

Movies for Mental Health

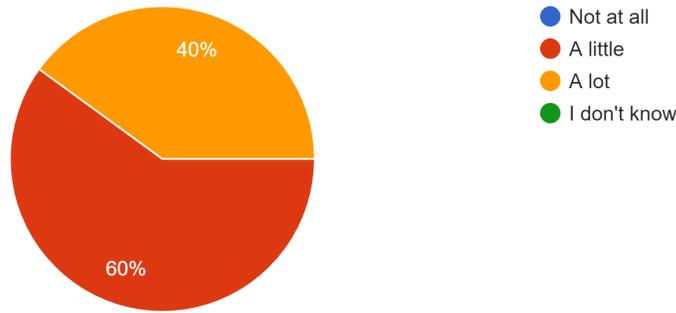
Post-Workshop Evaluations

Indiana University Bloomington
December 3, 2021

Approximate maximum attendance: 12
Number of evaluations: 10

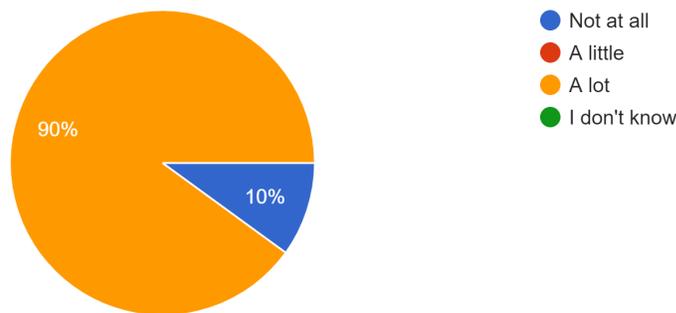
In your opinion, did this workshop increase your awareness of mental health issues?

10 responses



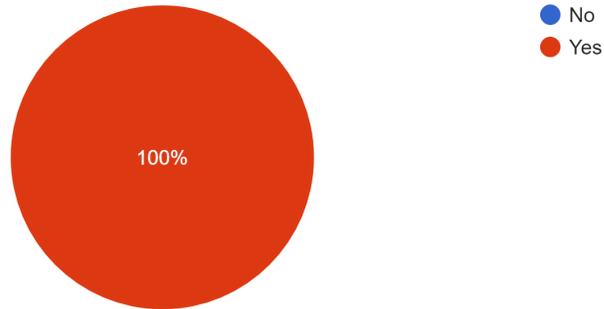
In your opinion, did this workshop help you confront and address stigma related to mental illness?

10 responses



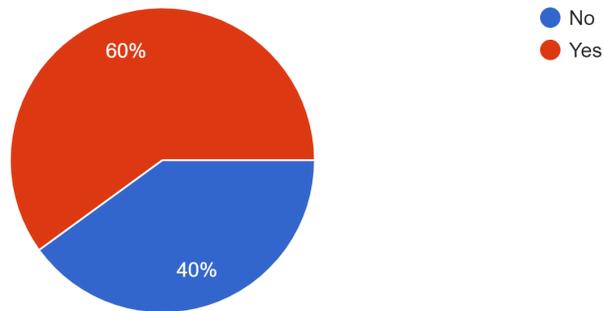
Did you know about your school's counseling services before this event?

10 responses



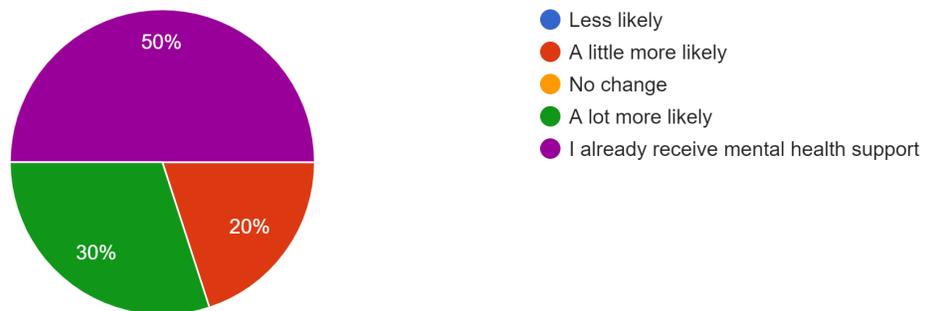
Did you know about the community resources before this event?

10 responses



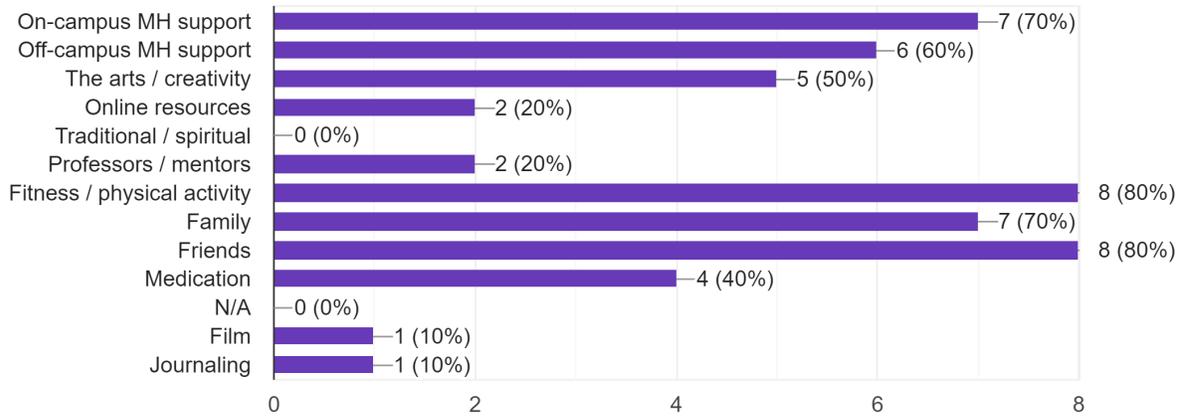
After this event, are you more or less likely to seek support for your mental health?

10 responses



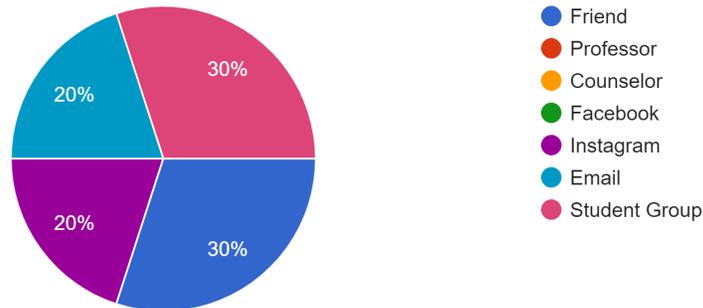
What type of mental health support do you think would be most useful to you?

10 responses



How did you hear about this event?

10 responses



What was your main takeaway?

- Everything. I needed this discussion
- I learned that reaching out is important and to remember it's not a burden to get help
- Stigma is still prominent and hurts people. Do what you need to be okay
- I enjoyed the films
- Taking the first step to take care of yourself is often the hardest and most important, but there are many resources available for support.
- It was really nice to feel the emotions that go along with these topics in a safe space with people that I didn't necessarily know. It can be hard to discuss these things, especially with people you don't know, but this experience was not as hard for me as it usually is and that was very comforting

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

Impactful and helpful

A way to understand and learn about mental health in an engaging and visual way

Helpful for those dealing with underlying mental health issues

Engaging and insightful

Very good, 100% worth going to and worth every minute

How might you use what you learned today?

Be more vocal and tell people I'm here for them

Practice deep breathing

I might use it to help others when they come to me and how to help myself when i go through dark times

I know where I can get resources on campus

I'd share this info with family, friends and other students

I can use what I learned to continue caring for myself and others.

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

Myself

Financials

Stigma surrounding mental health

Fear of being judged

How can we improve this event in the future?

Honestly I liked the smaller group, maybe holding a small mini series?

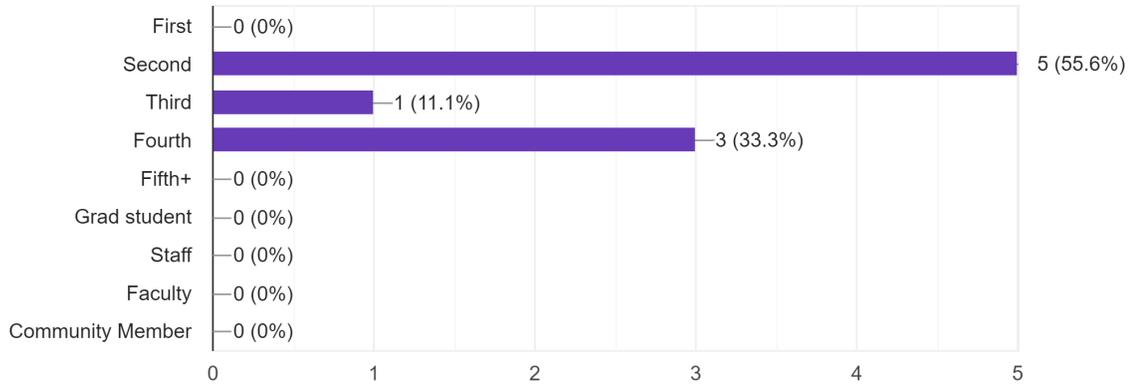
Letting more people know about the new event

Maybe shorten it a little. All of the material covered was very important but for more engagement and attendance it might be helpful to shorten it.

Major	
Film TV & Digital Production	1
Exercise science/ fitness and wellness	1
Sports marketing and management	1
Marketing and professional sales	1
Psychology and Neuroscience	1
Political Science	1
Political science, economics, and spanish	1
Policy Analysis	1
Public Management & Epidemiology	1

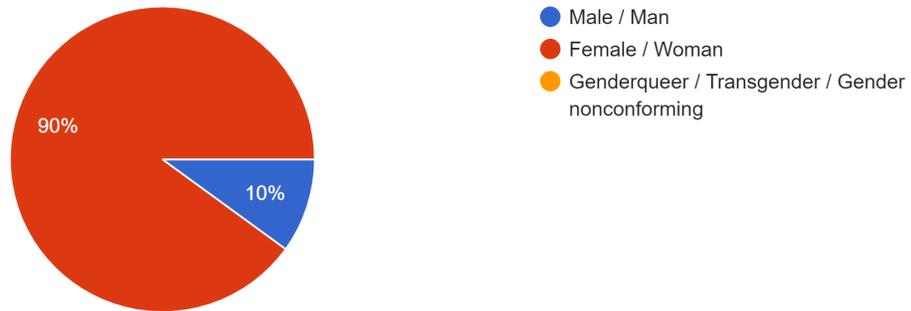
Year

9 responses



Gender Identity

10 responses



Ethnicity

10 responses

