

Movies for Mental Health (Online)

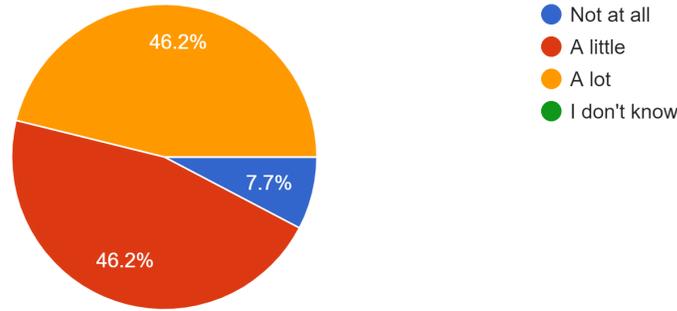
Post-Workshop Evaluations

Kennebec Valley Community College
March 23, 2021

Approximate maximum attendance: 20
Number of evaluations: 13

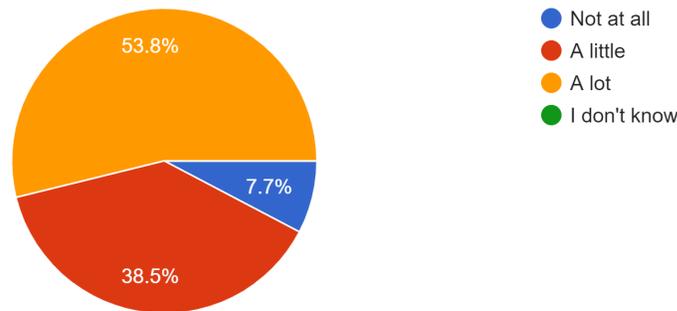
In your opinion, did this workshop increase your awareness of mental health issues?

13 responses



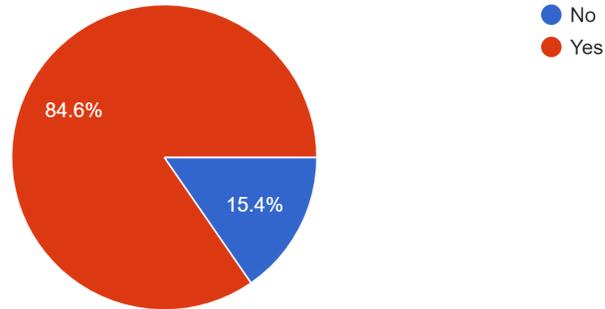
In your opinion, did this workshop help you confront and address stigma related to mental illness?

13 responses



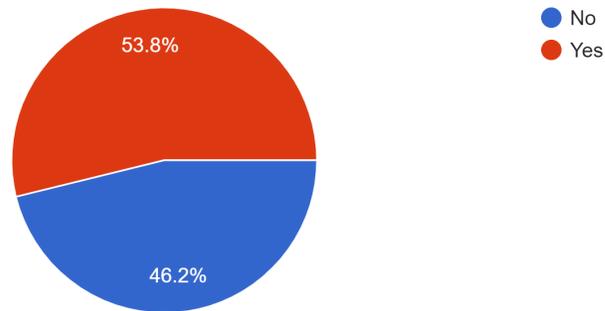
Did you know about your school's counseling services before this event?

13 responses



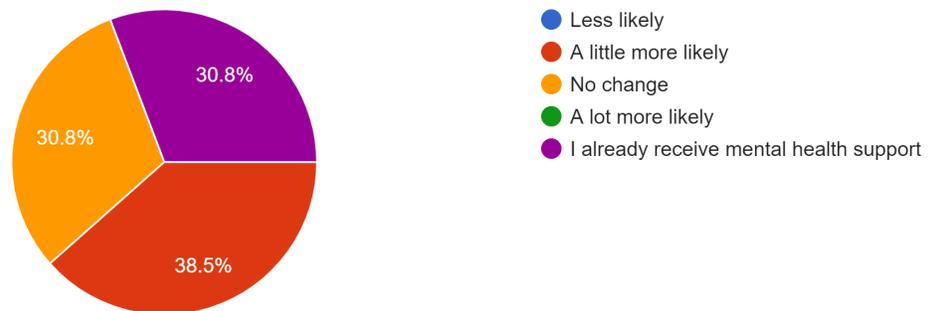
Did you know about the community resources before this event?

13 responses



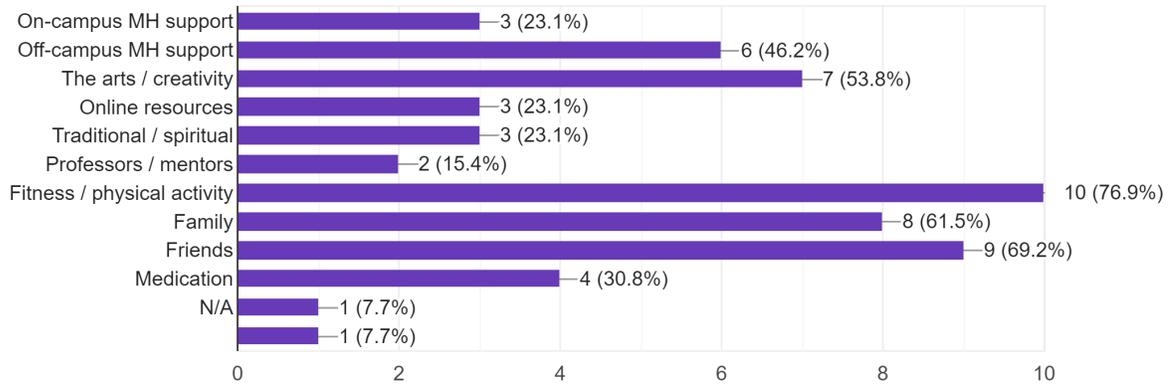
After this event, are you more or less likely to seek support for your mental health?

13 responses



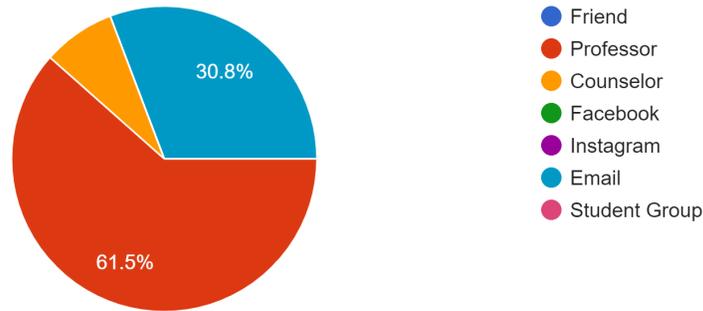
What type of mental health support do you think would be most useful to you?

13 responses



How did you hear about this event?

13 responses



What was your main takeaway?

Great forum to discuss these issues.
 Mental illness is everywhere and people are all different with their mental illnesses and there should not be a stigma with mental illness
 KVCC has a great inclusive community
 It's ok to talk about what you're experiencing
 progress is not linear
 You are not alone
 How to express my feelings about my mental illness in more creative ways
 There are so many stigmas that can really impact people's lives
 Time to prioritize self care.
 Mental wellness and mental illness are not opposite ends of the spectrum
 Awareness and importance of being very open minded

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

A workshop that addresses issues and solutions with mental illnesses
Good for those new to exploring MH
Emotional
Highly interactive!
Fantastic resources presentation
A good way to learn about stigma and how it affects people
Very informative about mental illness and different issues people struggle with every day
A worthwhile experience
Very insightful

How might you use what you learned today?

Continue to think of ways to help myself and others dealing with their mental illness(es)
May use some of the videos in my class
A reminder to keep an open mind
Integrate it into how I think about my own mental wellness
Be an active listener
The Art with Impact program sounds really interesting
To help other with mental illness if need be, at least can help point them into the right direction
Be mindful about what I say to others I don't know or don't know well
To take care of myself so I can better take care of others.
Seeking mental health, choosing inclusive language and actively listening
Self care tools, how to be a better listener

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

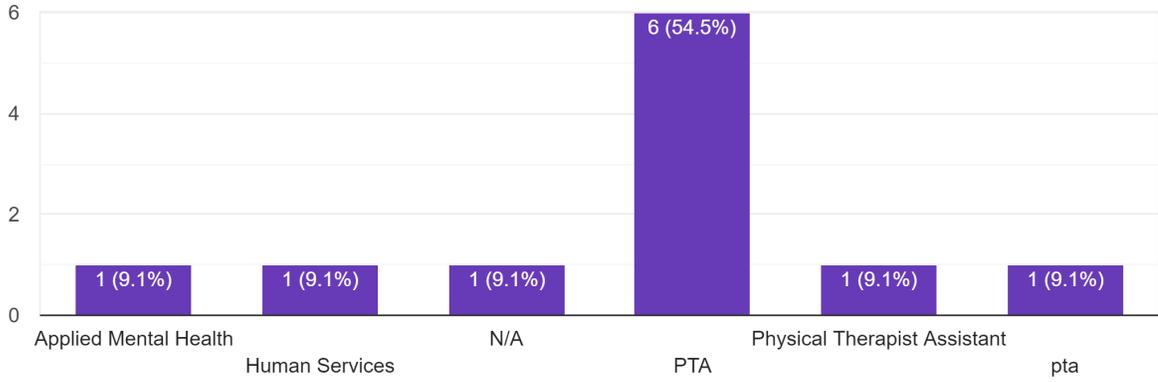
Fear of being judged
Limited time
Myself
Stubborn
Financial
Self-sabotaging habits
So sick of zoom

How can we improve this event in the future?

Including more videos/stories
You really did a good job using different examples of mental health issues and not just one or two.
Maybe have a poll in advance to see what topics people are interested in to help pick films?
I would cut the mindfulness in-between movies. one before and one closing would be better
I would prefer in person. I really liked the polling.

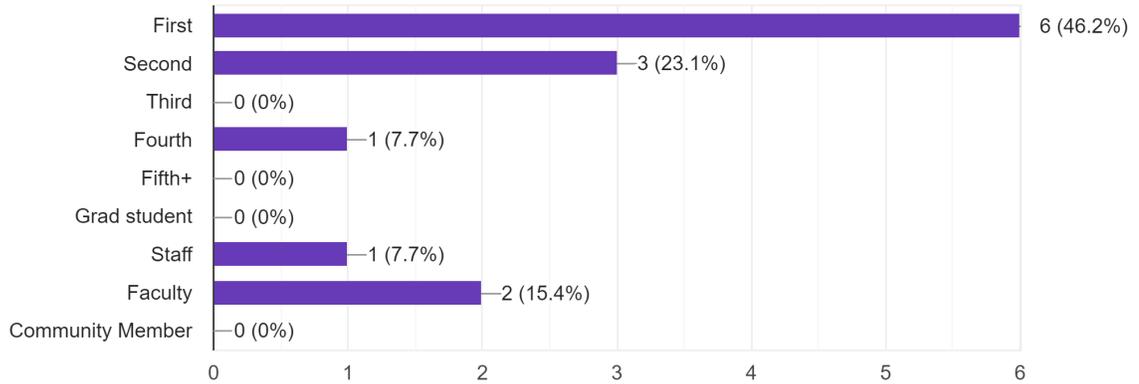
Major

11 responses



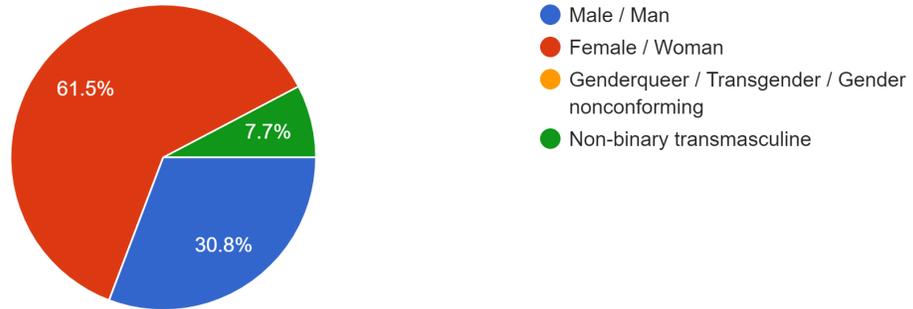
Year

13 responses



Gender Identity

13 responses



Ethnicity

13 responses

