

Movies for Mental Health

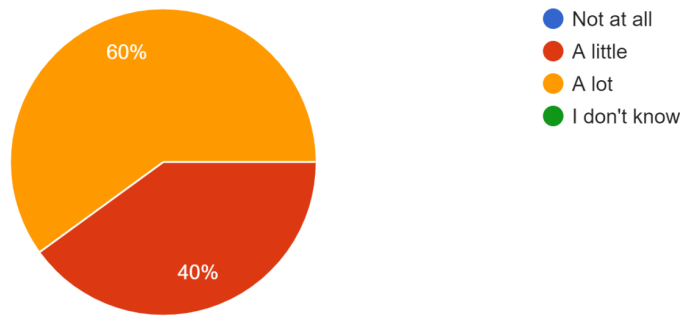
Post-Workshop Evaluations

Maryland Institute College of Art
March 25, 2022

Approximate maximum attendance: 14
Number of evaluations: 10

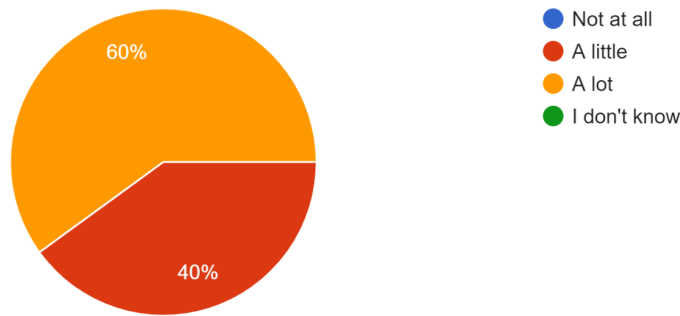
In your opinion, did this workshop increase your awareness of mental health issues?

10 responses



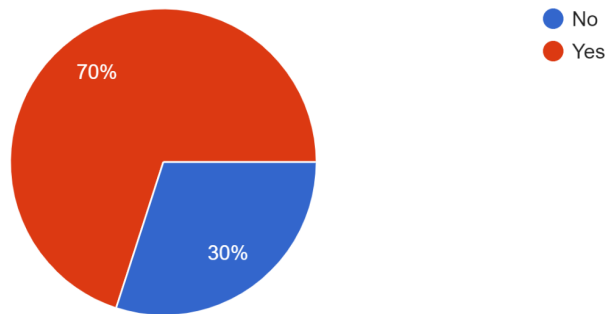
In your opinion, did this workshop help you confront and address stigma related to mental illness?

10 responses



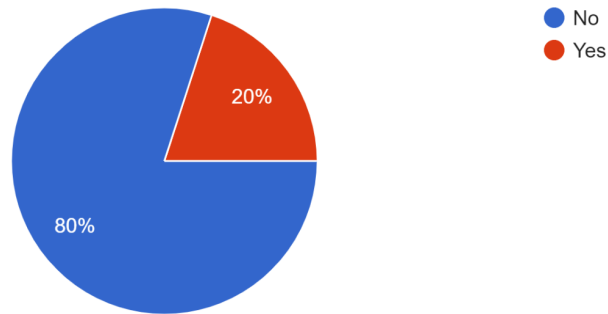
Did you know about your school's counseling services before this event?

10 responses



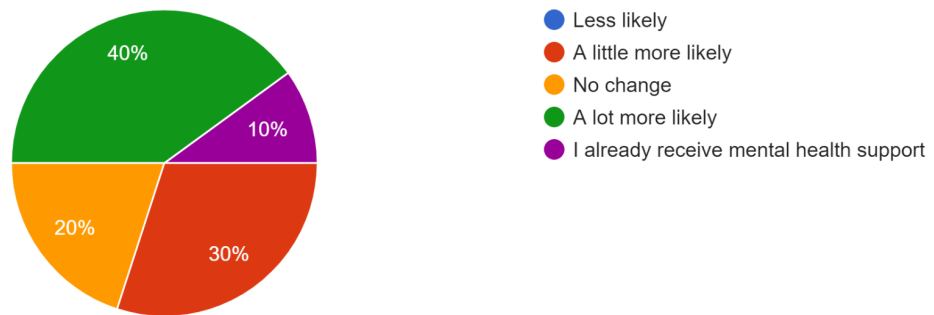
Did you know about the community resources before this event?

10 responses



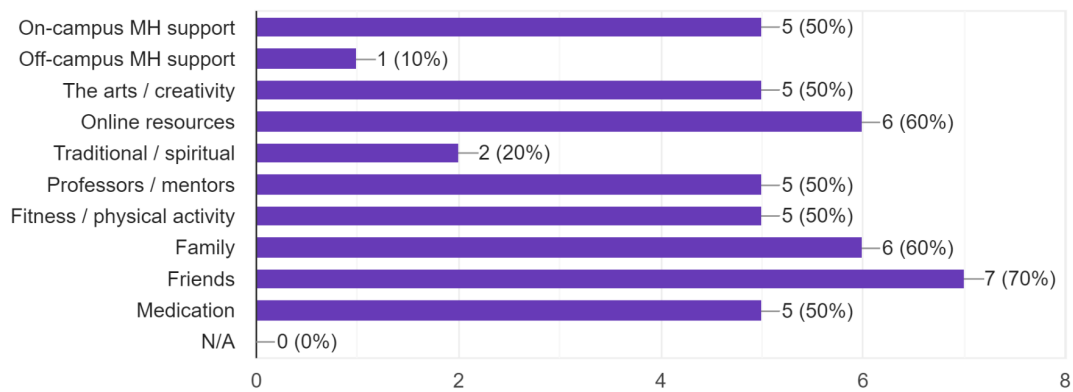
After this event, are you more or less likely to seek support for your mental health?

10 responses



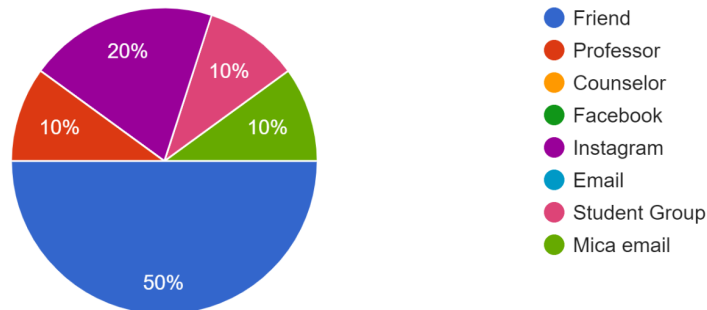
What type of mental health support do you think would be most useful to you?

10 responses



How did you hear about this event?

10 responses



What was your main takeaway?
Things will be ok :)
I need to do more for myself in terms of making sure I'm doing okay
Its okay to be mentally ill, don't be ashamed
Support is always closer that I think
People struggling don't always seem to be
That we are all in the same boat and I can be kinder while trying to understand myself
I can see different mental health issues and things happened on different people outside my thoughts. I also get support from other fight with mental health.
Mental health should be taken seriously

If you were telling a friend about this workshop, you would describe it as: (Highlights: see raw data for full list)
A group talk about mental health
Helpful and a great time for reflection
An event where you can talk about and discuss mental wellness and the steps to take to get better
A good opportunity to think about what you need for your emotional and mental health
So helpful welcoming and amazing
Engaging and supportive
You can learn, understand and feel other people more. U can be more confident to be yourself and strong power to affect others.

How might you use what you learned today?
Be a better listener
Try to take more notice of myself and be as kind to myself as possible
To better my life and my mental health journey
I might remember to look for support when I need it
A more positive outlook
Understand my students and family
Checking out NAMI and submitting my film to artwithimpact
Be more empathetic towards personal mental health struggles

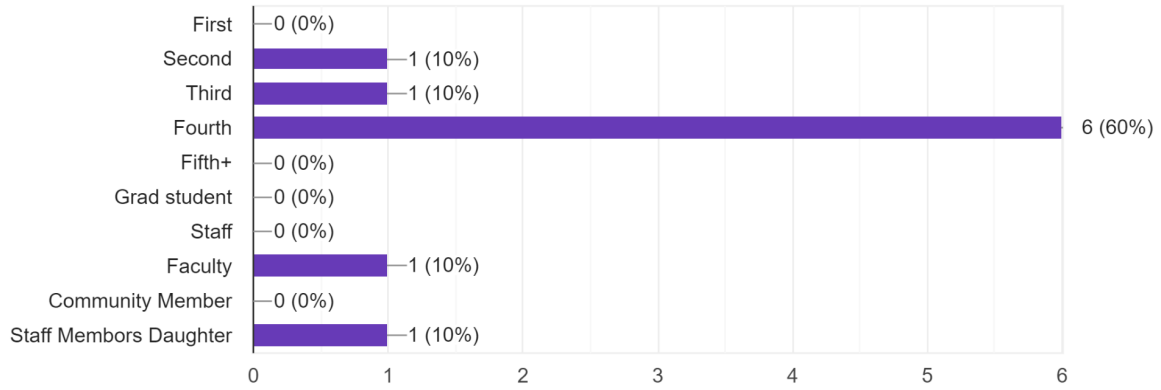
What are the biggest barriers to your mental wellness and/or receiving mental health support? (Highlights: see raw data for full list)
Stigma
I feel like I want to solve the problem by myself
My community and lack of healthcare
Invalidating both by myself and others and telling myself i'm not "mentally ill" enough
Cost
Internal conflict

How can we improve this event in the future?
Keep coming back every year
Maybe more interesting activities
More advertising
Do it more regularly (make a club or something) make it longer so we can watch more of the movies

Major	
Illustration	1
Animation	4
Graphic design	2
Photography	1

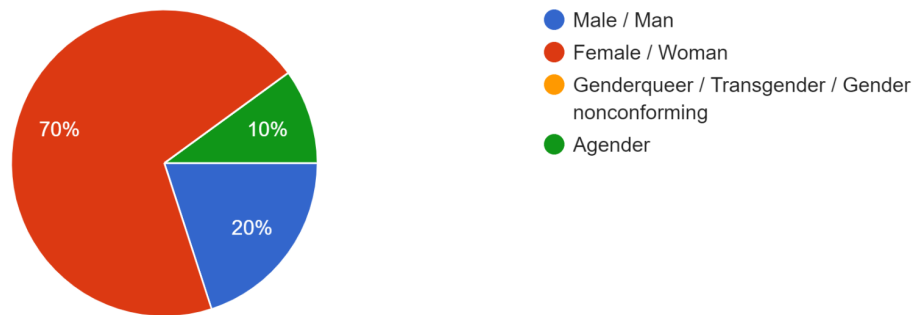
Year

10 responses



Gender Identity

10 responses



Ethnicity

10 responses

