

Movies for Mental Health

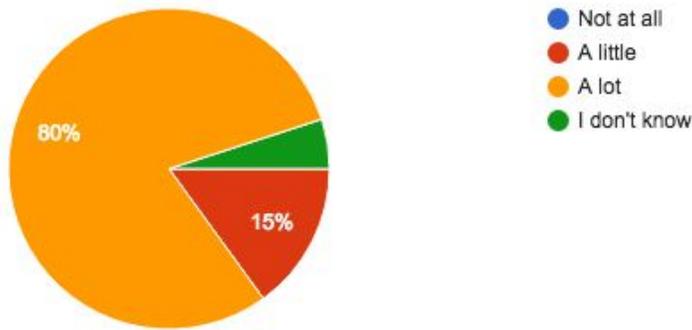
Post-Workshop Evaluations

Mount St. Joseph University
October 1, 2018

Number of attendees: 29
Number of evaluations: 20

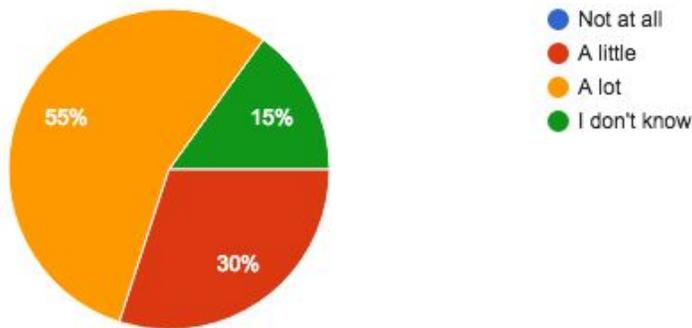
In your opinion, did this event create awareness of mental health issues?

20 responses



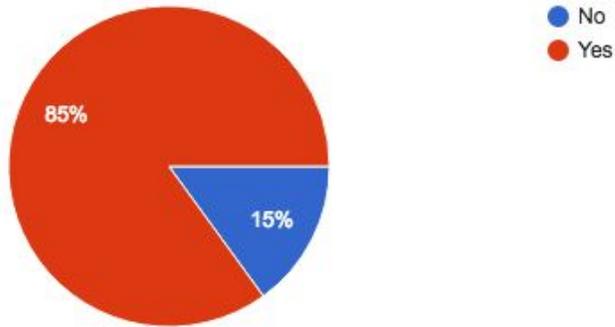
In your opinion, did this event reduce stigma related to mental illness?

20 responses



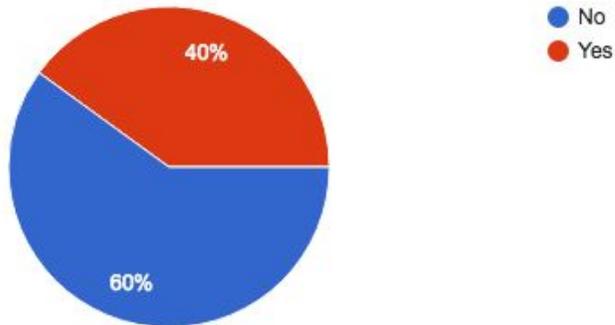
Did you know about your school's counseling services before this event?

20 responses



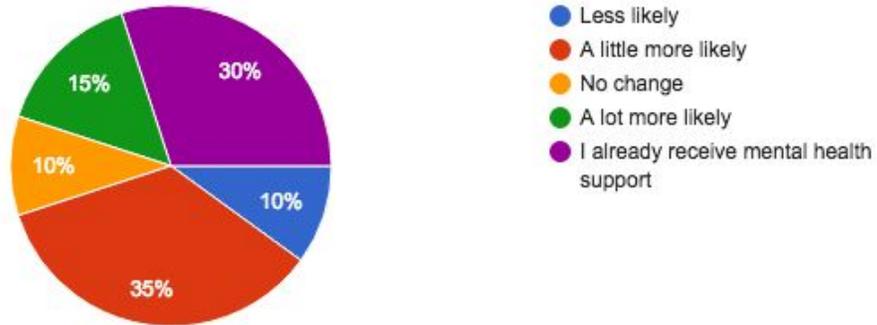
Did you know about the community resources before this event?

20 responses



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

20 responses



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

On-campus MH support	7
Off-campus MH support	4
Traditional / spiritual	5
Family	8
Friends	8
Professors / mentors	2
The arts / creativity	7
Fitness / physical activity	5
Online resources	2
Other	3

How did you hear about this event?	
Friend	2
Professor / class	4
Counselor / MH club	1
Online / Facebook / email	1
Posters / flyers	3
Patsy / Panelist	3
Other	1

What was your main takeaway?
<p>I need to open up about my health to family and friends. Mental health is a lot more important than we think. Learn more about it Everyone stumbles with mental health. I am not over it. Stigma Focus on change Army - mental health issue Everyone is fighting their own battle Community resources Student support is in present You are not alone, it helps to get help Great resources available</p>

If you were telling a friend about this workshop, you would describe it as:
<p>Empowering Helpful, informative A great way to learn about it Useful A must - see - must - attend Very informative about the truth of mental health Awesome Educational Insightful Eye opening Thought provoking Enlightening Informative, diverse videos, good discussions</p>

Informative
Interesting and impactful

How might you use what you learned today?

To help friends
If I need help, I know where to go
Not really. I already do this.
Help others
Telling others
Keep a more open mind
Raise awareness
When working with students and my family
In classroom teaching
Do more journaling, keep up the daily meditations
Resources

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

Fear of... something
I already have help
Don't keep it all to yourself. Seek help if needed.
Others (family)
Overthinking
Pride, not wanting to ask for help
Fear/pride
Stubbornness/embarrassment
Cost, shyness about accessing, etc
Tight schedule
Finances

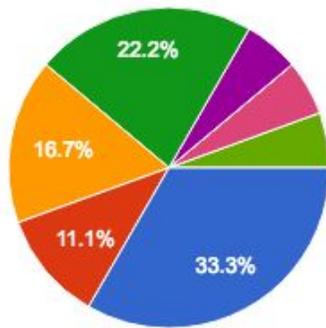
How can we improve this event in the future?

It was great
Make it more known
Help people in need.
Maybe we can get courses to require attendance - more people need to see/hear this
Have it also target faculty and staff
Possibly more discussion on OCD

Major	
Criminology	2
Social Work	2
Undecided	2
Psychology	2
Sociology	1
Early Childhood Education	1
History	1
Biology	1
Accounting	1
Music	1

Year

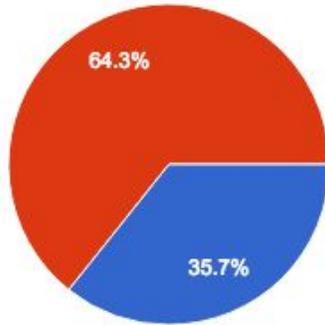
18 responses



- First
- Second
- Third
- Fourth
- Fifth+
- Grad student
- Staff
- Faculty
- Community Member

Gender Identity

14 responses



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

Ethnicity

18 responses

