Movies for Mental Health (Online)
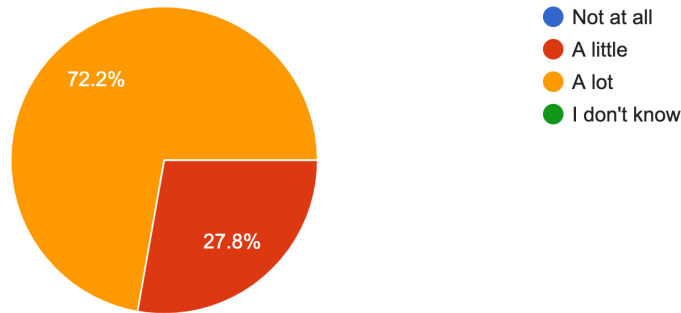
Post-Workshop Evaluations

Mercy College of Ohio	Approximate maximum attendance: 89
Wednesday, February 16, 2022	Number of evaluations: 75

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

72 responses

- Not at all
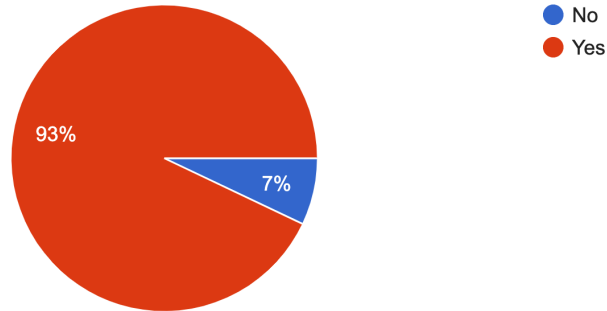- A little
- A lot
- I don't know

72.2%

27.8%

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

72 responses

- Not at all
- A little
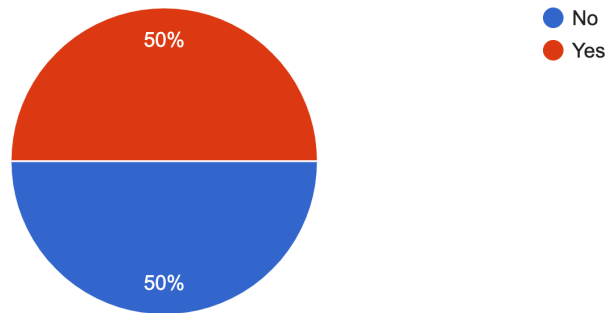- A lot
- I don't know

70.8%

29.2%

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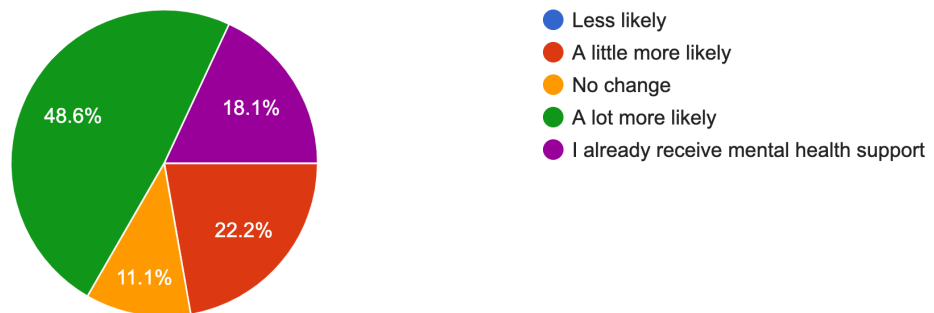

- No
- Yes

93%

7%

Did you know about the community resources before this event?
72 responses

- No
- Yes

50%

50%

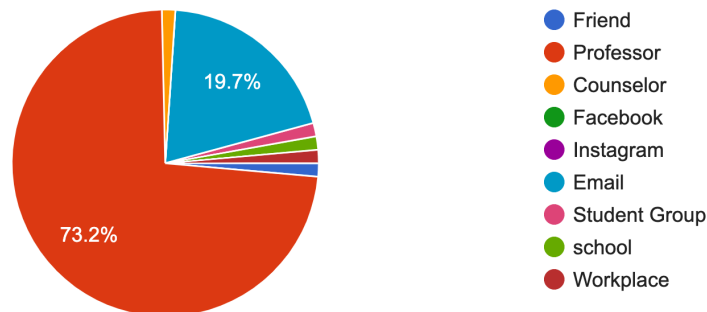After this event, are you more or less likely to seek support for your mental health?
72 responses

- Less likely
- A little more likely
- No change
- A lot more likely
- I already receive mental health support

48.6%

18.1%

22.2%

11.1%

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

Category	Count (%)
On-campus MH support	39 (54.2%)
Off-campus MH support	30 (41.7%)
The arts / creativity	26 (36.1%)
Online resources	30 (41.7%)
Traditional / spiritual	17 (23.6%)
Professors / mentors	21 (29.2%)
Fitness / physical activity	41 (56.9%)
Family	50 (69.4%)
Friends	53 (73.6%)
Medication	21 (29.2%)
N/A	2 (2.8%)
Therapist	1 (1.4%)
Music	1 (1.4%)

How did you hear about this event?
71 responses

- Friend
- Professor
- Counselor
- Facebook
- Instagram
- Email
- Student Group
- school
- Workplace

73.2%
19.7%

What was your main takeaway?

- That it's okay to choose yourself and love yourself enough to learn self love and seek help to heal.
- For me, the main takeaway is that mental health is heavily stigmatized, which makes it a lot harder for people to get help. It's important we do check-ins with others close to us, and also ourselves. Mental wellness and mental illness can coexist and both need addressed in different ways.
- Everyone has mental health, whether good or bad and we as humans need to understand this and not judge!
- Do not be afraid to reach out!
- My main takeaway is to be more aware of peoples thoughts and feelings.
- Mind and body relaxation and resources.
- There are a lot of people like me
- It was nice to hear the panel at the end!
- Relaxation techniques

- That every story is unique!
- We all struggle with something and it is OK
- Importance of taking care of yourself
- mental health is often taken care of last, its not a priority for most like it should be
- Awareness of the stigma of mental health and why that effects others mental health
- I feel more confident to talk about mental health to my family and friends.
- Important to be aware
- I feel more confident to talk about mental health to my family and friends
- How to properly cope with mental health
- That we all need to come together to get rid of the stigma surrounding mental health.
- Mental health affects your whole life
- How important mental health is
- Do not let stigma determine you.
- That mental health should not be stigmatized.
- mental health should not be stigmatized
- There truly are more people that are affected by mental health than I have given thought to.

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

- Helpful to feel part of a community
- Very informative of different perspectives of mental health issues
- Amazing, helpful, made me feel seen
- A mental health chat, learning about stigmas and how they are real
- A mental health awareness workshop that will open you eyes
- Eye-opening and refreshing
- A great mental health seminar that helps you feel comfortable in your skin with people that don't judge and just want to support you and ensure that you don't feel alone.
- Powerful, enlightening, relatable/comforting
- An amazing experience to learn about mental health
- An evaluation of what mental health is and how to seek help for it
- A great opportunity to share about Mental Health in a nonthreatening environment. Very enlightening. Truly worth every minute!
- Very informative on how to learn about mental health and ways to cope with out mental health
- a few short stories to watch so you can understand the mind a lot better
- Enlightening
- Honest and Raw
- Join this program
- I would say this workshop is eye-opening.
- Positive opportunity to (re)acquaint yourself with notion of stigma and the awareness of how important it is to talk about it and help people overcome the stigma to seek treatment.
- very moving and supportive
- Beneficial

How might you use what you learned today?

- Meditate, do yoga, journal, continue with counseling, any form of self care to help stay out of my own head!
- Getting help for my anxiety
- I am not a anxious person, but know it's a real thing. While I will never be able to 100% understand anxiety or depression, it is important to me to continuously "check" myself and be aware of those around me. To continue to try to be open and provide safe space for everyone when needed..
- Second guess that I may reach out to our counselor at mercy
- To make sure to check in on everyone
- I will try to not say anything to offend anyone.
- For myself and others
- I will use the relaxation techniques
- To think before i speak. I am bad at listening before projecting advice!
- Importance of being there for others
- I can use this in my every day life, my career with friends and family being an active listener
- I may look more into the counseling at my school and utilizing it
- openly discuss mental health that there is nothing wrong with struggling with mental health issues
- I will use the resources to continue educating myself and betting my mental health
- taking what I learned and not judging anyone who choses to get help
- Decrease my stigma towards mental health
- By telling my family and friends about mental health
- be more open minded and kind towards others
- By telling my family and friends about mental health

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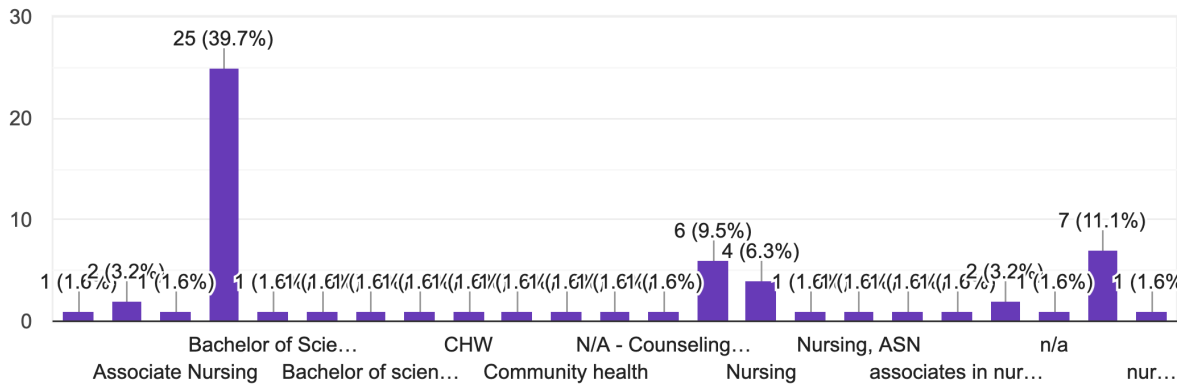### (Highlights: see raw data for full list)

- Time consumption and the stigma of reaching out and being perceived as ill
- Support/ the stigma/ my parents just don't understand mental illness
- Facing the fact I'm not "normal"
- I think my family is my biggest barrier because I do not want my family to worry.
- Don't think or realize i need it
- I have no support
- Not wanting to have a negative experience
- Sometimes I feel that some people get tired of hearing what I go through, but I like counseling it helps me find new ways to grow and learn how to love myself.
- Knowledge
- fears on speaking about it, vulnerability
- being a mom
- Mostly stigma and being taught that "everyone has problems" and that I should be able to handle things on my own.
- Finding a counselor that is non judge mental that is open and honest in helping me for me not for them to get a pay check
- financial, and afraid to be judge
- anxiety, time
- time

How can we improve this event in the future?

- videos wouldn't load for me
- make it in person
- Movies that are easier to understand
- Answer questions
- You're doing amazing, it needs no improvement!
- share link with more people
- I truthfully cannot think of any specific ways to improve this event. It was really smooth and I like throwing
- maybe involve more people like jay to discuss the issues they are dealing with. sometimes seeing people speak helps you to feel like you can relate more.
- adding more videos
- I'm a big fan of this event, I attended last year too. I would personally love to have it in person eventually, but I know that may not feel as safe for some people.
- remove the stigma of mental health
- Some of the material was more sensitive than I thought it was going to be. The panel and the sharing of the abuse was too much for me and was a BIG trigger.
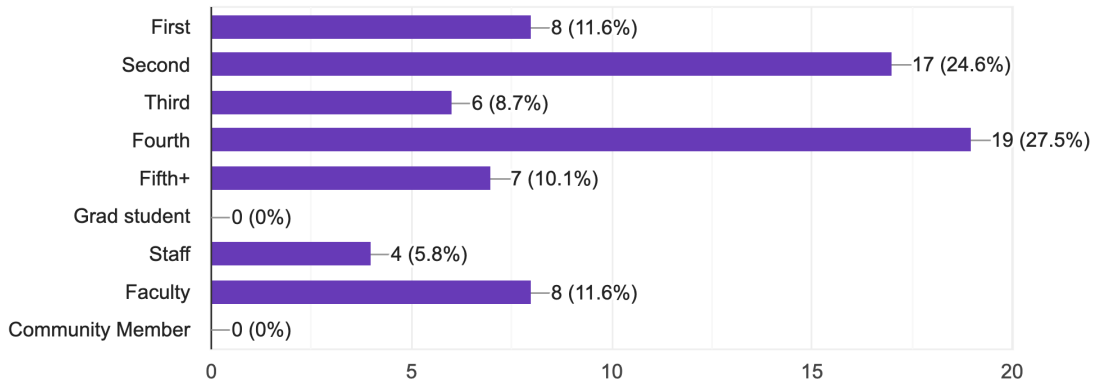- Not as long. It was a lot of information
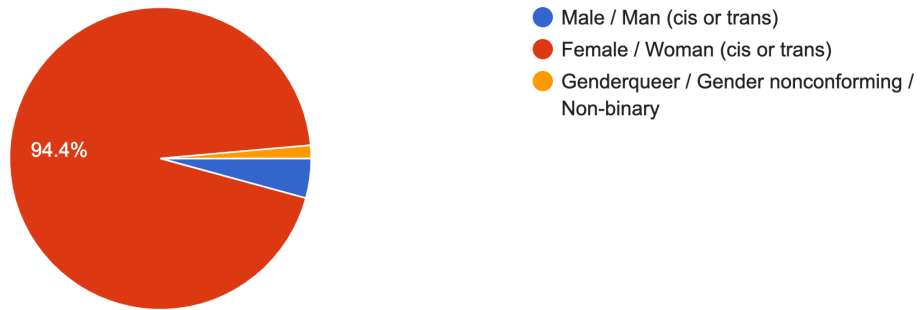
Major
63 responses

Year
69 responses

First	8 (11.6%)
Second	17 (24.6%)
Third	6 (8.7%)
Fourth	19 (27.5%)
Fifth+	7 (10.1%)
Grad student	0 (0%)
Staff	4 (5.8%)
Faculty	8 (11.6%)
Community Member	0 (0%)

Gender Identity
71 responses

- Male / Man (cis or trans)
- Female / Woman (cis or trans)
- Genderqueer / Gender nonconforming / Non-binary

94.4%

Ethnicity
70 responses

Asian/Asian American	3 (4.3%)
Black/African/African American	5 (7.1%)
Indian/South Asian	0 (0%)
Middle Eastern	1 (1.4%)
Indigenous / Native American	0 (0%)
White/Caucasian	60 (85.7%)
Hispanic/Latinx	4 (5.7%)
Pacific Islander	0 (0%)