

Movies for Mental Health (Online)

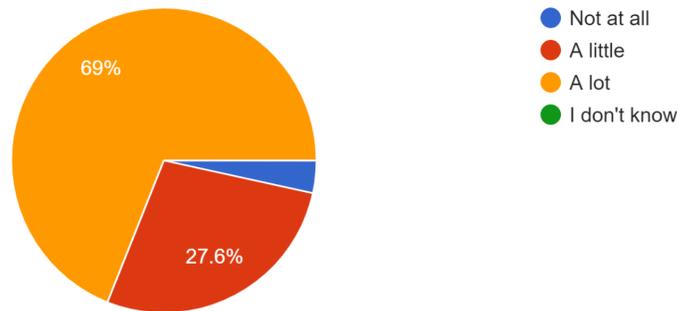
Post-Workshop Evaluations

Mid-State Technical College
May 10, 2022

Approximate maximum attendance: 59
Number of evaluations: 29

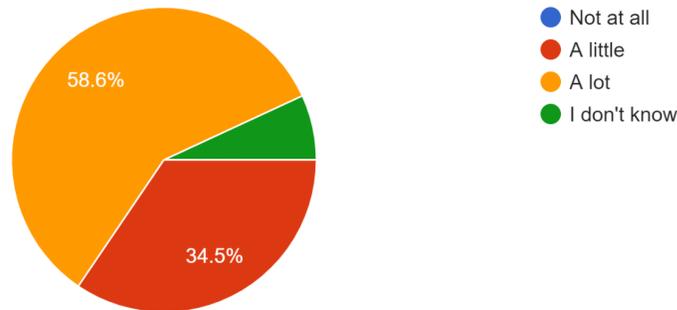
In your opinion, did this workshop increase your awareness of mental health issues?

29 responses



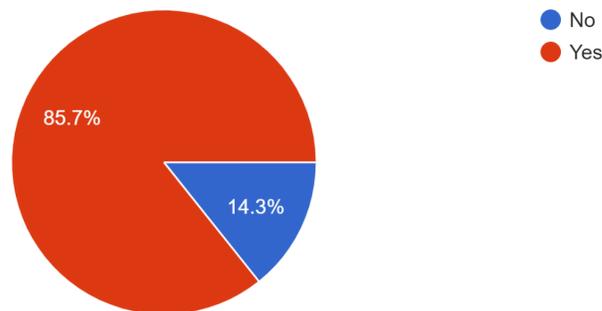
In your opinion, did this workshop help you confront and address stigma related to mental illness?

29 responses



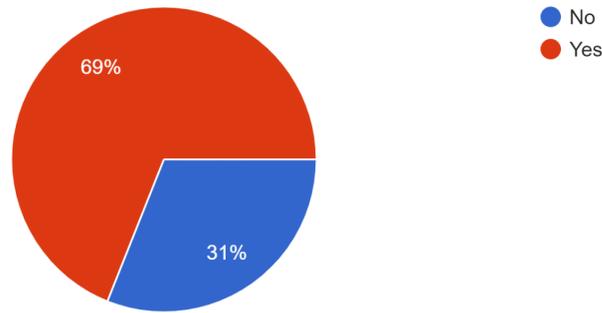
Did you know about your school's counseling services before this event?

28 responses



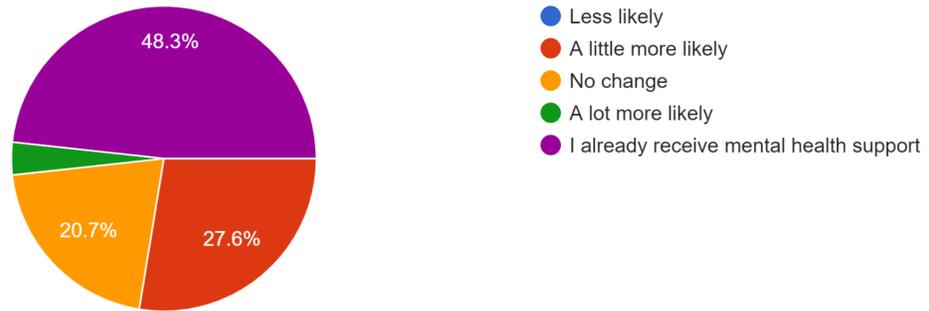
Did you know about the community resources before this event?

29 responses



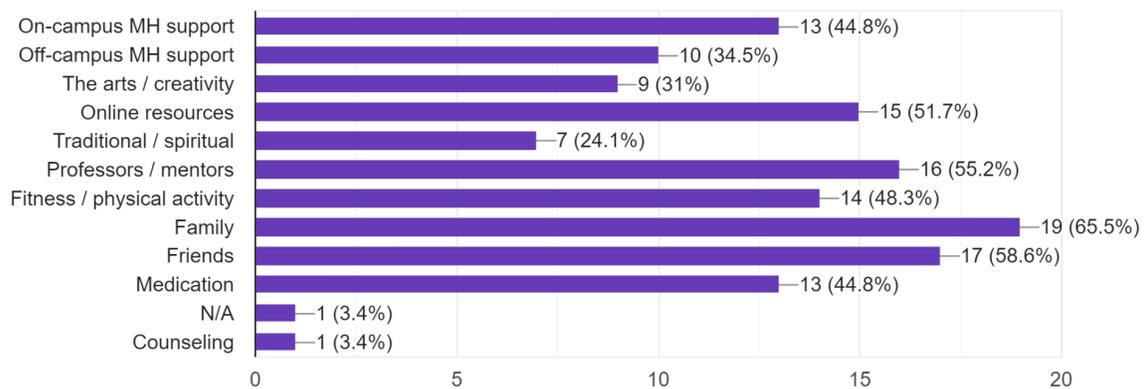
After this event, are you more or less likely to seek support for your mental health?

29 responses



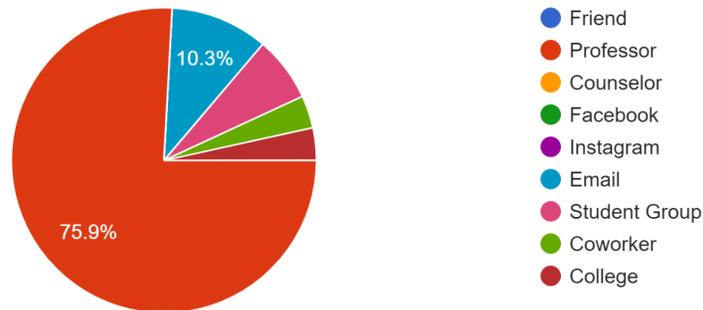
What type of mental health support do you think would be most useful to you?

29 responses



How did you hear about this event?

29 responses



What was your main takeaway?

How common mental health issues are.
That Mid-state is really pushing to raise awareness on mental illness
The Kelly Hrudehy film was a big eye opener for me. Men's mental health is also VERY important!
Being able to discuss mental health with my peers
The lady on the train and bedroom floor lost with emotions trying to be strong
We all are dealing with things and that there are resources for all of them.
Learning about all the resources available through MSTC
A lot more people are struggling with mental health issues than I thought.
Mental Health varies greatly by each individual person

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

An open and honest discussion of mental health with media supplements to drive conversation.
Beneficial on understanding mental health and understanding how it affects different people.
I'm going to talk to my boyfriend about this workshop and show him the Kelly Hrudehy film. I want to make sure he knows that I'm here for him no matter what.
Eye opening
Laid back, comfortable and filled with good content
Powerful
Beneficial and informative
Really good, encourage others to join the workshop
This workshop was better than I expected. MSTC is definitely going in the right direction with assisting students cope with their mental health, taking away the stigma and making it more comfortable to seek help.

How might you use what you learned today?

Look into more resources for my mental health
I will reach out to friends and be there. Practice mindfulness and active listening
Help end stigma and bring awareness to mental health issues men face.
I'm going to use the breathing exercises that we did today when I'm stressed or feel anxious. I've done breathing exercises before and I think it really does help.
Keep building on being able to effectively communicate
Being self aware helps me be a better mom, and it'll help me in my future career.
I plan to use it in my future profession as a clinical psychologist
I plan to use what I learned today as a resource for my future career after earning my degree.

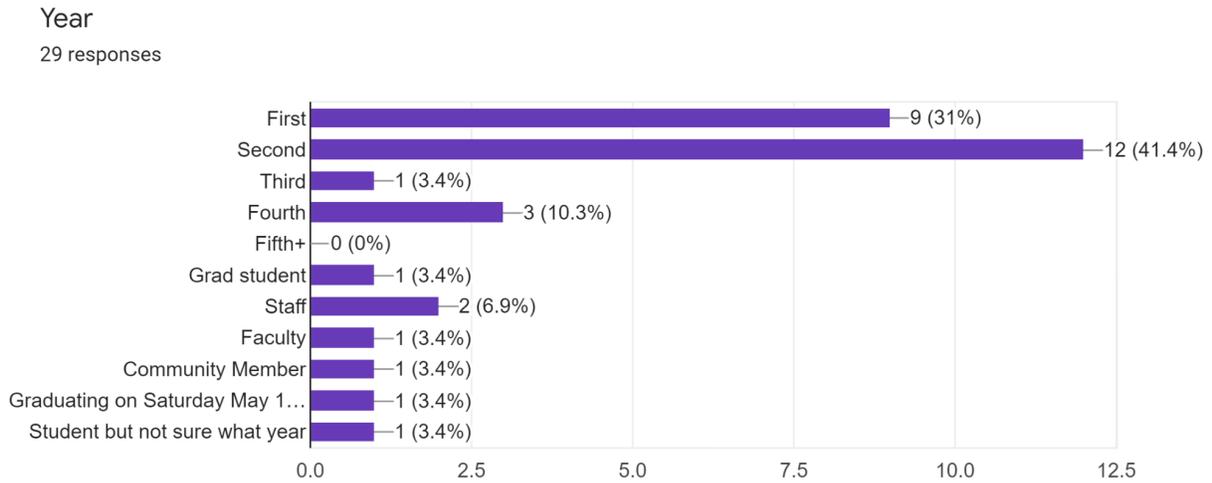
**What are the biggest barriers to your mental wellness and/or receiving mental health support?
(Highlights: see raw data for full list)**

The American Healthcare system as well as working full time.
Insurance
Thinking I can do it on my own
No time between school, housework and kids at the moment
Professional reprisal and losing rights
Lack of resources and long wait lists
Time
Feeling like no one will understand
Still stigma of being a male
My depression, anxiety, and PTSD make things so heavy for my that I don't want to unload that onto someone else.
Not knowing how I would start the how process

How can we improve this event in the future?

Try to get more people involved
Testing the equipment previous to starting.
It is amazing the way it is.
More video clips less open engagement. Names should be anonymous in chat box
Have it open to more than 30 people. The interest was high!

Major	
Business Administration	1
Psychology	1
Corrections and community advocacy	16
IT security	1
Health and Wellness Promotion	3
Liberal Arts	3
Office Support	1



Gender Identity

29 responses



Ethnicity

29 responses

