

Movies for Mental Health (Online)

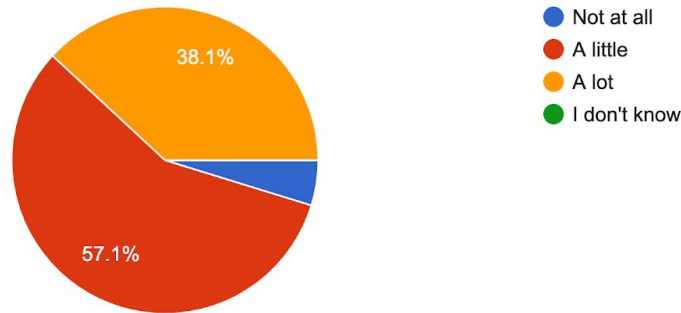
Post-Workshop Evaluations

Hofstra University
November 9, 2020

Number of attendees: 67
Number of evaluations: 21

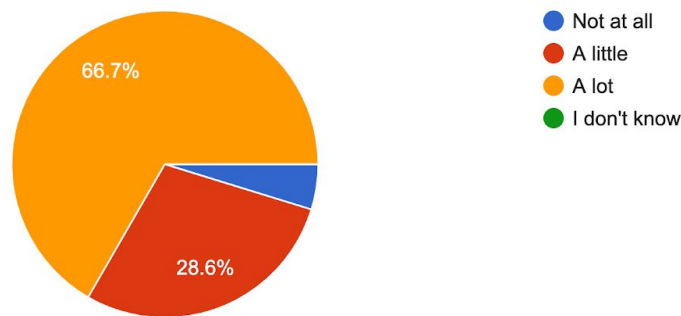
In your opinion, did this workshop increase your awareness of mental health issues?

21 responses



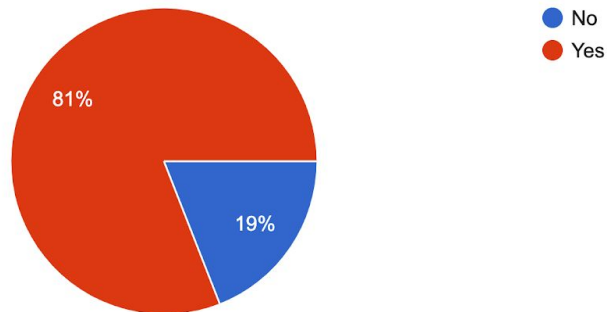
In your opinion, did this workshop help you confront and address stigma related to mental illness?

21 responses



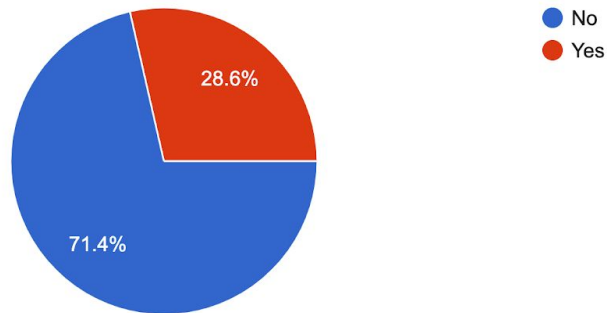
Did you know about your school's counseling services before this event?

21 responses



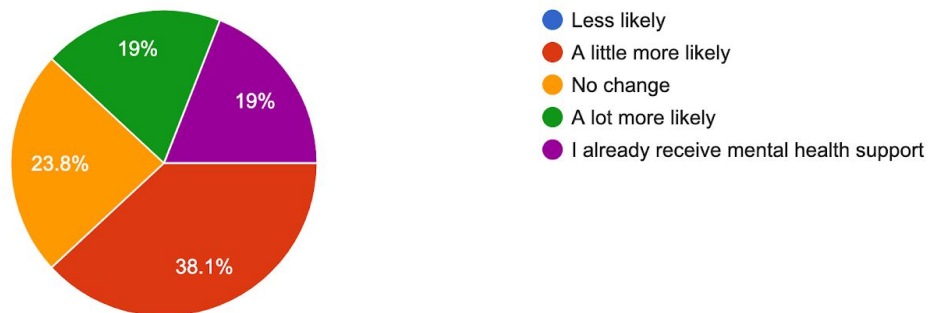
Did you know about the community resources before this event?

21 responses



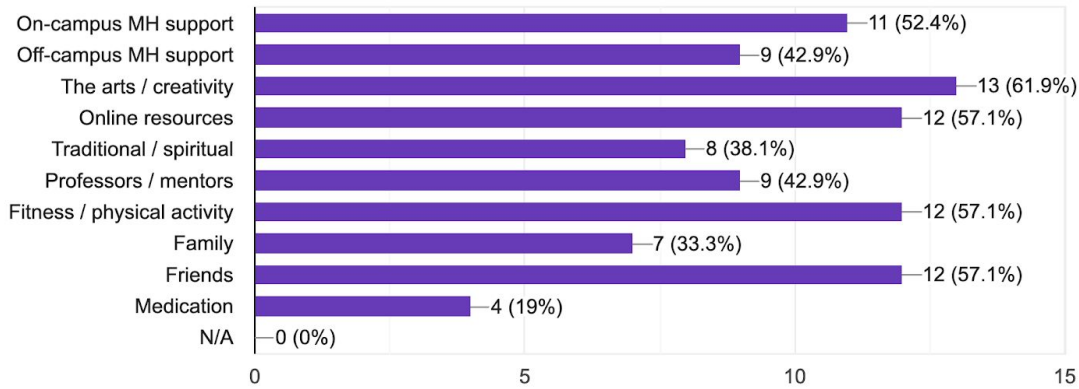
After this event, are you more or less likely to seek support for your mental health?

21 responses



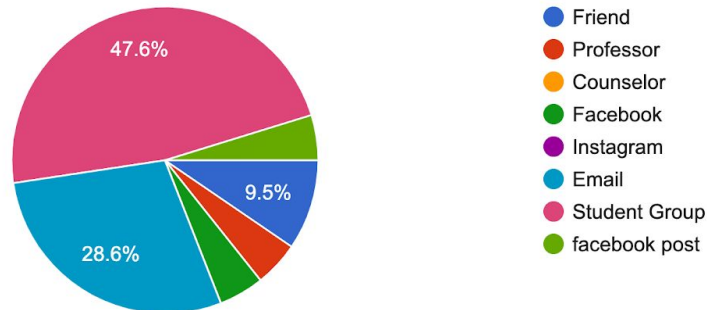
What type of mental health support do you think would be most useful to you?

21 responses



How did you hear about this event?

21 responses



What was your main takeaway?

That it's okay to ask for help and that there are many more people dealing with this than I originally thought

The importance of speaking about mental health and your personal relation to mental health.

To just feel comfortable in my mental health and knowing that it is not a character flaw.

Even if you think that you have overcome something it can come back and have an effect on you.

Support, education, and togetherness!

Mental health is the same as any physical condition.

Normalization of mental health.

Mental illness is very real, and there is always a way to deal with mental illness.

Not being ashamed of mental illness and reach out for help

There are an abundance of resources for folks who have mental health issues.

I'm not alone!

There's always more resources out there than I expect

Seeking help is crucial, don't go through it alone

I really liked the videos.

New ways of seeing mental illness expressed in the videos.

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

It was a really creative way to break down mental health issues.
Educational conversation about tips to find help and deal with mental illness.
An educational, comforting, and relaxing session where you feel like you're accurately being represented and are in a community.
A talk about the "hard topic" of mental health.
Very supportive and informative.
Inspirational.
Fun.
Helpful and enlightening.
Creative.
Powerful.
Very informative.
A safe space.
It helps destigmatize mental illnesses.
Relaxing, informative, and fun/enjoyable.
Informative, creative.
Amazing and educating.
Welcoming.

How might you use what you learned today?

Make a daily commitment to be more kind to myself.
I am more comfortable in describing what I am feeling and I now have breathing exercises to combat it.
I am able to provide resources for others that are afraid to reach out for help.
Being more mindful and listening more.
Apply strategies to my own life to become a happier person.
I will be more likely to check in on my friend's mental health.
Reminder to always keep checking in with myself and my friends.
Use some of the community resources to deal with my mental wellness issues.
Look for ways to volunteer or share my story.
Helpful breathing techniques when I'm stressed.
use my resources.
With interns.
Keep what I learned with me so I can better what I do each day.
Try and better myself.
Talk about it with my therapist.
Being more open.
In my health classes.

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

(Highlights: see raw data for full list)

Being afraid to ask my parents to go see a therapist; I could do it myself at Hofstra but now that I'm home, it's different.
 Talking about it, coming to terms with how you can get help and what help you need. Taking the next step.
 scared, not being supported
 Time to meet with a counselor and the money to get a therapist. While the on campus resources are there, it's not exactly what I need.
 Thinking that it means there's something wrong with me.
 Making it real or finding out I'm wrong about my mental health.
 Fear.
 Pride.
 Depression, self-doubt, anxiety.
 Shame.
 Financial barriers.
 I don't like talking about my feelings/problems.
 Cost of healthcare.
 Location and insurance
 Cultural stigma and fear.
 Finding someone who I am able to connect with.
 Lack of time to take care of myself.

How can we improve this event in the future?

Honestly, I think it was great.
 This was a wonderful program! It was informative and interactive! Loved it so very much.
 Nothing: I thought this event was perfect.
 A more diverse panel in terms of experiences and identity.
 More forms of art—painting, dance, etc.
 Promote it more.
 More videos.
 Nope, it was really fun.
 More discussion.
 It was perfect.
 Do amazing things.

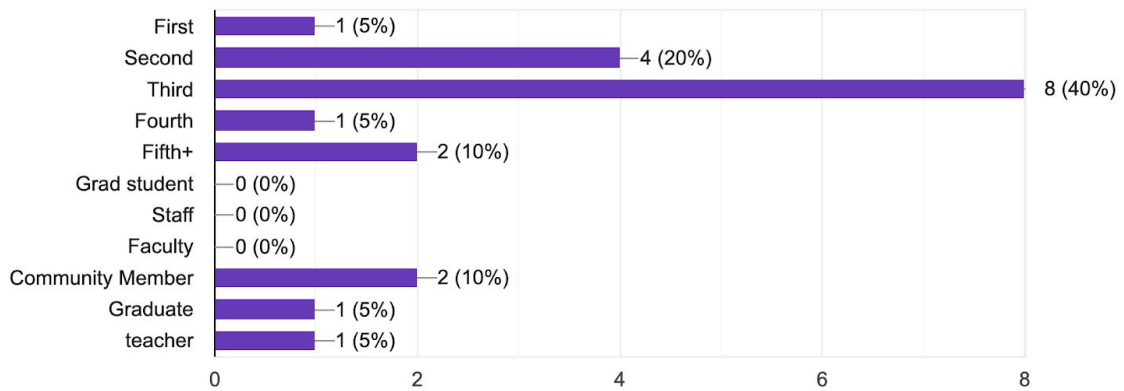
Major

Psychology	2
Biology	1
Criminology	2

Public Policy	1
Community Health	2
Journalism	1
Political Science	1
Neuroscience	1
Jewish Studies	1
Media: Film + TV	1

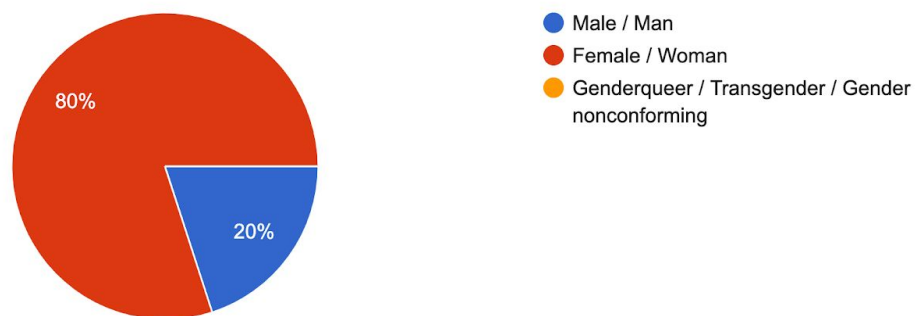
Year

20 responses



Gender Identity

20 responses



Race / Ethnicity		
Asian / Asian-American	2	10%
Black / African / African-American	3	15%
Hispanic / Latinx	3	15%
Indian / South Asian	1	5%
White / Caucasian	10	50%
Other	1	5%