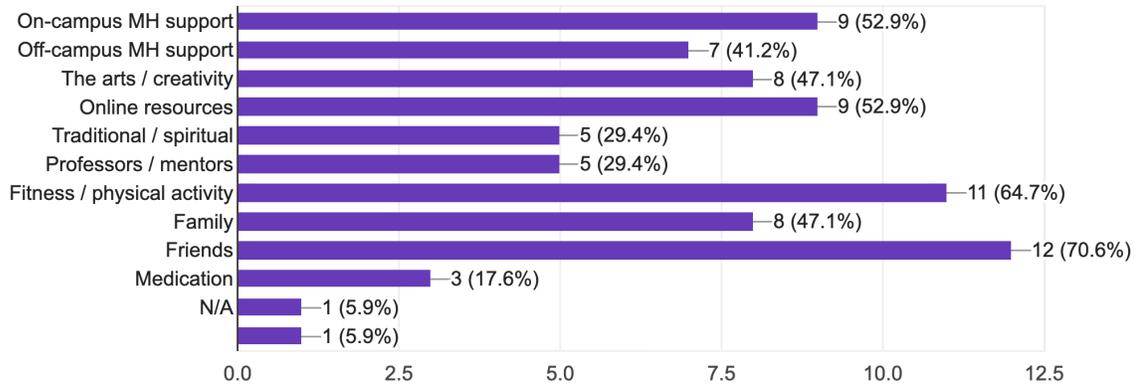
After this event, are you more or less likely to seek support for your mental health?

17 responses



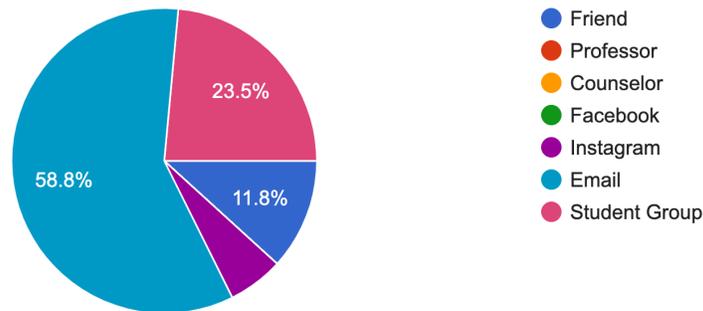
What type of mental health support do you think would be most useful to you?

17 responses



How did you hear about this event?

17 responses



What was your main takeaway?

I think I don't take enough time to sit and think about how I'm handling things so this was a really good reflection time for me.

Mental health is so important and it is a UNIQUE experience for each person. We need to really get the care we need when we are experiencing difficult times.

Seeing that other people might be going through the same and how I can try to overcome my own struggles. I liked to know how I can be more vulnerable and the channels to do so. Also, just being able to validate my feelings was very valuable.

There are many platforms to reach out for help whenever I need it, and there will always be hope for me to reach mental wellness.

Our loved ones may not know how to support us, but that doesn't mean that they don't love us. There are ways that we can initiate certain conversations with them, or seek help elsewhere.

The most difficult part of seeking mental health support is admitting that you're struggling, especially within Harvard's performance culture.

The validation of mental illness.
Medication is okay.
Sharing mental health issues are always helpful for the victim going through and trying to be more vulnerable.
Mental health is not a blanket solution. It may look very different to every individual.
Sometimes it's necessary to have uncomfortable conversations
That we can look after ourselves even in the face of soul-crushing performance expectations from the "Harvard" institution.
Supporting and helping your mental health is a steady succession.
Giving space, love, and nurture for yourself and others to talk about mental health.

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

Super well-organized, supportive workshop. For someone who's struggling, I think it's a good space to start you search for help.
I would describe it as transformative.
Inspiring, touching, validating, interesting.
Calm and reflective - loved the moderator she made it a really welcoming environment.
Refreshing.
Most useful 2 hrs.
Educational and Refreshing
Interesting
reflective, meditative, and healing
I would describe it as informing, centering and helpful.
Empowering
This was a very great workshop in raising awareness on mental health and how to be of support to yourself and those around you.
Helpful, educational, healing.
Open dialogue about mental health through discussion of three short films

How might you use what you learned today?

Be more of an active listener, and try to pick up on the subtle cues/calls for help in conversations with friends.
I want to incorporate more activities during my days to take care of my mental health, inspired by what other participants shared in the chat, like practicing yoga and being around nature. I also want to start dealing more directly with my thoughts and struggles instead of "burying" them.
I will use the lessons I learned to empower myself as I go through my struggles and as an inspiration for activities to host in the mental health organization I am hosting in my high school.
I think I'll definitely be more cognizant of the ways in which I deal with my emotions. I tend to bottle up things but I will try some of the methods I learned today.
To more openly discuss mental health with my family.
To show up for myself and others and know how to truly listen to folks and validate them
I will reach out to friends to check on them and see how they're doing.
I can use the things I've learned from this workshop in helping and guiding myself in bettering my mental health and being of support to my friends.
I am encouraged to talk openly to people in my life about mental health, and giving them the space to respond, and being compassionate.

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

(Highlights: see raw data for full list)

I wasn't raised in a space where I could openly talk about my feelings. There's an implicit barrier that blocks me to talk to family members about these things, even though I realize they probably would be able to understand and support me. I think there's still a lot of stigma surrounding mental health, and there aren't much incentive to seek support.

The mental health support systems are not developed within my area, and there is still a stigma with mental health in my country.

Setting aside intentional time to do so with a busy work schedule, and feeling that I will be rejected or dismissed.

Societal pressures.

For me, it feels like the culture at harvard just makes a lot of what we spoke about today to feel impossible. insurance, anxiety in making appointments, being overwhelmed by the process

Family stigma

Stigma/labels

Vulnerability

It feels like a task to schedule/find a therapist, schedule sessions, attend them. It's easier to 'do nothing'.

Feeling as though its not as bad as it actually seems

Stigma, insurance.

How can we improve this event in the future?

The platform makes it hard to see the presentation.

Maybe make it a little shorter.

More frequent sessions like these would be really helpful!

I thought it was very well-run and a good amount of broad/specific! No improvements on my end.

More films! more beth!

Can't really think of anything

I think the spaces for reflection/answering the question prompts are really valuable, but I really really liked how the workshop was organized! Thank you so much!!

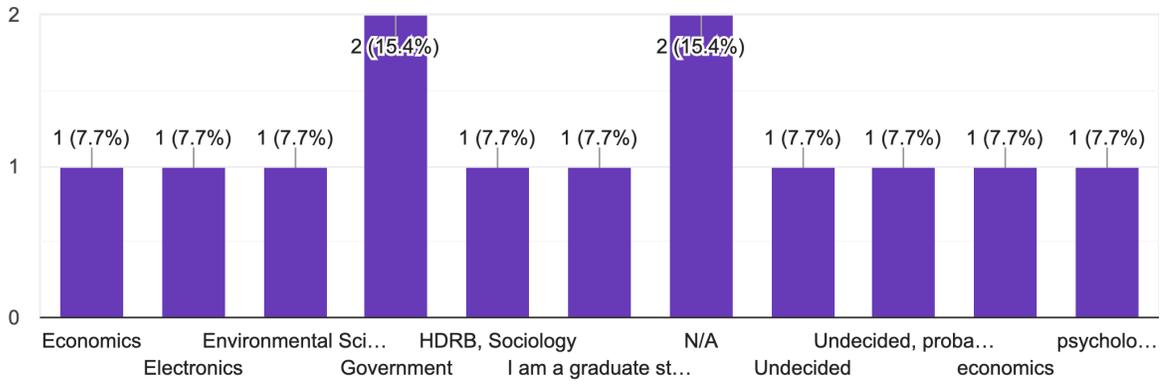
This event is amazing as it is!

Assuring myself that my feelings are valid.

I thought the event was pretty fantastic for being online. It was extremely well organized and structured, and I enjoyed it very much. The interactional features were excellent, and I also had an amazing conversation with a licensed psychotherapist privately that opened a lot of new information for me that will be very helpful in helping my loved ones and myself with mental health issues.

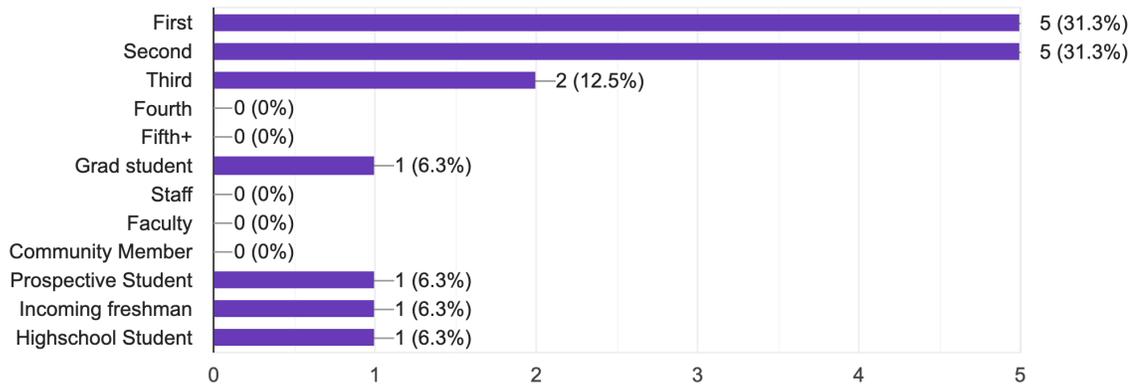
Major

13 responses



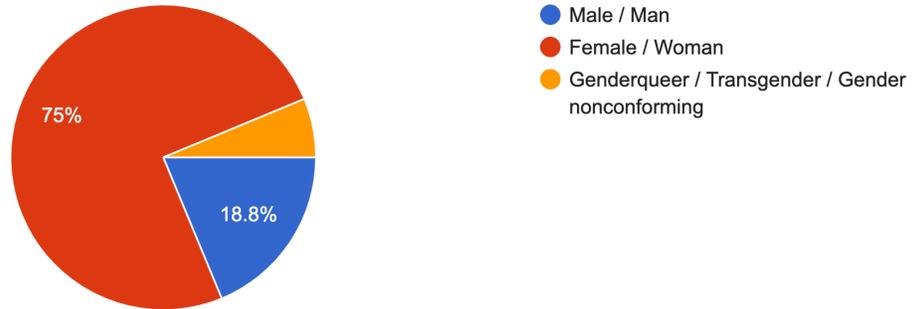
Year

16 responses



Gender Identity

16 responses



Ethnicity

15 responses

