

# Movies for Mental Health (Online)

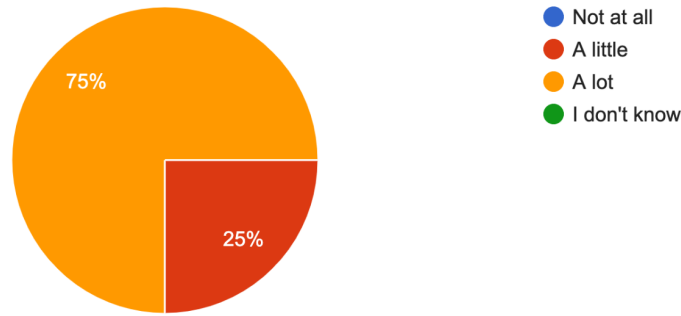
## Post-Workshop Evaluations

SCHOOL: Mercy College of Ohio  
DATE: February 21, 2023

Approximate maximum attendance: 54  
Number of evaluations: 20

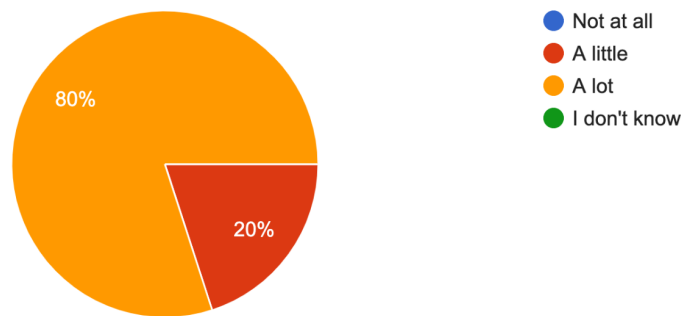
In your opinion, did this workshop increase your awareness of mental health issues?

20 responses



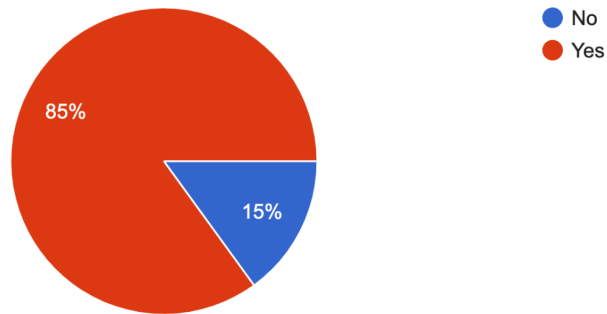
In your opinion, did this workshop help you confront and address stigma related to mental illness?

20 responses



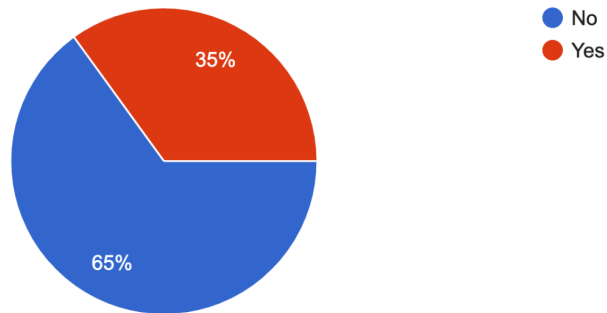
### Did you know about your school's counseling services before this event?

20 responses



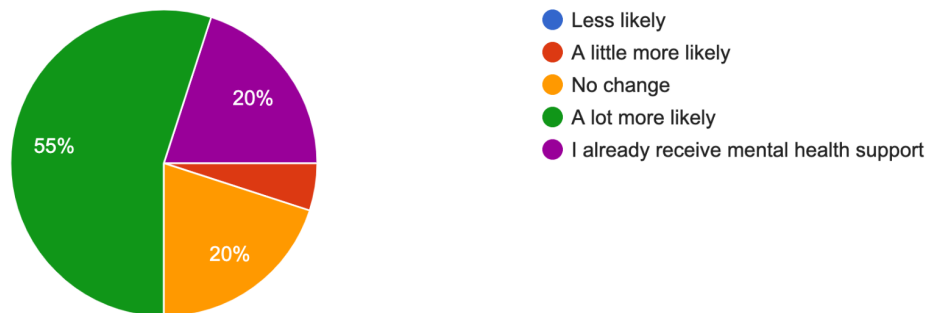
### Did you know about the community resources before this event?

20 responses



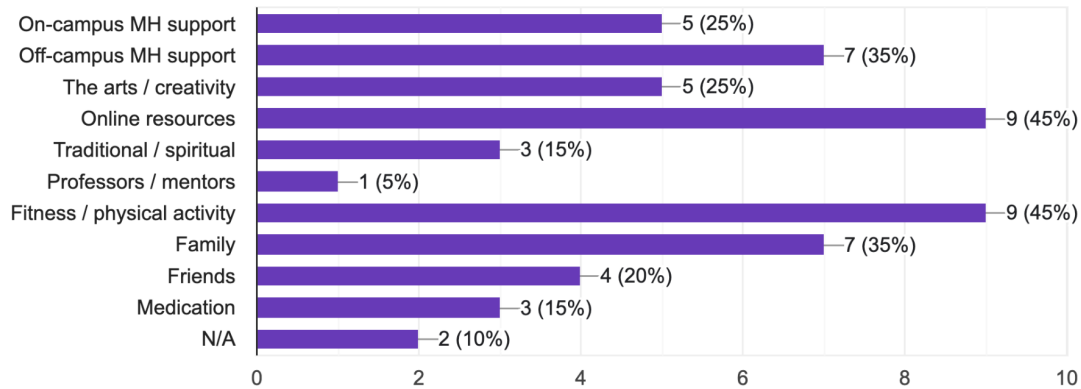
### After this event, are you more or less likely to seek support for your mental health?

20 responses



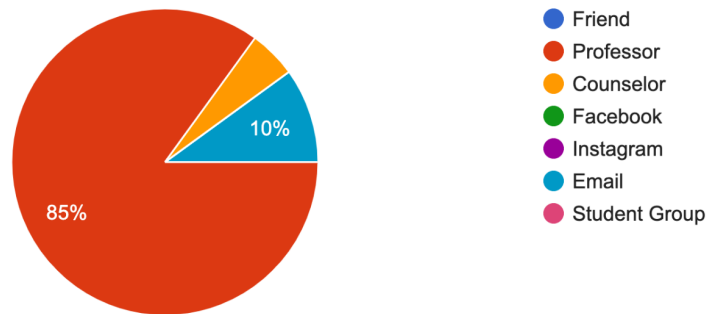
### What type(s) of mental health support would you like better access to?

20 responses



### How did you hear about this event?

20 responses



### What was your main takeaway?

- Breaking the stigma
- you are not alone
- Mental health looks different for everyone even if the diagnosis is the same
- seek help
- Mental Health is important to recognize and take care of.
- I hope to use the information I learned from today's workshop in my nursing career someday.
- More awareness regarding mental health
- Learning ways to get help for mental health
- We will have a long way to go with acceptance & understanding of mental health struggles.
- About how mental health is something everyone deals with, and coping skills are very important
- There are many people who struggle with mental health.
- Mental illness is everywhere

- taking care of your mental health
- It's okay to ask for help and have a support group you trust.
- If you need someone take time for yourself and get that!
- Dont be embarrassed about asking for help
- The amazing amount of support for students at the campus!

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

- Eye opening
- reassuring
- insightful
- informative
- Helpful
- Informative
- mind opening
- educational by seeing and hearing about the mental health and way to improve the feelings of depression and anxiety
- Uplifting, honest & a safe space.
- A good presentation hearing quality stories about mental health from people in similar circumstances
- A discussion of mental health resources
- very informative and eye opening
- helpful
- Freeing, relaxing
- It was very beneficial and eye opening
- mental health
- The tremendous amount of accessible support; the panel was an amazing group of folks!

### How might you use what you learned today?

- Educating friends about resources within the college
- additional resources
- be gentler with myself and my patients
- to help myself and others
- Continued support of my mental health and others
- By seeking help when needed
- as a tool to help with coping with anxiety
- If starting to feel down about myself I would then reach out to Suzanne within counseling
- As someone who suffers with anxiety & depression I use that in my daily work in the health field to let my patients know our office is a safe space to discuss mental health concerns.
- This is all stuff you can do in everyday life and it gives me the ability to know support options for friends, family and myself
- Just as part of my knowledge base
- taking time to learn more about my personal mental health
- reaching out when i need to
- I think I'll try to reach out more and focus on myself more.
- Just helping my sister because she does deal with mental health
- I will be reaching out for counseling
- In my daily work and practice.

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

- you don't know where to start
- my pride
- time
- Time
- Being scared
- Feeling embarrassed and thinking I can do it alone
- I try to push it off and move forward so it does deep down bother me instead of accepting the experiences I will be having
- Finding the time to have counseling
- Difficulty noticing my mental health with everything I have got going on school wise
- I don't have any barriers
- finding time in my very busy schedule
- time / schedule
- I think my biggest barrier is asking for help and being open with my emotions.
- school, work, and stress
- Embarrassed about asking for help

### How can we improve this event in the future?

- N/A
- nothing
- less clips
- I really enjoyed it
- N/A
- I don't have any suggestions; I enjoyed this program
- I enjoyed it but ways to improve is to let the audience talk about their experiences
- I think it's great how it is.
- Can not think of anything!
- A little shorter
- maybe including some more videos
- n/a
- I have no complaints.
- I loved it!!
- I loved it as is
- Reevaluate the videos; some could have yielded triggers.

### What other topics would you like to see addressed in future workshops that relate to mental health and / or the arts?

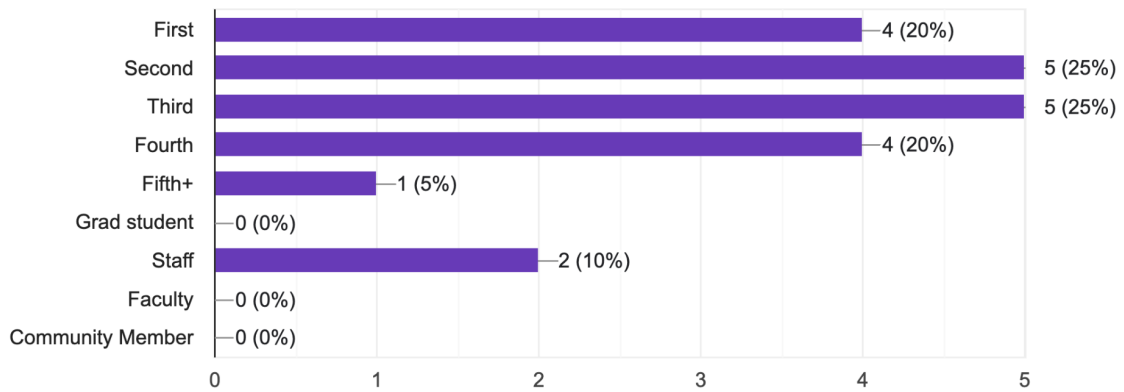
- Other mental health issues
- substance use
- more strategies to reduce stress

- The physical health issues that can stem from mental health issues
- PTSD
- Suicide ideations
- Can not think of any right now
- That everyone deals with a lot and you need to figure out how to handle it
- additional videos with more content and mental health topics
- I think diving more to other types of mental health like Bipolar depression and PTSD.
- I liked it as is
- access to a support group, I didn't hear that mentioned.

Major	
Bachelor of Science in Nursing	<b>83%</b>
Associate Bachelor of Science in Nursing	<b>11%</b>
Health Sciences	<b>0.5%</b>

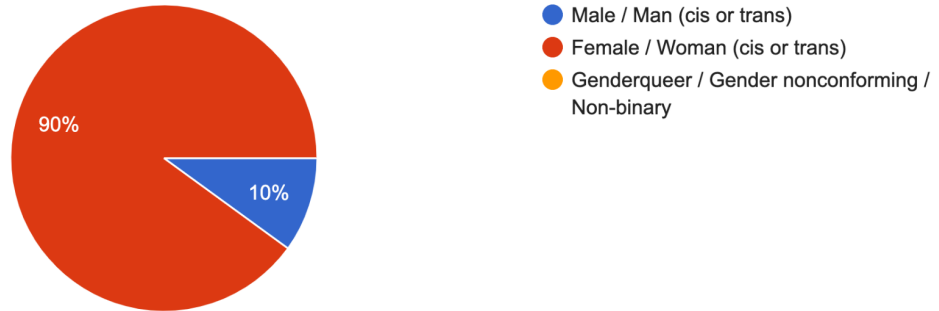
### Year

20 responses



### Gender Identity

20 responses



### Ethnicity

20 responses

