Movies for Mental Health (Online)
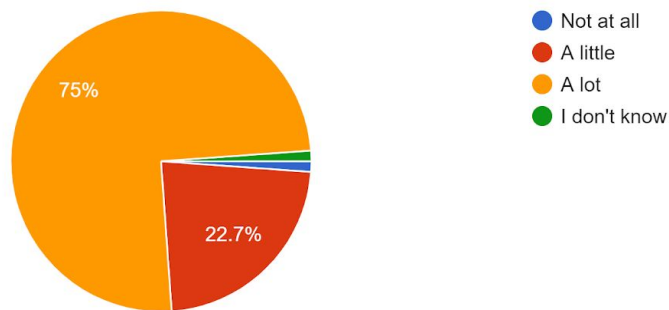
Post-Workshop Evaluations

|	
MERCY COLLEGE OF OHIO February 17, 2021	Number of attendees: 141 Number of evaluations: 96

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

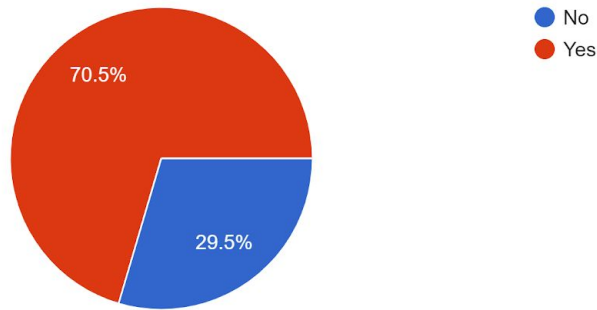88 responses

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

75%

22.7%

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

88 responses

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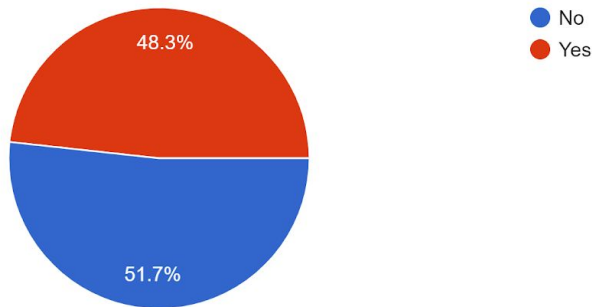- I don't know

67%

31.8%
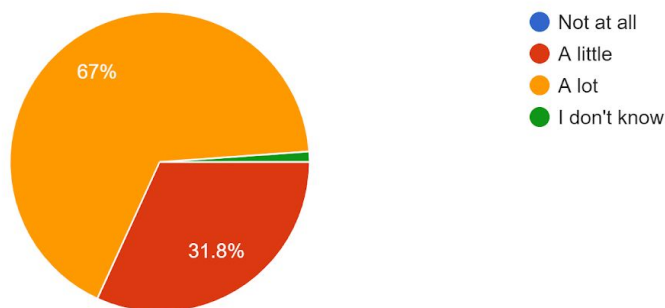
Did you know about your school's counseling services before this event?
88 responses

● No
● Yes

70.5%

29.5%

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

● No
● Yes

48.3%

51.7%

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

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

19.3%

50%

18.2%

11.4%
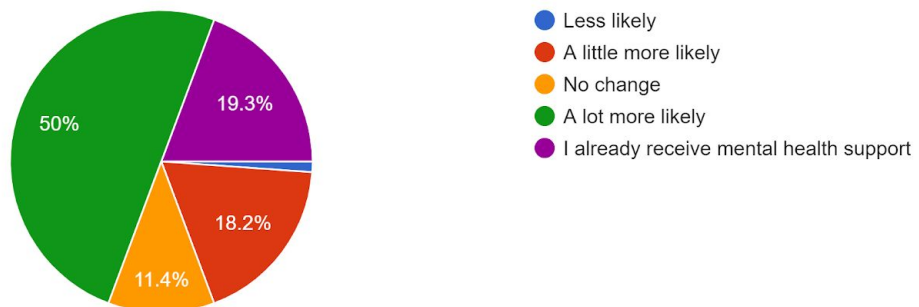
What type of mental health support do you think would be most useful to you?

88 responses

Support Type	Count (%)
On-campus MH support	34 (38.6%)
Off-campus MH support	30 (34.1%)
The arts / creativity	38 (43.2%)
Online resources	37 (42%)
Traditional / spiritual	28 (31.8%)
Professors / mentors	22 (25%)
Fitness / physical activity	58 (65.9%)
Family	44 (50%)
Friends	49 (55.7%)
Medication	11 (12.5%)
N/A	3 (3.4%)
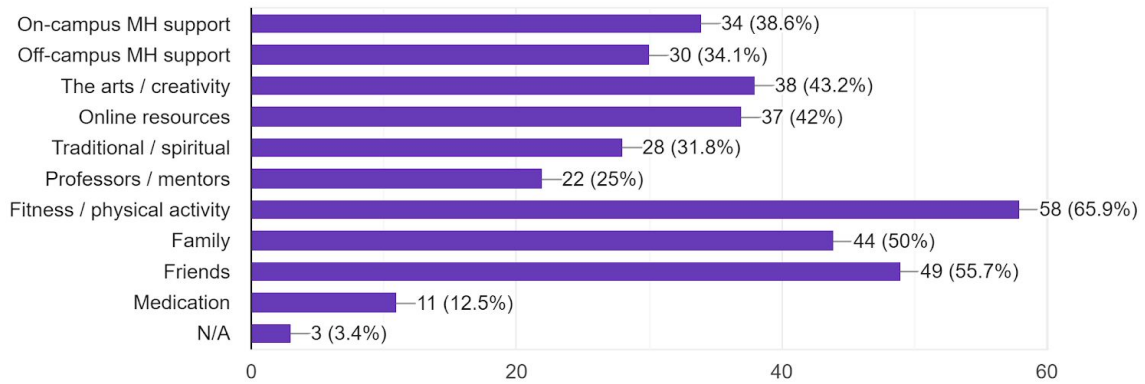
How did you hear about this event?

87 responses

- Friend
- Professor
- Counselor
- Facebook
- Instagram
- Email
- Student Group
- Mercy College

39.1%
39.1%

▲ 1/2 ▼
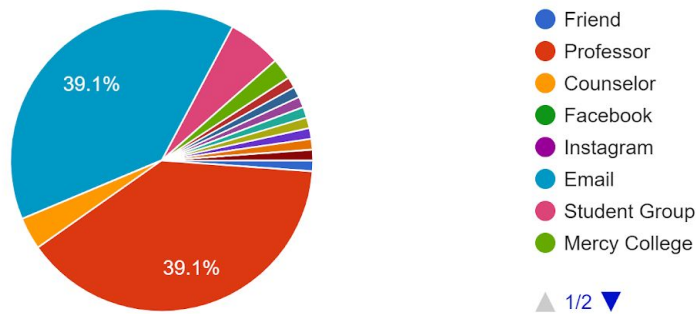
What was your main takeaway?

Be open to talk things out.
This meeting just helped make me feel more accepted :)
The videos were very powerful and informative
Mental health is everywhere and you never know when someone has an underlying MH issue that they are struggling with
Mental health is as important as physical health
Just breathe
Mental health is different for everyone
To not be afraid to reach out and talk to others about my mental health
it's okay to not be okay
Sometimes you may not realize you are mentally "stressed"
You are not alone in your mental health struggles and in finding the help you need.
Therapy can benefit everyone

Mental health needs to be looked at in a positive light in order to encourage people to feel safe to talk about it. Everyone experiences mental health and we need to look at it as another factor of well-being.
You don't have to be in crisis mode to seek mental health help, it can be a maintenance thing
My main takeaway is that everyone deals with mental health. It needs to be brought up as a normal thing that every human deals with. We need to start looking at it as another part of our well-being.
Mental health issues are extremely common but there are many ways to get help and there are alot of things you can do yourself
I think people feel they are able to talk more openly about their own struggles with anxiety and depression. I wish it didn't take a pandemic to bring more awareness to mental health, but grateful that people can speak more openly without feeling judged.

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

It helps recognize it is okay to not be okay
Mind opening and comforting to know you are not alone with a mental health problem
Very informative. Beautiful films
An engaging workshop to encourage students and others to speak up and seek help, not staying silent.
Informative and touching
Helpful
Very necessary and eye-opening
Gives you a wider view on mental health
Emotional, good connection to others
Really well organized, informative and supportive
Amazing
Insightful and informative. Great moderator, great content, great panel, great stories, great stories. I would definitely recommend it to others.
Helpful, spiritual, a group of people describing exactly how u are feeling but unable to get the exact way u feel out in the open.
An opportunity to learn a little bit more about how it feels to struggle and the importance of being present and listening to others.
Very relatable, people like you and me help to work through issues
Relateable to anyone viewing the film
Necessary and healthy

How might you use what you learned today?

I will reach out when I feel overwhelmed
I am more aware of what others may be experiencing that they may not talk about
Inform others and help myself with the breathing exercises
To get help
To better help students
I will use it to not be judgmental against my patients and be more open minded
A more detailed approach on self development to help myself I'll help others
Not being afraid to seek counseling
Use the breathing exercises when I'm stressed
In my clinical setting in the BHI
To get through my last year of school and in my field in the future!
A more detailed approach on self development to help myself I'll help others

I feel that I can be a better listener for others and found new ways to cope with my depression and anxiety
Continue to be open with communicating and listening to encourage others to talk, and get myself to talk
I learned that I do have some mental stress I need to work on dealing with
Remember every day to take care of myself, not just others
To look at the bigger picture and not judge what people are going through
Continue to talk about mental health to the community, family, friends
Keep myself more accountable for my mental health
Try to encourage more emotional dialogue with people close to me
Use some apps to reduce stress
Its good to consciously monitor your own emotions. There are things you can do yourself to alleviate stress
Learning to drop breath and relax my mind and body is a daily struggle for me. These techniques have helped me learn to do that.
Really listening when someone is talking and recognize if I need to push a little more with their "I'm fine" response.

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

Time
Feeling weak
Being a burden to others
Pride
COVID
Independence
Work and stress
Stigma amongst health care workers
Off campus options that are not too expensive
Not admitting it to myself
Working in healthcare, it is not always supported by your employer
Feeling like it labels me as crazy or ill.
Insurance coverage
Finding someone who connects with me
I still have issues with sharing my emotions but they are getting better.
Resources. Loved ones or friends understating what u are going through
Being stereotyped
Realizing that everyone can benefit from mental health support, even if you are not in a "bad place" right now.
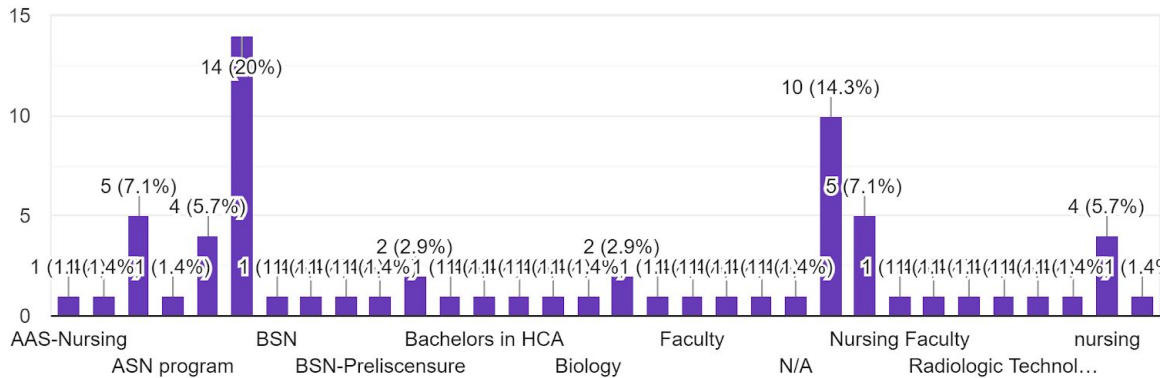
How can we improve this event in the future?

Making it be at different times
Bring more people in the field in
Maybe using a different program to host/platform
Maybe not be as long
More in depth information about mental health
More panelists
It was great as is!

I think the set up and format is well. Perhaps, get questions for the Q&A in advance
More exercises or polls.
It was very difficult for me to get access to the event. I registered but never got an email with link and finally had to call the coordinator
Hold it in person if possible.
More activities and ways of dealing with mental health
Nothing, this was amazing
I enjoyed how it was
It would be nice to see peoples' faces when they were talking. It would be more like having a real conversation. Maybe also have activities where we talk to each other in breakout rooms.
Longer movies
The video was a little glitchy at the beginning but that is hard to figure out if it is on my end or the other end and making sure the proper links are shared.

Major
70 responses

Year
86 responses

Year	Count
First	25 (29.1%)
Second	12 (14%)
Third	6 (7%)
Fourth	15 (17.4%)
Fifth+	3 (3.5%)
Grad student	3 (3.5%)
Staff	8 (9.3%)
Faculty	13 (15.1%)
Community Member	0 (0%)
Alumni	2 (2.3%)
RN-BSN bridge	1 (1.2%)
Almuni	1 (1.2%)
Alum	1 (1.2%)
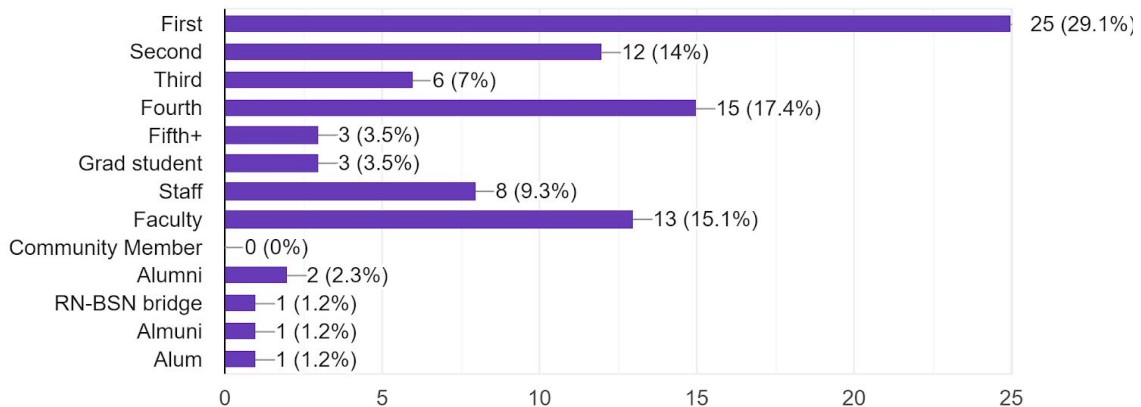
Gender Identity

88 responses

- ● Male / Man
- ● Female / Woman
- ● Genderqueer / Transgender / Gender nonconforming

96.6%

Ethnicity

87 responses

Ethnicity	Count
Asian/Asian American	0 (0%)
Black/African/African American	8 (9.2%)
Indian/South Asian	0 (0%)
Middle Eastern	0 (0%)
Indigenous / Native American	0 (0%)
White/Caucasian	76 (87.4%)
Hispanic/Latinx	7 (8%)
Pacific Islander	1 (1.1%)