Movies for Mental Health
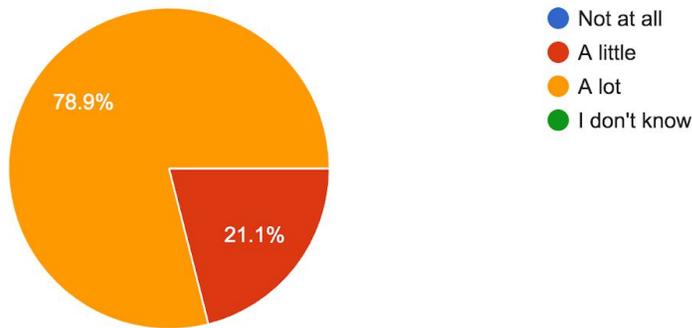
Post-Workshop Evaluations

Moravian College April 26, 2019	Number of attendees: 21 Number of evaluations: 19

In your opinion, did this event create awareness of mental health issues?
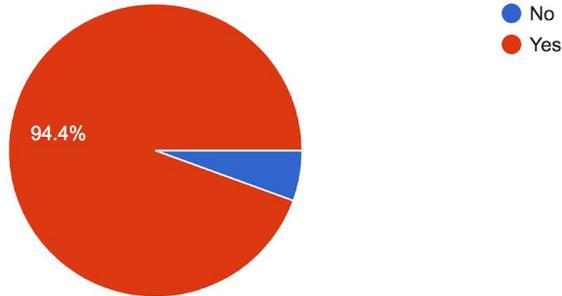19 responses

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

78.9%
21.1%

In your opinion, did this event reduce stigma related to mental illness?
19 responses

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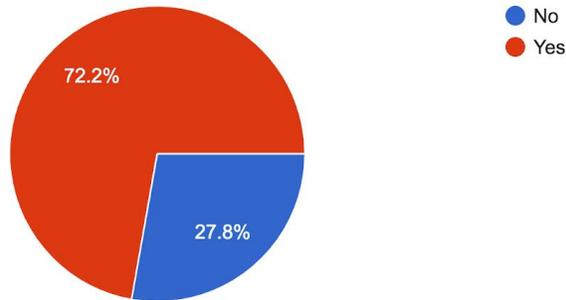- A lot
- I don't know

42.1%
57.9%
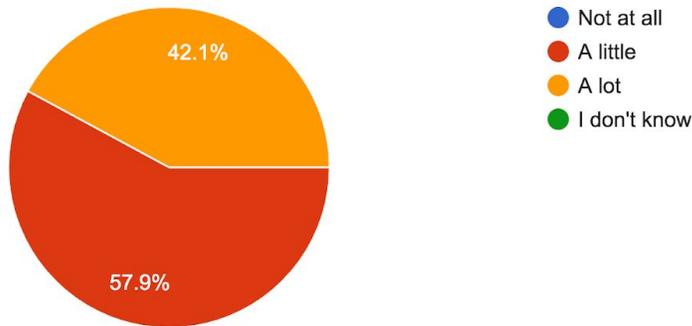
Did you know about your school's counseling services before this event?

18 responses

- No
- Yes

94.4%

Did you know about the community resources before this event?

18 responses

- No
- Yes

72.2%

27.8%

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

17 responses

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

17.6%

17.6%

29.4%

35.3%
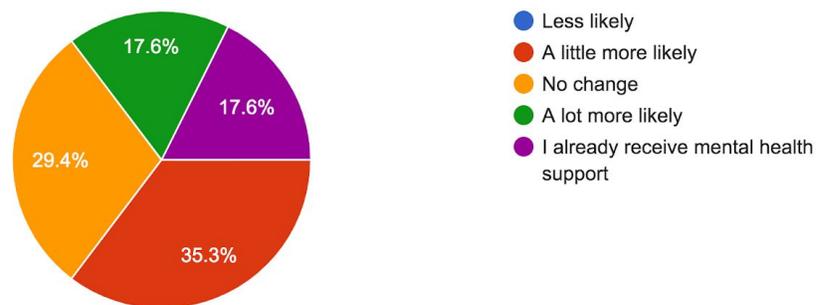
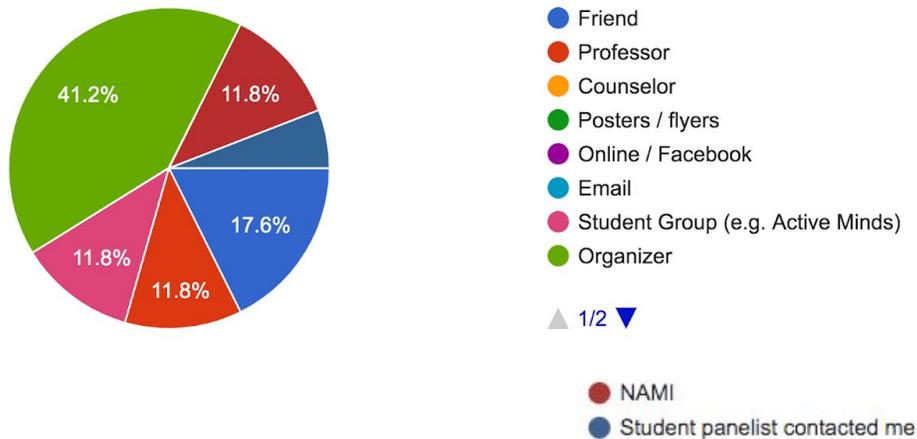| What type of mental health support do you think would be most useful to you?	
On-campus MH support	4
Off-campus MH support	3
The arts / creativity	6
Online resources	4
Traditional / spiritual	2
Professors / mentors	1
Fitness / physical activity	6
Family	4
Friends	8

How did you hear about this event?
17 responses

- Friend
- Professor
- Counselor
- Posters / flyers
- Online / Facebook
- Email
- Student Group (e.g. Active Minds)
- Organizer

△ 1/2 ▼

- NAMI
- Student panelist contacted me

What was your main takeaway?
(Highlights: see raw data for full list)

Strong supportive community here.

Don't discount the magnitude of psychological duress.

The resources that there are in the community.

Mental wellness and mental illness are not separate ends of a spectrum.

Mental health is very important and should be taken very seriously.

Remove stigma.

Mental health is a topic that shouldn't be ignored.

You are not alone.

There are resources everywhere.

Mental health needs more support.

We need to draw more student participation.

Film is a great medium for discussing this topic.

Find hope.

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

Great innovative approach to topic using film and discussion.

A segway into talking about mental health.

A presentation discussing why mental health matters.

Impactful, informative, and useful.

Enriching and enabling discussion.

De-stigmatizing mental illnesses.

Enlightening, excellent, and candid.

Insightful.

Inspirational.

An eye-opener.

How might you use what you learned today?
(Highlights: see raw data for full list)

Use films as a tool to help normalize healing.

For self care and understanding.

Try to talk about my struggles.

In meeting students where they are at in my work.

Raise awareness to help others.

To help others and take action.

Off-campus resources.

Be more proactive in taking care of myself.

Work with Reset Outdoors. Facilitate at NAMI.

Engaging students.

Reach out, think outside of the box.

Share with others to spread awareness.

Be a little better to myself.

ART WITH IMPACT

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

I don't like opening up about personal things.

Too embarrassed. I want to get sicker before I get help.

Cost.

Never felt the need.

The mental illness itself.

Money and time.

Feels like nothing helps.

Knowing community resources.

Fear of being judged.

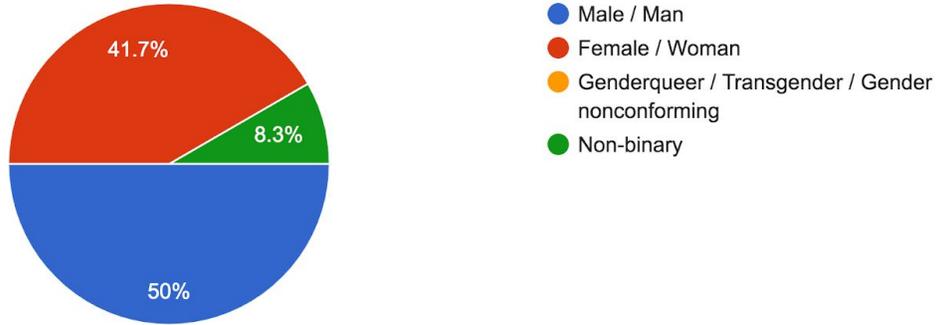## How can we improve this event in the future?

Turn lights down during films.

Slightly more designated speaking points.

Make more people aware of the event.

More videos.

More attendees? Half of the group was the panel.

Conversations.

More publicized.

More advertising on campus.

Better marketing.

Bring more people! Caption films! Have all speakers use a mic.

Maybe promote more.

Major	
Public Health / Health	**3**
Psychology	**1**
Neuroscience	**1**
Management	**1**
Communications	**1**

Gender Identity

12 responses

- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming
- Non-binary

41.7%
8.3%
50%

Year

17 responses

Year	Value
First	1 (5.9%)
Second	2 (11.8%)
Third	3 (17.6%)
Fourth	3 (17.6%)
Fifth+	0 (0%)
Grad student	1 (5.9%)
Staff	5 (29.4%)
Faculty	1 (5.9%)
Community Member	2 (11.8%)
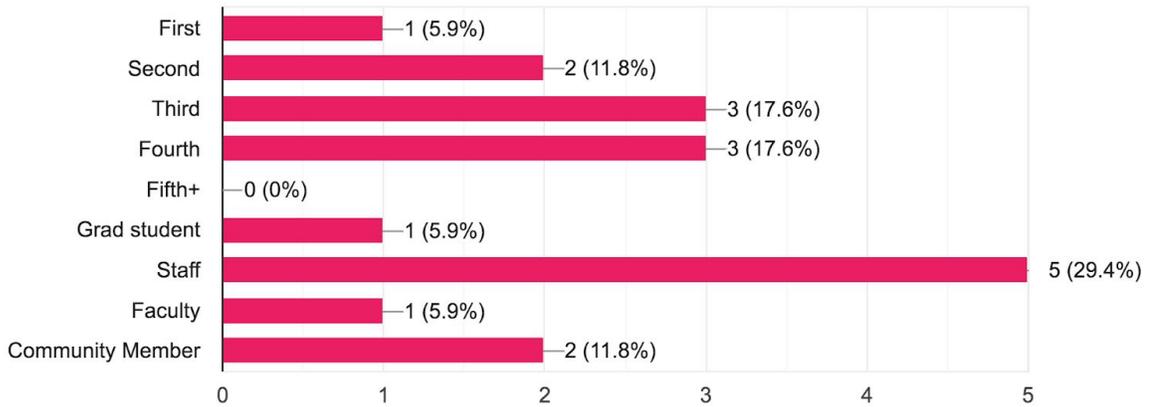
Race / Ethnicity		
Hispanic / Latinx	1	7%
White / Caucasian	13	87%
Middle Eastern	1	7%