

Movies for Mental Health

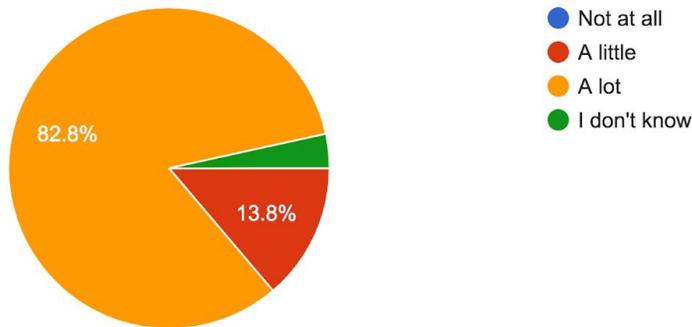
Post-Workshop Evaluations

NAMI Southern Oregon +
Rogue Community College
May 19, 2019

Number of attendees: 93
Number of evaluations: 29

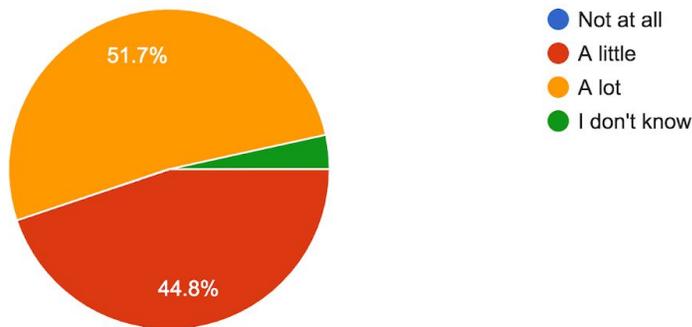
In your opinion, did this event create awareness of mental health issues?

29 responses



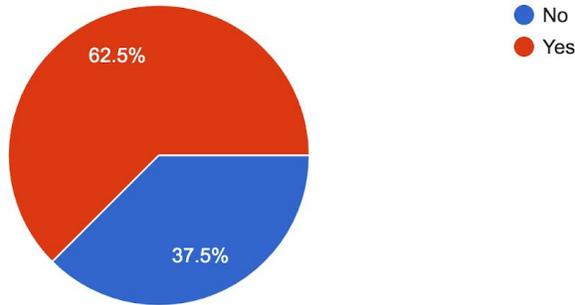
In your opinion, did this event reduce stigma related to mental illness?

29 responses



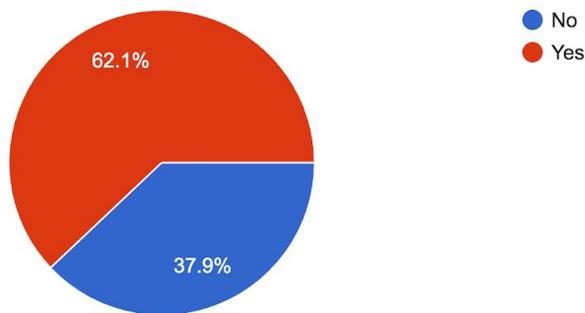
Did you know about your school's counseling services before this event?

24 responses



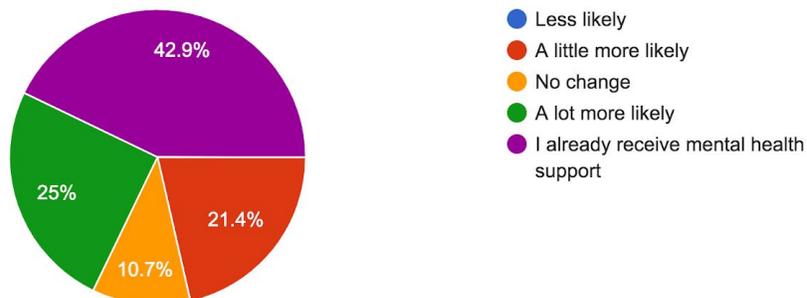
Did you know about the community resources before this event?

29 responses



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

28 responses

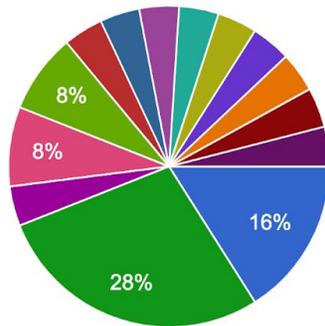


What type of mental health support do you think would be most useful to you?

On-campus MH support	3
Off-campus MH support	2
The arts / creativity	7
Online resources	6
Traditional / spiritual	11
Professors / mentors	3
Fitness / physical activity	8
Family	7
Friends	9

How did you hear about this event?

25 responses



- Friend
 - Professor
 - Counselor
 - Posters / flyers
 - Online / Facebook
 - Email
 - Student Group (e.g. Active Minds)
 - family
- ▲ 1/3 ▼
- My partner
 - Nami support group
 - Options
 - nami support group
 - Options office
 - Medford school district
 - VA White city
 - nami

What was your main takeaway?

(Highlights: see raw data for full list)

I don't have to live a sad life.
Mental health is very important.
That I need to be involved and open to share.
There is a lot more help and resources than i was aware of.
It's okay to not be okay.
It is okay to need help.
Connecting with others here.
Help is available. (x2)
There is help if you seek it.
Not to judge.
Lots of people care.
It was well organized and educational.
Mental illness is bigger than I thought.
I feel more aware.
Personal stories.
Talking about mental illness.
There is hope but NAMI is not looking at mental health/mental illness holistically (e.g., hormone balancing, vitamins, etc.)
People with mental health need more help.

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

(Highlights: see raw data for full list)

Helpful, informative, safe, and professional.
A learning experience on mental health.
Beneficial if you're interested in learning more on mental health. (x2)
Moving and educational. (x2)
Welcoming.
An enjoyable learning experience.
Insightful. (x2)
Mental health film fest.
Informative. (x4)
Effective in relation to the topic.
An interactive mental awareness workshop.
Powerful, interesting, and informative .
Informative but stressful with the camera and news man.

How might you use what you learned today?

(Highlights: see raw data for full list)

Just keep in mind that I'm not alone.
Join a volunteer group. (x2)
I can be more empathetic as well I can take better care of myself
I plan to study Psychology. This is great for references and resources.
Be unafraid to share.
Educate others and get help.
In therapy.
Look for more help and ways I can help, too.
Look for more education to use in my profession.
Let people know about NAMI.
I will use it everyday with my mental illness family members.
To further my learning on this.
We all need to come together and listen.
Look for ways to be more involved in my community.
More compassion with someone with mental health issues / mental illness.
In personal and professional life.

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

(Highlights: see raw data for full list)

I've been on medication most of my life.
No time and money.
Insurance.
I wasn't aware of all the resources.
Stigma.
Not knowing how or what to say.
Feeling judged.
Cost.
Fear.
Asking for help.
Addiction.
Time. (x2)
As someone in the social work field—finding a confidential and professional therapist. I have to go to other counties.

How can we improve this event in the future?

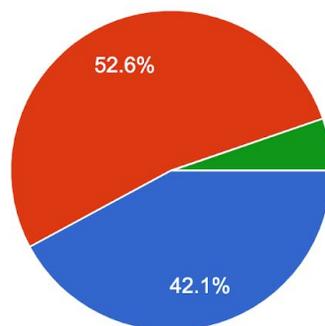
You could show more films :)
 More advertising.
 You can't.
 Get more employees in the mental health field and have microphones for the audience and each panelist.
 Snacks.
 It was really good so I don't have any suggestions.
 Better time management.
 Talk about suicide.
 No media people and don't make people sit up front if the screen is so close. Hard to hear people with limited microphones.
 It was GREAT!

Major

Psychology	1
Education	1
Biology	1
Political Science	1
Clinical Mental Health Counseling	1

Gender Identity

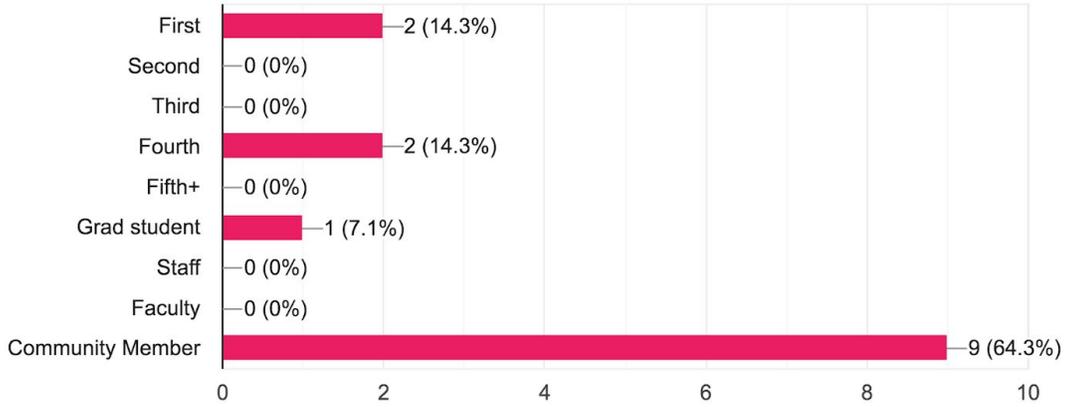
19 responses



- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming
- male/female/both

Year

14 responses



Race / Ethnicity		
Asian American	1	4%
White / Caucasian	23	92%
Hispanic / Latinx	2	8%