

Movies for Mental Health (Online)

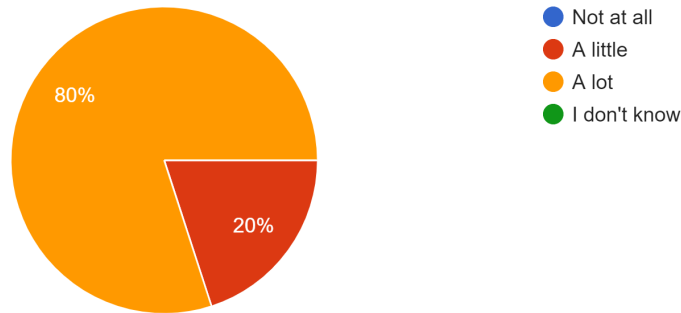
Post-Workshop Evaluations

Marquette University
April 12, 2021

Approximate maximum attendance: 24
Number of evaluations: 11

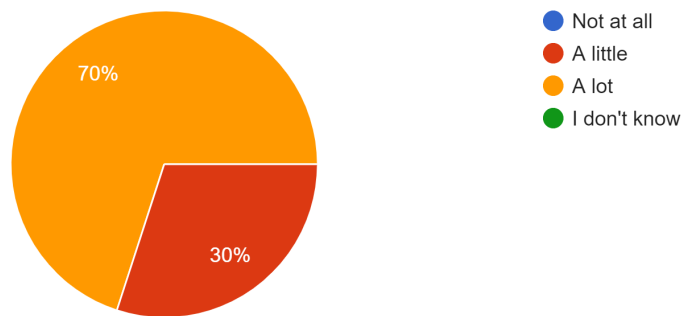
In your opinion, did this workshop increase your awareness of mental health issues?

10 responses



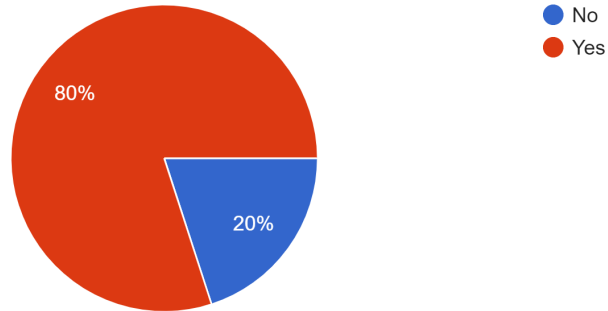
In your opinion, did this workshop help you confront and address stigma related to mental illness?

10 responses



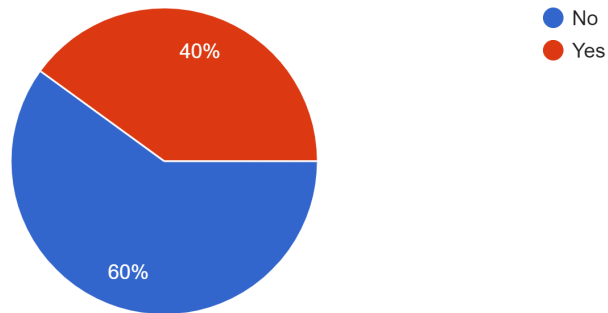
Did you know about your school's counseling services before this event?

10 responses



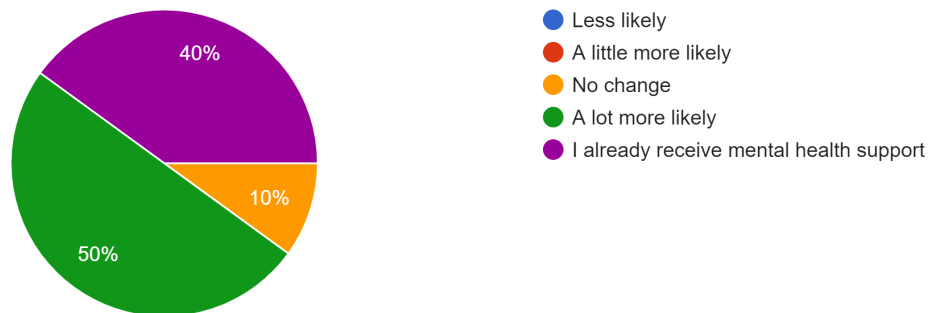
Did you know about the community resources before this event?

10 responses



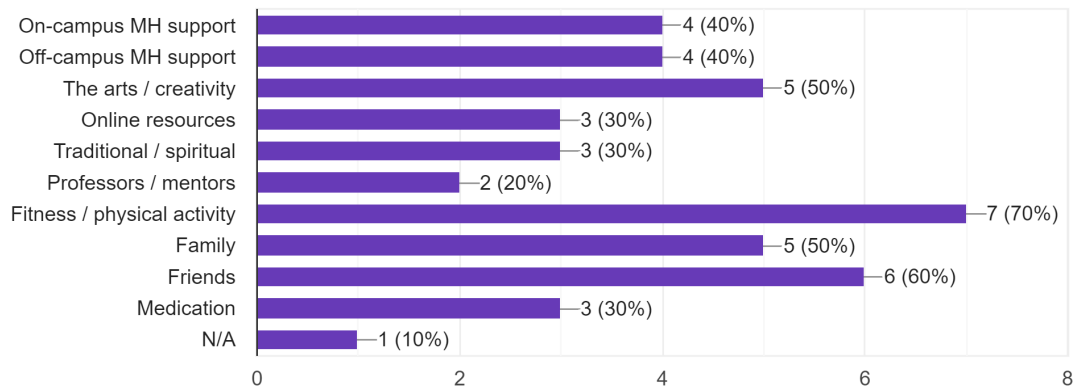
After this event, are you more or less likely to seek support for your mental health?

10 responses



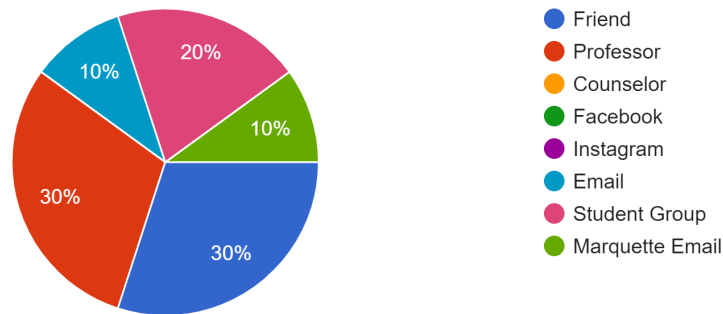
What type of mental health support do you think would be most useful to you?

10 responses



How did you hear about this event?

10 responses



What was your main takeaway?

- Everyone is dealing with their own struggles, and we need to keep that in mind.
- supporting ourselves is just as important as supporting each other
- there are so many people who are going through mental health struggles so I'm not alone.
- A lot of people are struggling with MH, and it is OK to ask for help even when it doesn't seem like you need it
- ACCEPTANCE!
- there are so many resources available
- Mental health is very important!
- Your feelings are valid
- no new information
- Bring perfectly imperfect

If you were telling a friend about this workshop, you would describe it as:

- A workshop to learn about MH and engage with others regarding the topic
- a fun way to reflect on our own feelings and the stigma that exists in society
- a safe and comfortable environment to reflect on mental health
- Eye-opening
- Very chill, accessible
- informational
- As a safe place to talk about mental health
- Uplifting and rewarding
- good if your new to the mental health world
- Engaging

How might you use what you learned today?

- I have been putting off going back to counseling for a while but I am feeling encouraged to do that now.
- I will be more compassionate to myself and others.
- I am going to take my mental health much more serious
- Resource page
- reach out more for help
- in my conversations with others
- didn't learn anything new
- To better address mental health with my patients and to get my own mental health in check
- Being kind to each other no matter what
- Sharing event concepts with others

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

- Time to take care of myself.
- Stigma
- stigma
- Knowing if anything will work for me, if I'm actually going through some mental illnesses.
- stigma
- myself
- Feeling like I do not want to burden others with my issues or that they are too small to not be worth it to go to someone for help
- putting stress on my family or making them feel bad
- working past the discomfort of seeking out resources (having to make phone calls, getting to know new providers, etc)
- Stigma

How can we improve this event in the future?

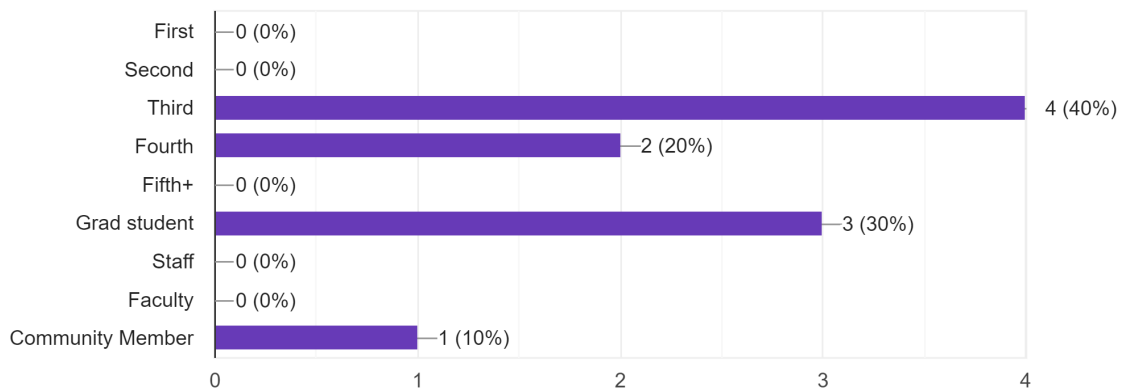
- N/A - LOVED IT!
- In person, of course, but.... Covid
- in person if safe
- More films please!
- shorten a bit so focus can be stronger
- make it less "fluffy" more information
- Make it shorter
- talking about specific illnesses and stigmas associated with them specifically
- i thought it was great the way it was!
- More time for discussion

Major

- Master's in Physician Assistant Studies
- Post grad
- speech pathology
- Criminology & Law Studies, Social Welfare & Justice
- biomedical sciences
- environmental engineering
- Physician Assistant
- biomechanical engineering
- social welfare and justice
- MBA

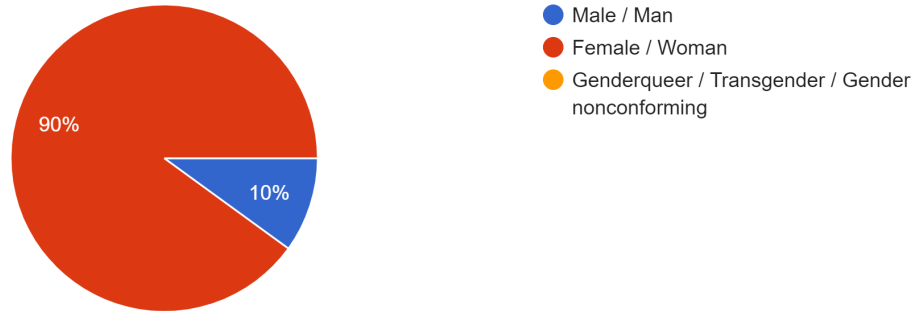
Year

10 responses



Gender Identity

10 responses



Ethnicity

10 responses

