

Movies for Mental Health (Online)

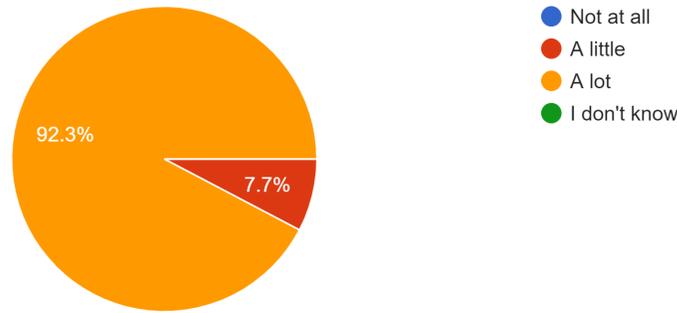
Post-Workshop Evaluations

National University
September 23, 2021

Approximate maximum attendance: 21
Number of evaluations: 19

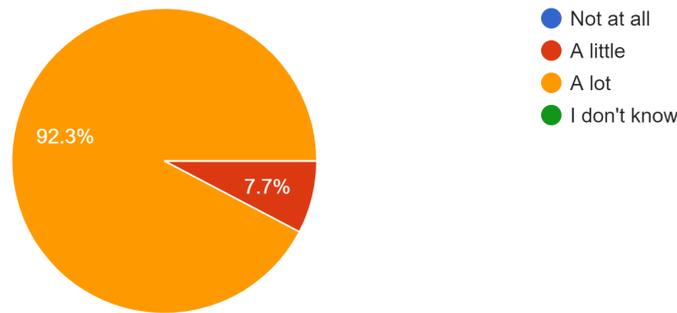
In your opinion, did this workshop increase your awareness of mental health issues?

13 responses



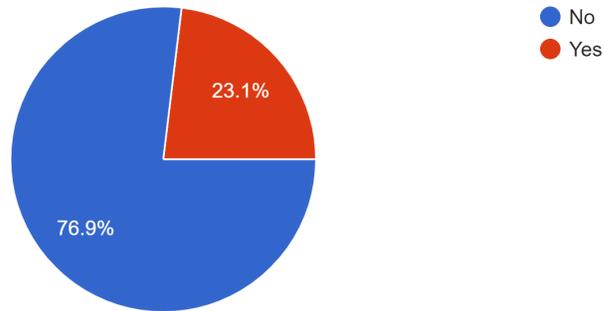
In your opinion, did this workshop help you confront and address stigma related to mental illness?

13 responses



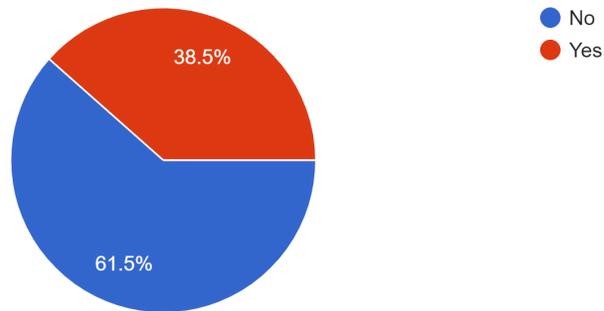
Did you know about the the Mental Health Services Act before this event?

13 responses



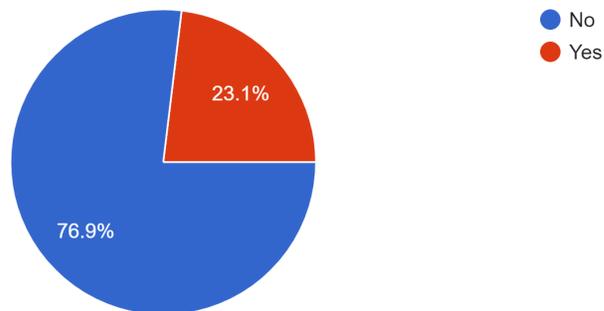
Did you know about your school's counseling services before this event?

13 responses



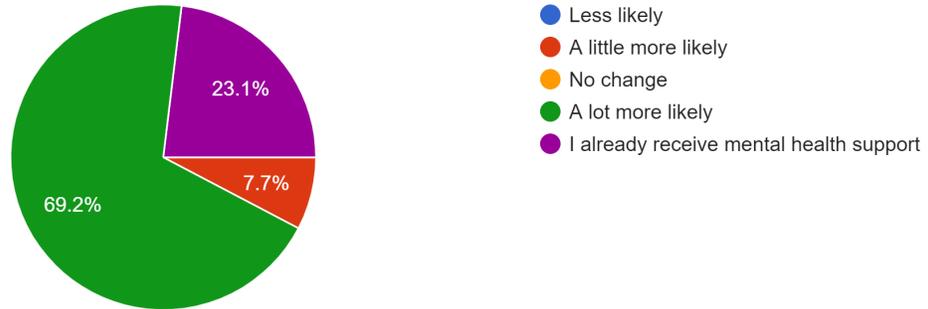
Did you know about the community resources before this event?

13 responses



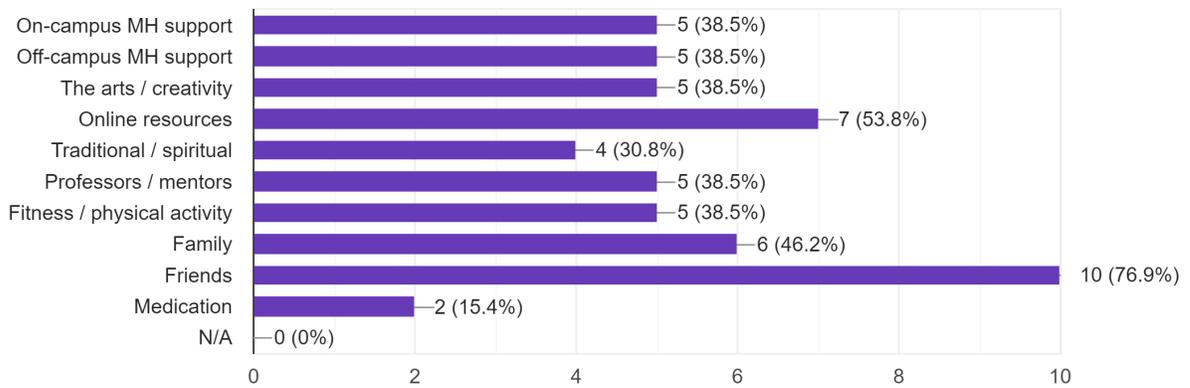
After this event, are you more or less likely to seek support for your mental health?

13 responses



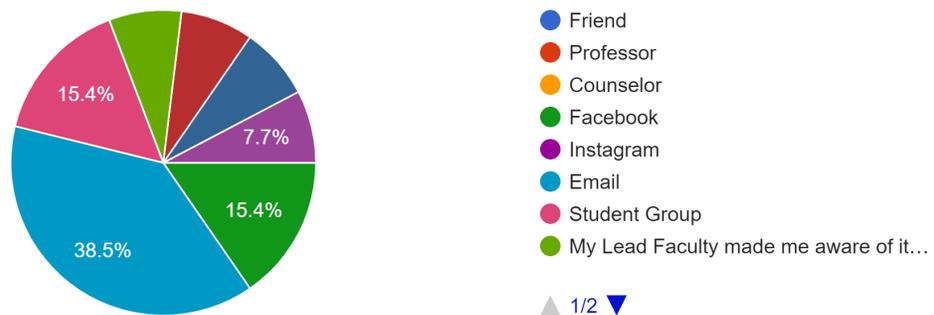
What type of mental health support do you think would be most useful to you?

13 responses



How did you hear about this event?

13 responses



What was your main takeaway?

Art is a powerful tool for psychoeducation
It is ok to not feel ok
Awareness/empowerment to seek mental health support
NU has a lot of great resources :)
Self-care and being available for others after
Mental health should be talked about
There is no shame in asking for help.
Excellent presentation. Reminded me of my classes with Virginia Satir
engage in your community, vulnerably and creatively
Very well done, supportive environment, educational
The importance of holding spaces for these conversations to normalize mental health services

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

Humanizing and relaxing
Non-judgmental
Promotes mental health and love and support
There is a lot help in the community if you want to reach out
This workshop will give you hope and courage to reach out and help others
Supportive, grounding.
Mental Wellness education & support
Non threatening, connective language and community feel

How might you use what you learned today?

Remembering to breathe and connect to the body when discussing difficult topics
Use the resources and links
Awkward is something to seize
Support my loved ones, empathize, and conduct more self-care
I plan to get help and offer my ear to others.
Remind me to do some of those exercises
I see myself showing these videos as a resource.
Talking points for family and friends

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

(Highlights: see raw data for full list)

Cost
Uncomfortable to talk about it
Financial, time constraints
Calling my insurance to see who they have in their system
Change is difficult
Trust, denial, doubt
Shame
Getting in my own way or distracted from doing what I know is enhancing for my wellness

How can we improve this event in the future?

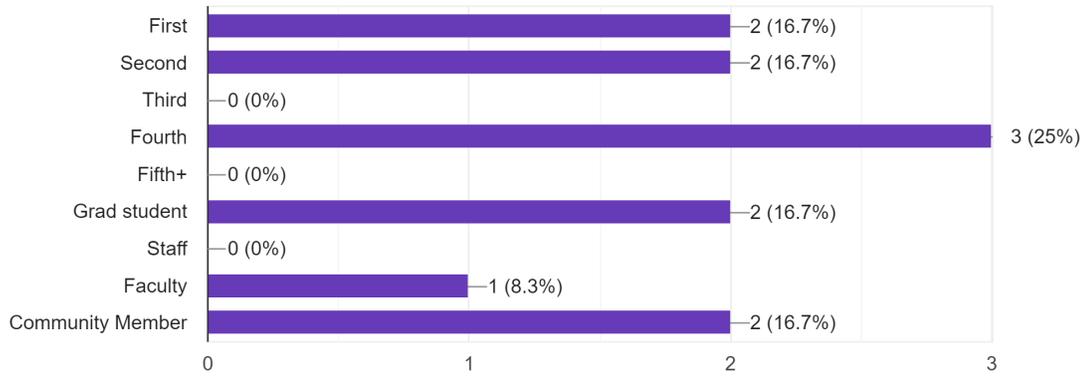
More personal stories
The participants to have video if they do choose
More testimonials maybe if possible
I would love the young people in our communities to be a part of this series
More films :)
Advertise accurately, not a movie night, but support
Inviting more community resources

Major

Counseling Psychology	3
Applied Behavior Analysis	1
School Psych (MS)	2
MFT	1
BS Nursing	1
Business Administration - Management with Project Management concentration	1
MSW	1

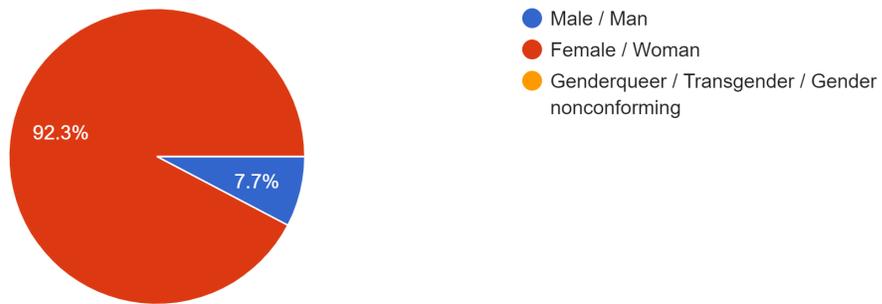
Year

12 responses



Gender Identity

13 responses



Ethnicity

12 responses

