

Movies for Mental Health (Online)

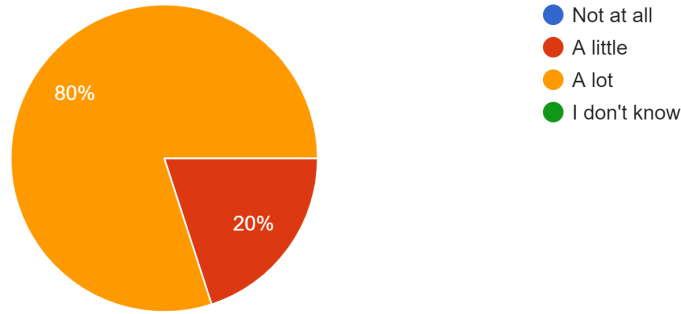
Post-Workshop Evaluations

National University
May 12, 2021

Approximate maximum attendance: 12
Number of evaluations: 5

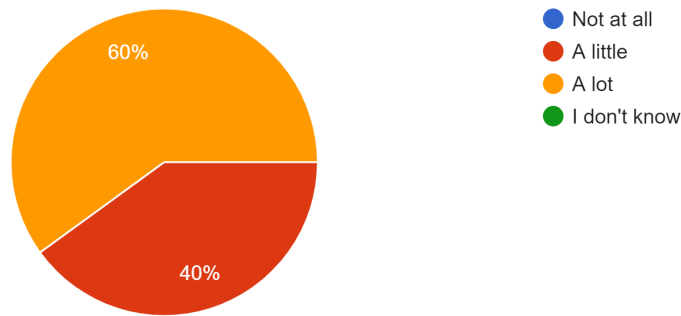
In your opinion, did this workshop increase your awareness of mental health issues?

5 responses



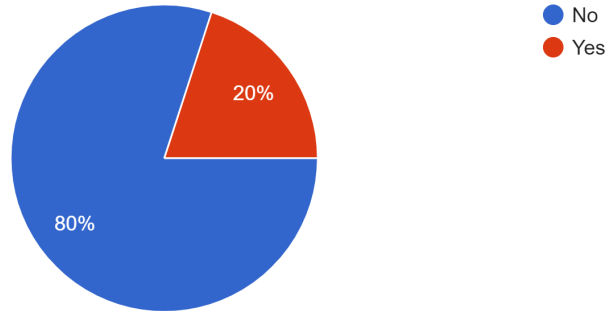
In your opinion, did this workshop help you confront and address stigma related to mental illness?

5 responses



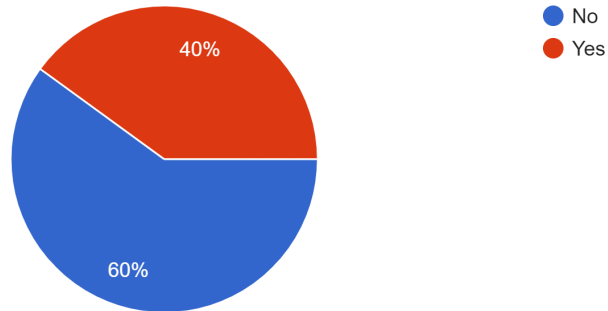
Did you know about the the Mental Health Services Act before this event?

5 responses



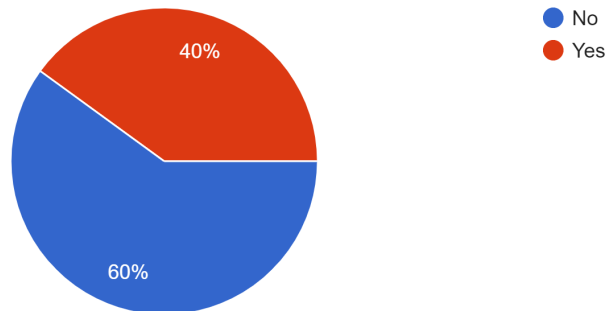
Did you know about your school's counseling services before this event?

5 responses



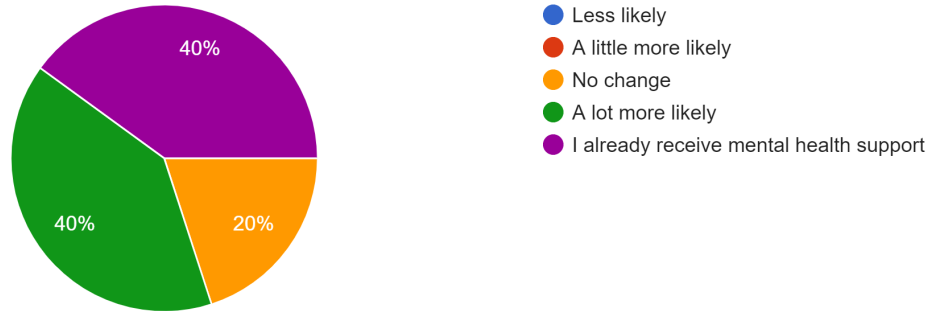
Did you know about the community resources before this event?

5 responses



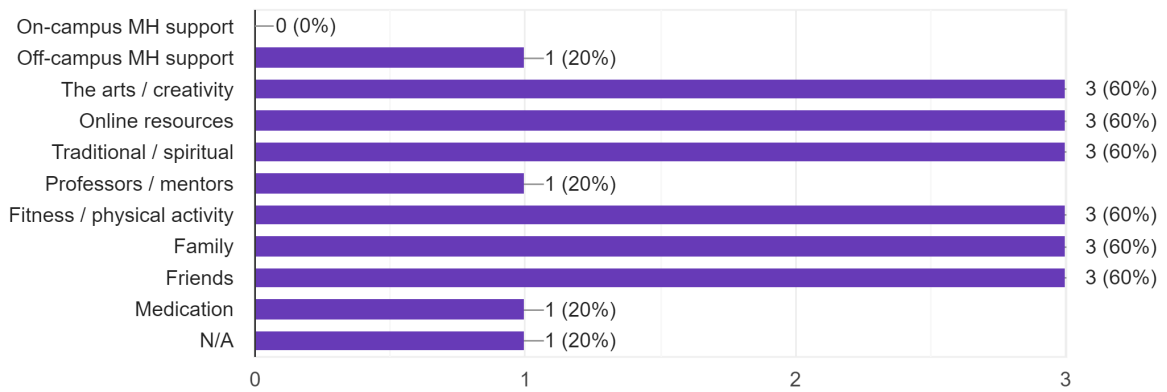
After this event, are you more or less likely to seek support for your mental health?

5 responses



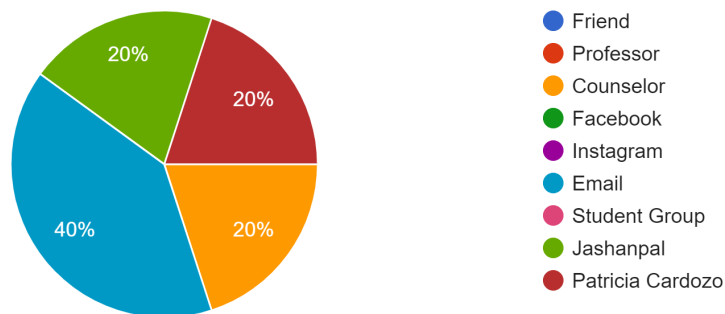
What type of mental health support do you think would be most useful to you?

5 responses



How did you hear about this event?

5 responses



What was your main takeaway?

- It's okay to not be okay
- self care, thinking about myself more
- Breathing exercises
- Its ok to share among a bunch of strangers lol
- Feeling safe and supported

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

- Insightful
- helpful
- Very helpful intro/resources for mental health
- fun, engaging
- One of the best I've ever been to
-

How might you use what you learned today?

- The resources they gave I will keep with me
- think about more of our mental wellness
- Ways to cope with mental health - ie: Breathing exercises
- To help others
- Loved learning other's coping skills-- will try out some new ones

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

- The stigma behind it
- does not have time
- Fear of judgement
- time
- I'm utilizing mental health support already

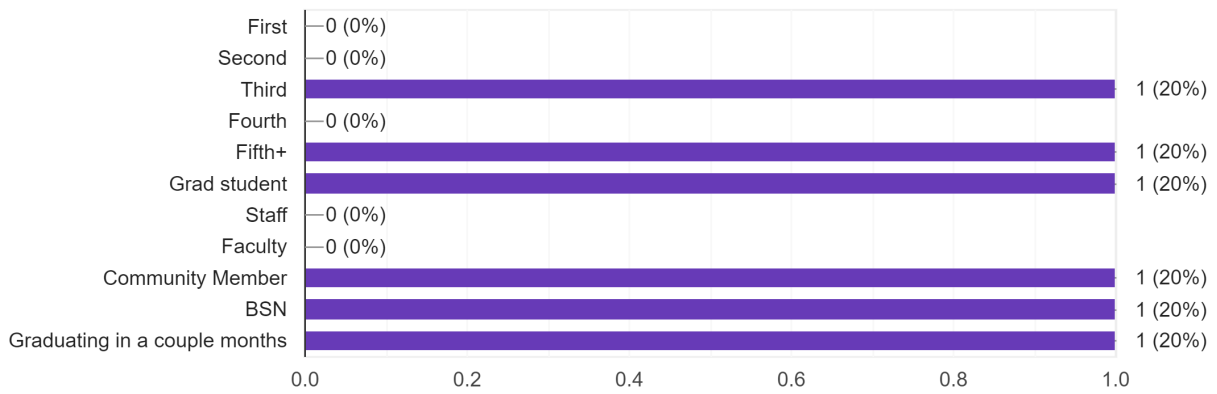
How can we improve this event in the future?

- It was perfect
- more advertisement?
- I think it was fantastic as it was!
- I was told that we would be able to keep our cameras off, and I felt forced to have it on.
- Keep Rebecca as host/moderator; she is awesome!! Super welcoming and really ran the show like a pro!

Major	
Psychology	1
Counseling	1
Nursing	2

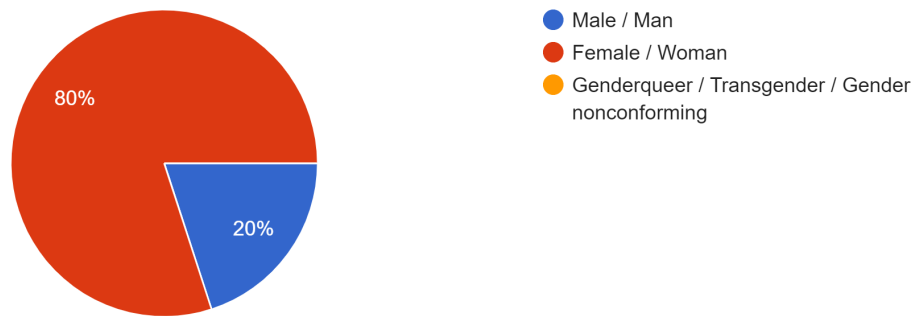
Year

5 responses



Gender Identity

5 responses



Ethnicity

5 responses

