

# Movies for Mental Health (Online)

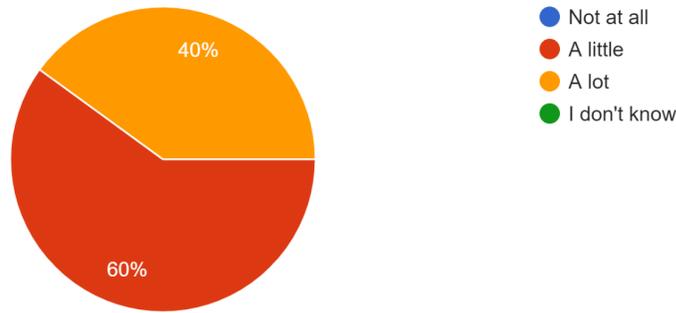
## Post-Workshop Evaluations

National Louis University  
April 19, 2022

Approximate maximum attendance: 27  
Number of evaluations: 10

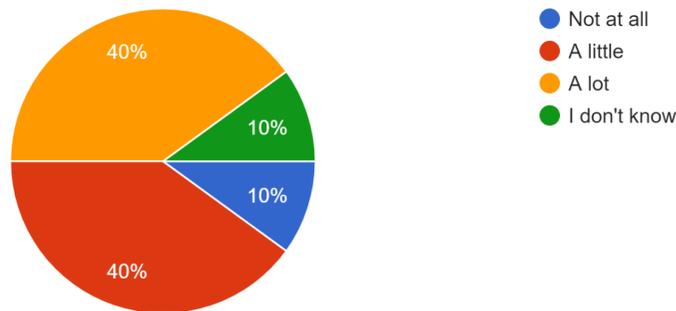
In your opinion, did this workshop increase your awareness of mental health issues?

10 responses



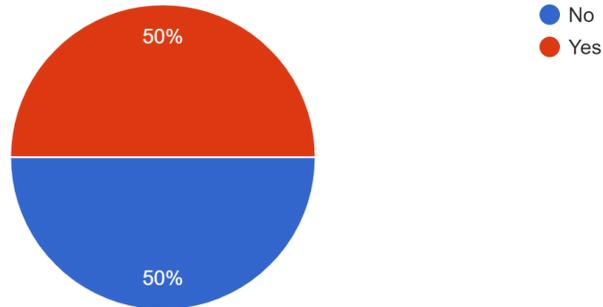
In your opinion, did this workshop help you confront and address stigma related to mental illness?

10 responses



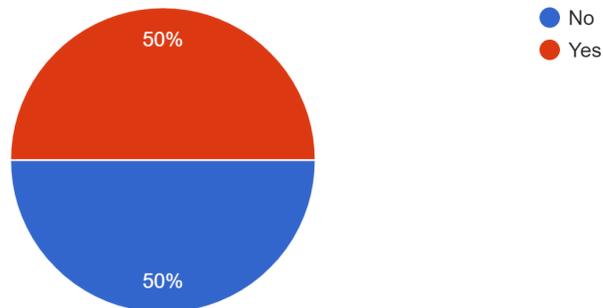
Did you know about the community resources before this event?

10 responses



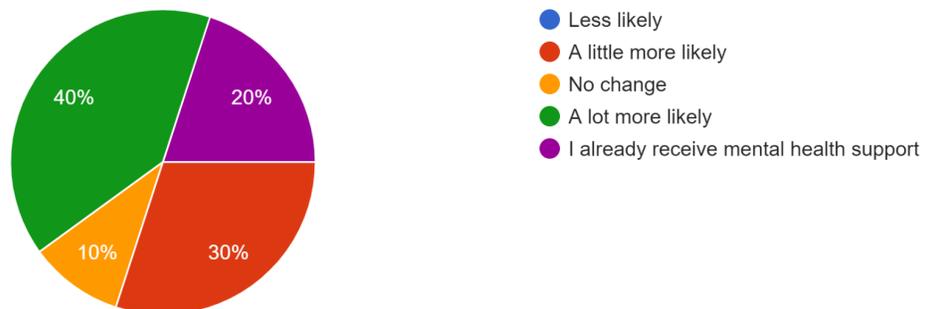
Did you know about the community resources before this event?

10 responses



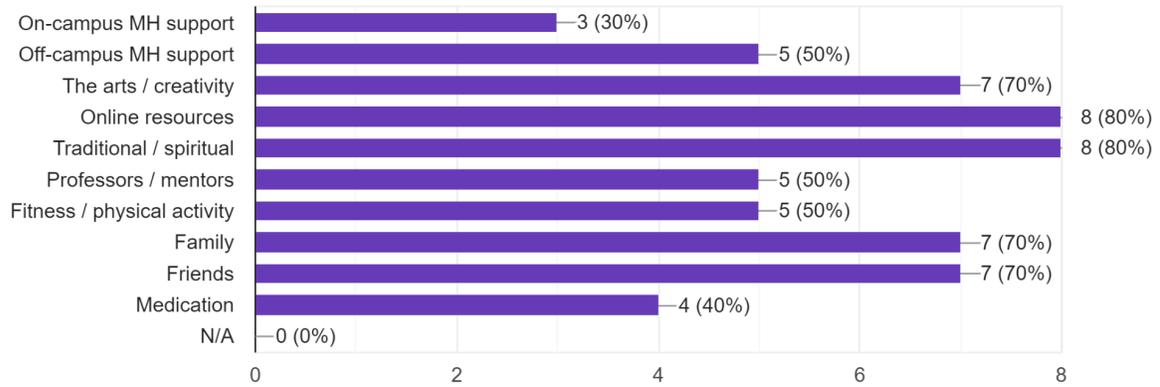
After this event, are you more or less likely to seek support for your mental health?

10 responses



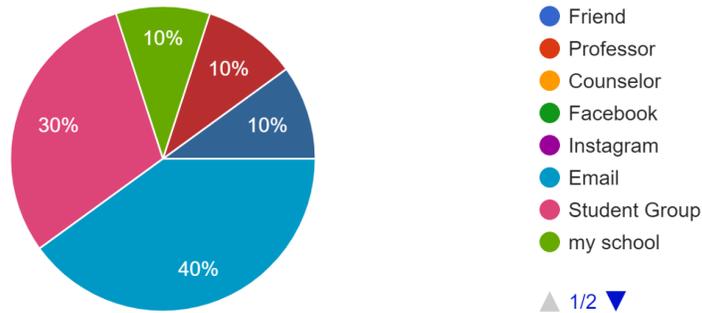
What type of mental health support do you think would be most useful to you?

10 responses



How did you hear about this event?

10 responses



What was your main takeaway?
That taking care of mental health is very important
Learning to have a healthy outlet for self care
Who am I and want to be in community and engaging and advocating for awareness and resources for mental health
Encourage those that I come in contact with that express their concerns to me to get/seek help.
The ability to stay open minded and resilient to certain situations.
Practice body scanning when I have trouble sleeping

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

Mental health concerns are something everyone deals with at some point, and this workshop helps to name and reduce those stigmas

Helpful and useful space

This was a great, relaxing, inclusive, place to engage and share one's experiences and feelings around mental illness. A place where awareness is heightened and leaves one inspired working and living with others.

The importance of at least listening to the video, about mental health, it is information you can use to help yourself or others.

Informative, and well worth the time.

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

I'll use what I learned by talking to others who may have a stigma against mental health concerns

More gentle, patient and tolerant of others and whatever they may be feeling and going through.

To encourage others that voice their concerns to me that there is absolutely nothing wrong with seeking help. There are specialists for the heart, lungs, and the rest of the body, there are specialists for the mind that can help you walk through what you may be experiencing.

Apply to my knowledge and understanding of emotions, behavior, etc. in my study of psychology.

I can use what I learned today in many ways. Besides including it in my daily life, I will also include it in my school writings, along with further communications I may have with others.

I will apply this technique as often as possible and share this information with friends and family

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

The stigma around my diagnoses

Time

Fear of admitting and sharing that I have darkness in me. Whether it would really help.

Allocating time from my class assignments etc.

Procrastination

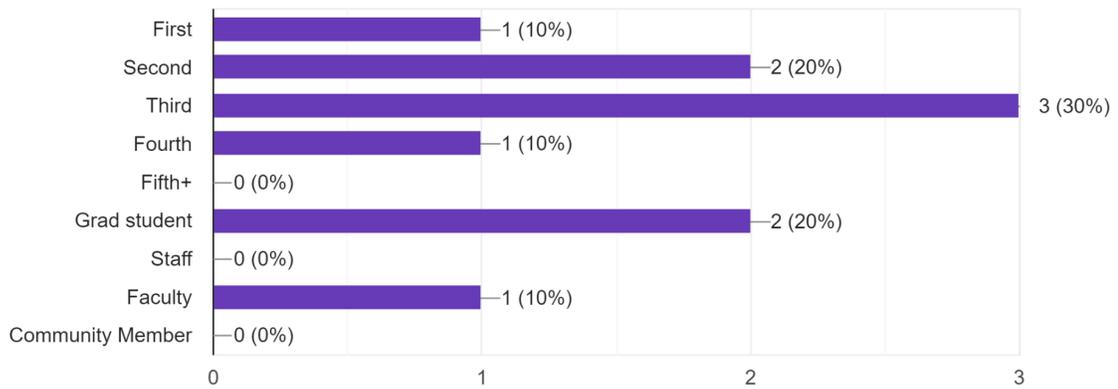
## How can we improve this event in the future?

Help to learn about this app. It wasn't like Zoom. Chris the facilitator asked questions, I couldn't access any way to respond or type a response.

One of the videos did freeze on me, therefore I was unable to watch it full (at least before the host began their questions). Perhaps allowing some time (if needed) for guests to assure they have finished watching the video.

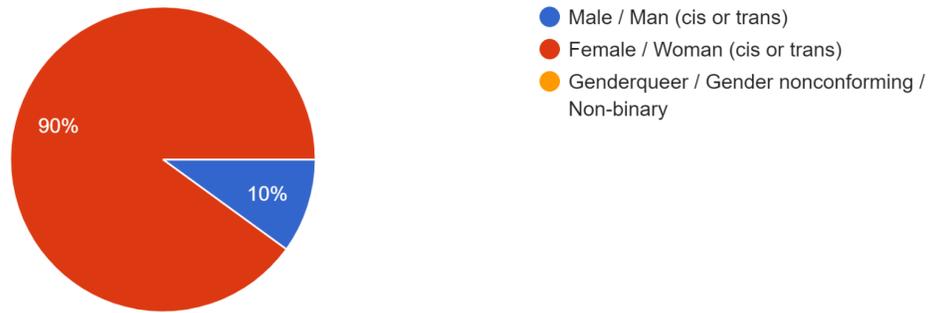
Major	
Counseling	<b>2</b>
ECE	<b>1</b>
ABS	<b>2</b>
Psychology	<b>3</b>
Human Services	<b>1</b>

Year  
10 responses



### Gender Identity

10 responses



### Ethnicity

10 responses

