

Movies for Mental Health (Online)

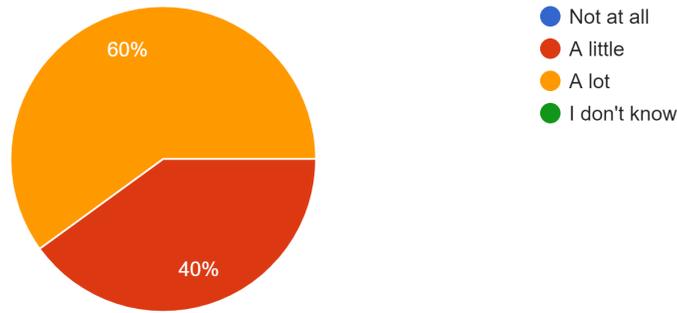
Post-Workshop Evaluations

Hofstra University
April 26, 2021

Approximate maximum attendance: 34
Number of evaluations: 15

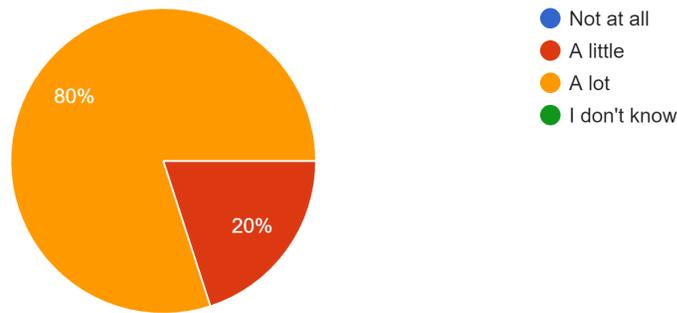
In your opinion, did this workshop increase your awareness of mental health issues?

15 responses



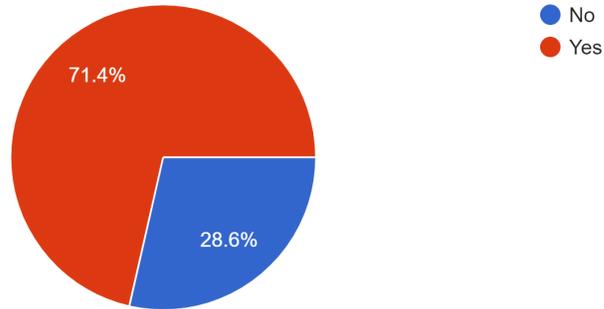
In your opinion, did this workshop help you confront and address stigma related to mental illness?

15 responses



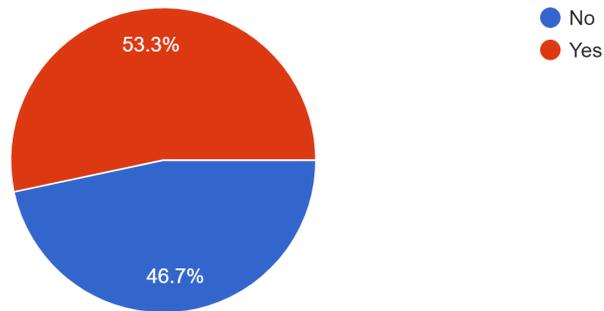
Did you know about your school's counseling services before this event?

14 responses



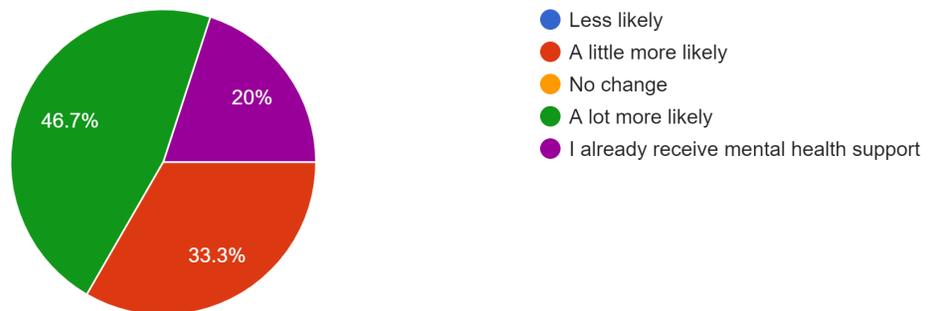
Did you know about the community resources before this event?

15 responses



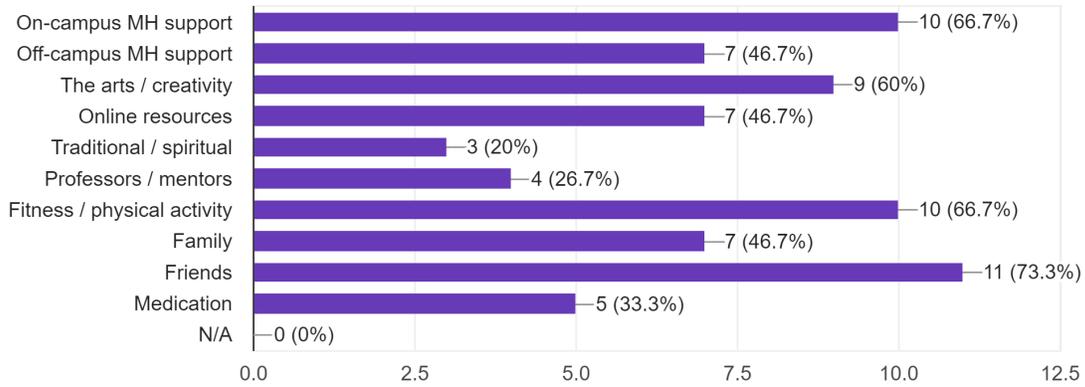
After this event, are you more or less likely to seek support for your mental health?

15 responses



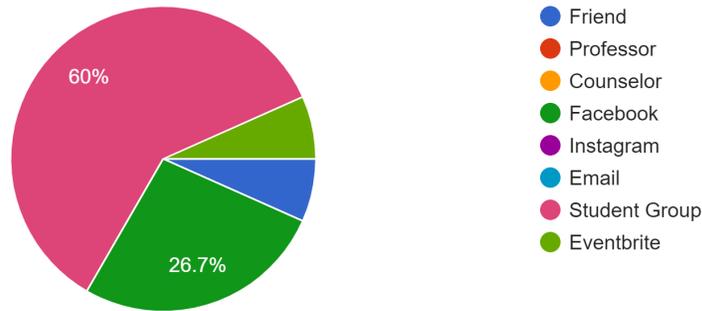
What type of mental health support do you think would be most useful to you?

15 responses



How did you hear about this event?

15 responses



What was your main takeaway?

Prioritize your mental health
 To be open to all & understanding seeking to understand first
 Mental health is not a rare struggle for many of us. Although society makes it seem other and shameful, addressing it is one of the only ways out of it.
 There are services and resources for students who want to look after their mental health on campus, off campus, etc - they're all accessible
 It's ok to get help for your mental struggles, and there are many resources to turn to.
 Mental health challenges need to go hand in hand with linkage to support
 Mental illness is nuanced
 There are different ways to combat mental health than medication. Reach out to people and do what makes you happy.
 Mental health matters, it impacts more people than you would think

That it is fine to seek help, that requiring help like this does not make you weak, but it in fact will make you stronger and be able to combat this.
 We talked a lot about the stigma around mental health, and overall it made me realize I was absolutely not alone, which was so nice.
 It was good to talk with other ppl about this topic
 It is important to prioritize your mental health despite everything else that may be going on.

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

Interactive
 A way to learn more about the topic of mental health without the stigma it has with it within the black community
 It was a beneficial workshop to help understand various stigmas about mental health
 Extremely helpful
 An enlightening mental health experience
 An informative way of presenting Mental Health conducted by young adult college students
 Relaxing and informative
 Welcoming. A group of people who truly care for the well-being of others while promoting art.
 A really insightful mental health workshop
 Gateway for change
 A non-profit that hosts events that utilize short indie films to educate on mental health and wellness.

How might you use what you learned today?

Go to therapy
 To help me be open to others and my students
 I will apply it to my own struggles with mental health
 I'll remember the strategies we discussed about taking care of yourself
 I will be mindful of my own mental health struggles as well as those around me.
 I am going to follow up on AWI and their provision of mental health movies
 I would offer to be of assistance to friends
 Share the different short films with friends to promote their messages. Art speaks when words fail.
 body scan and breathing exercises
 Be more comfortable reaching out and admitting my problems.
 I might go forward being more aware of how mental health affects me
 I may utilize the on campus mental health resources.

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

Time management
 Stigma and Not Wanting to Reach Out
 The feeling that I'm not "mentally ill enough" to qualify for support
 Being seen as "weak" or not confident

Being judged by family or friends.
 Worrying about burdening other people, facing opposition and exile from my family
 Fear of my family thinking I need to be babied, fear of my friends treating me differently/distancing themselves from me.
 Don't know where to go
 Prioritizing seeking health for my mental health. Recognizing that it is an issue.

How can we improve this event in the future?

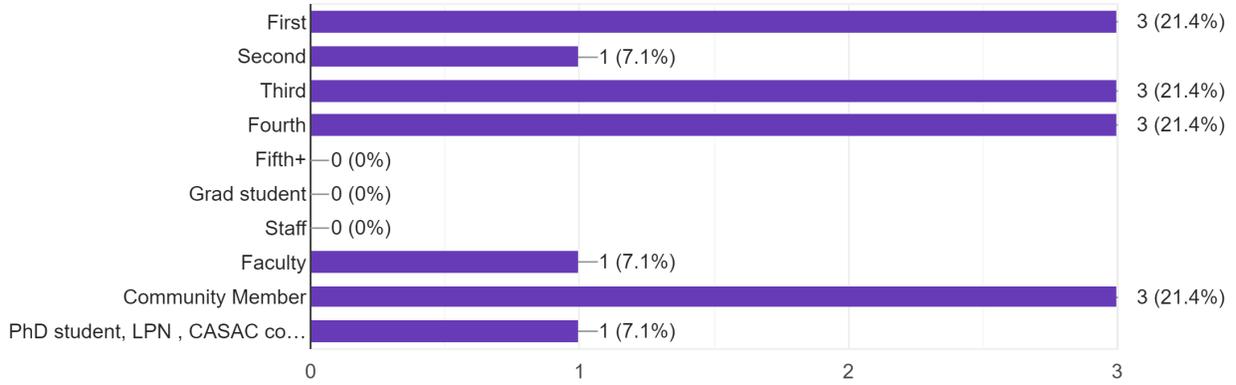
This was a great event and Rebecca was an awesome energetic welcoming host
 All of the videos were effective, but I also feel as though the movies could be a bit longer to more flesh out the realities surrounding mental health and identity
 I thought everything went well
 Show that going through mental health struggles don't make you weak
 Show more diverse movies the films showed white people
 Better manage the time
 On a programming aspect, Hofstra SGA can attempt to partner with more on campus groups once again and create awareness for the event.
 Get information about nearby resources more
 It is a lengthy event, though there are many important topics that must be covered. It just is a large time commitment.

Major

Political Science	3
Finance	1
Public Relations	1
Audio/radio production	1
Community Health	1
Public Policy	1
Linguistics	1
Journalism	1

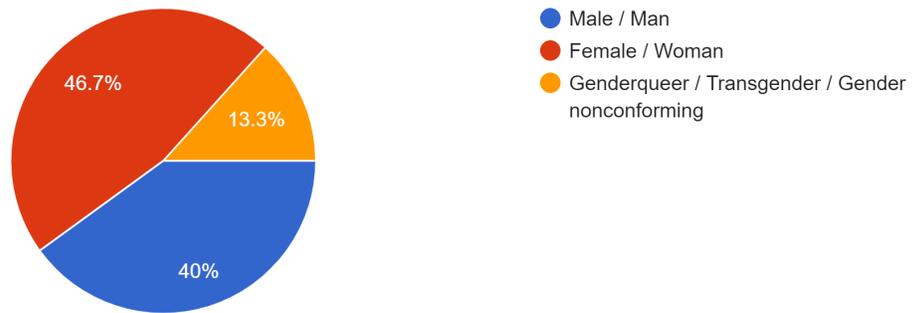
Year

14 responses



Gender Identity

15 responses



Ethnicity

14 responses

