

Movies for Mental Health (Online)

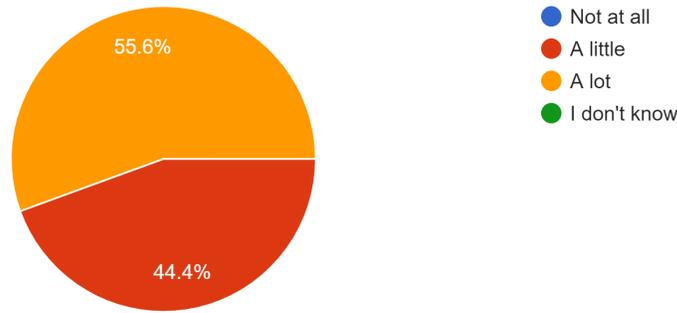
Post-Workshop Evaluations

Lake Washington Institute of Technology
January 19, 2022

Approximate maximum attendance: 21
Number of evaluations: 9

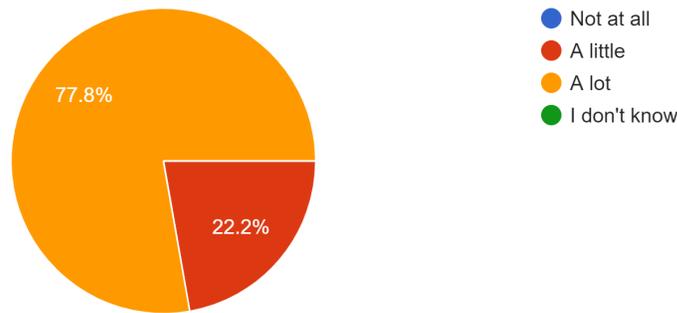
In your opinion, did this workshop increase your awareness of mental health issues?

9 responses



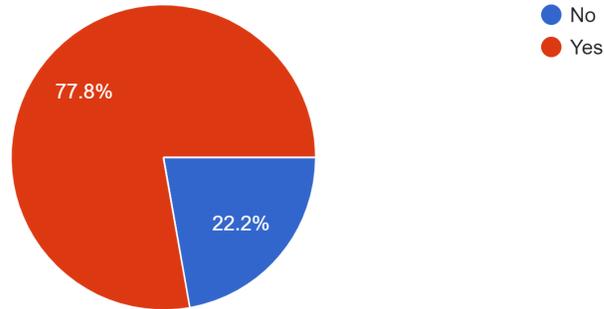
In your opinion, did this workshop help you confront and address stigma related to mental illness?

9 responses



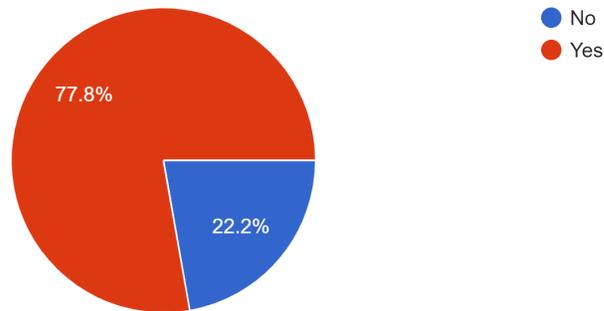
Did you know about your school's counseling services before this event?

9 responses



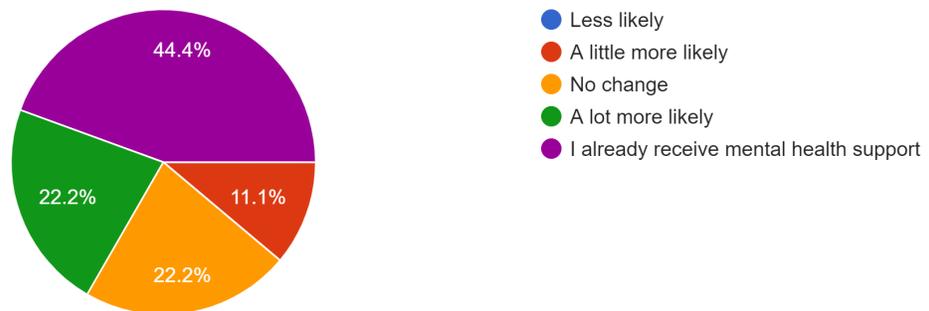
Did you know about the community resources before this event?

9 responses



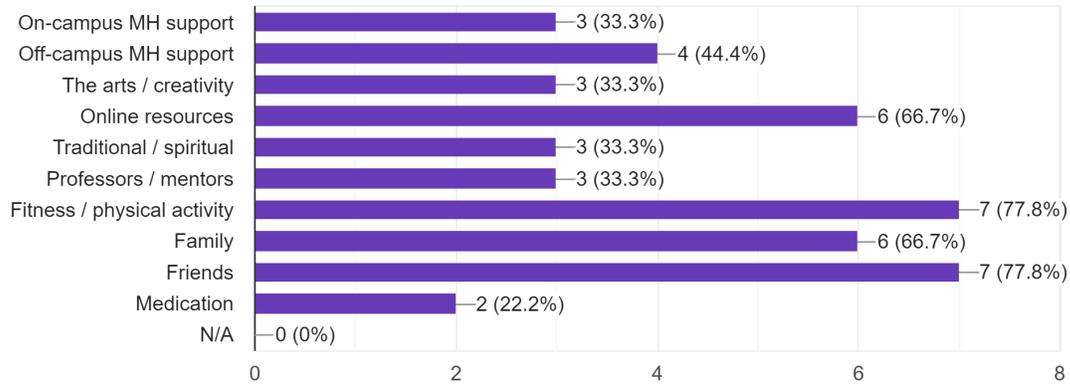
After this event, are you more or less likely to seek support for your mental health?

9 responses



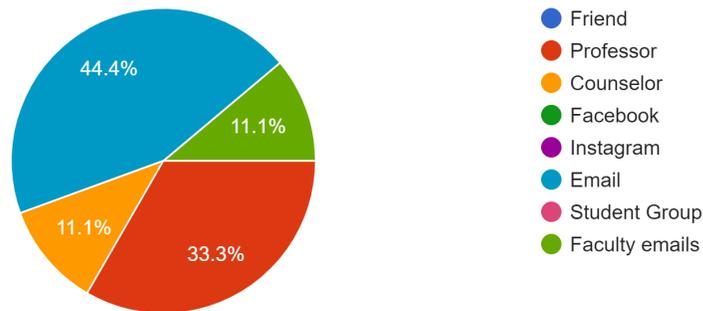
What type of mental health support do you think would be most useful to you?

9 responses



How did you hear about this event?

9 responses



What was your main takeaway?

- To reach out for help when needed
- Increased confidence in sharing my story.
- Mental Health is something more common than what I originally thought
- Mental illness can still include mental wellness
- That we are all in this together and it's okay to ask for help.
- Seeking mental help is not shameful.

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

Informative, inclusive
Thoughtful, safe, educational, emotional
Hopeful
Engaging and informative.
A place to learn more about mental health, you can get resources, hear other people's story, and just a great way to think about what's going on in your life as well
Interactive, poignant, informative
Brings hope and is uplifting.
Great! I learned a lot and improved my mental health a lot.

How might you use what you learned today?

I liked the idea of the body scan
Help others reach out if they need to
I will continue to share my experience with others
I want to show my parents some of the videos that was shared in the session
Assist with students and give better resources to students at LW Tech
Help others reach out for help
Be more kind and gracious to my family

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

Awareness
Fear of judgment
Finances.
My biggest barrier is finding the time. As well as trying to find a place that accepts my insurance, because of Covid no one is taking new people and a whole bunch of other problems to even getting to find a place.
Time
My biggest barrier was shame.

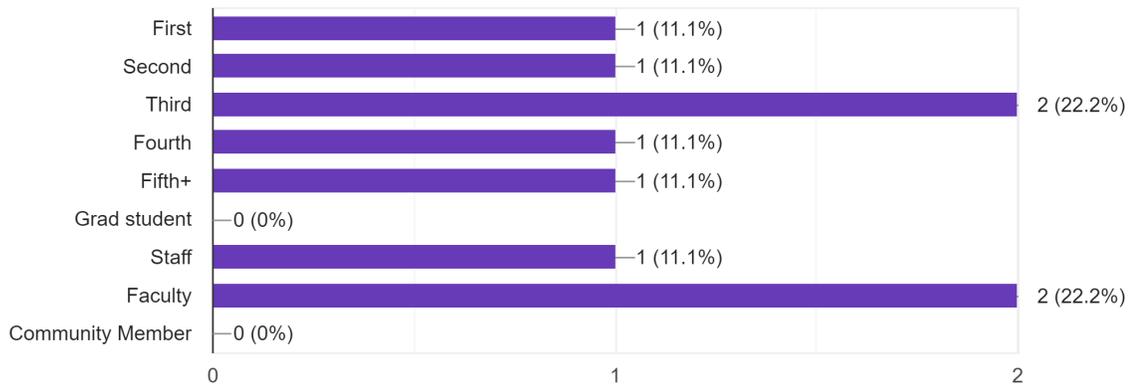
How can we improve this event in the future?

- Invite more people to participate
- Less talking during the solo exercises
- I think all of the information was great, I just struggled to find where the chat was, and I didnt know if the ABCdDEF on the polls were in the order that Chris was listing them because all I saw on my screen was ABCDEF so maybe saying what each letter corresponds to?
- Maybe a short ice breaker so we can get to know each other better (in small breakrooms)

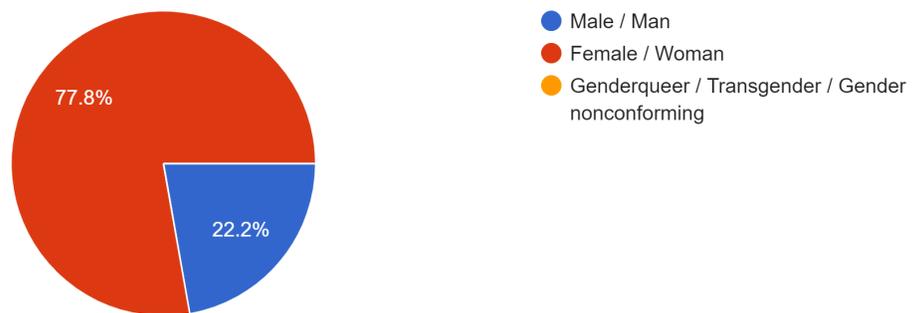
Major

Game Design	1
Behavioral healthcare	3
Culinary Arts	1

Year
9 responses



Gender Identity
9 responses



Ethnicity

9 responses

