

# Movies for Mental Health (Online)

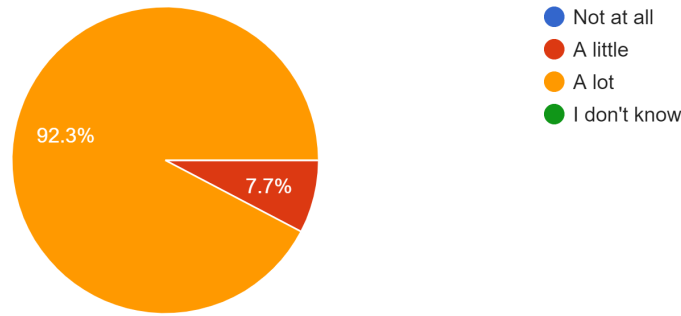
## Post-Workshop Evaluations

National University  
September 23, 2021

Approximate maximum attendance: 21  
Number of evaluations: 19

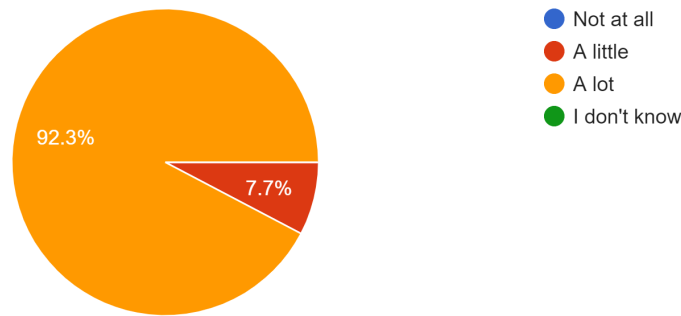
In your opinion, did this workshop increase your awareness of mental health issues?

13 responses



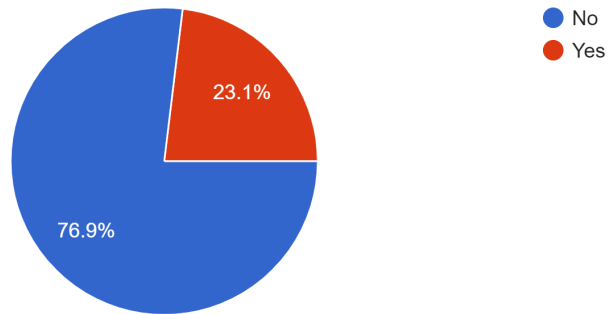
In your opinion, did this workshop help you confront and address stigma related to mental illness?

13 responses



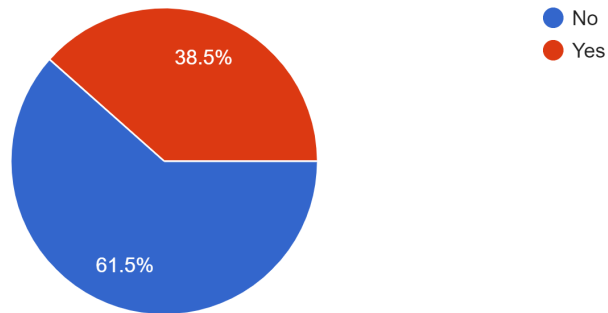
Did you know about the the Mental Health Services Act before this event?

13 responses



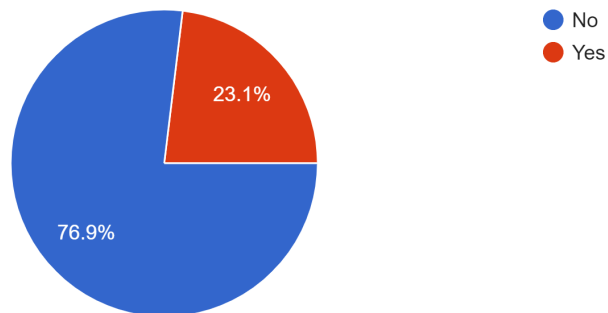
Did you know about your school's counseling services before this event?

13 responses



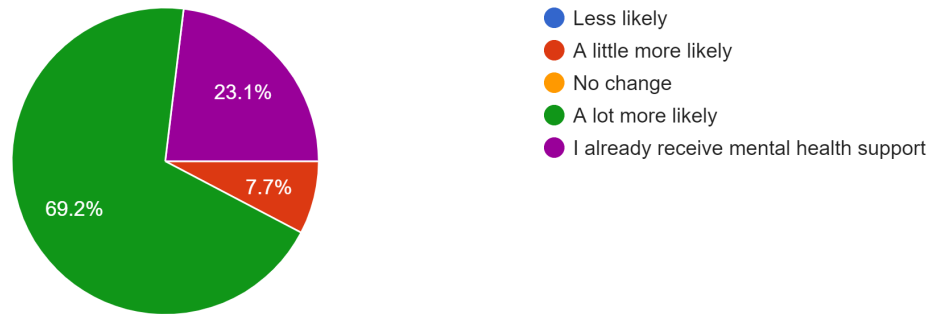
Did you know about the community resources before this event?

13 responses



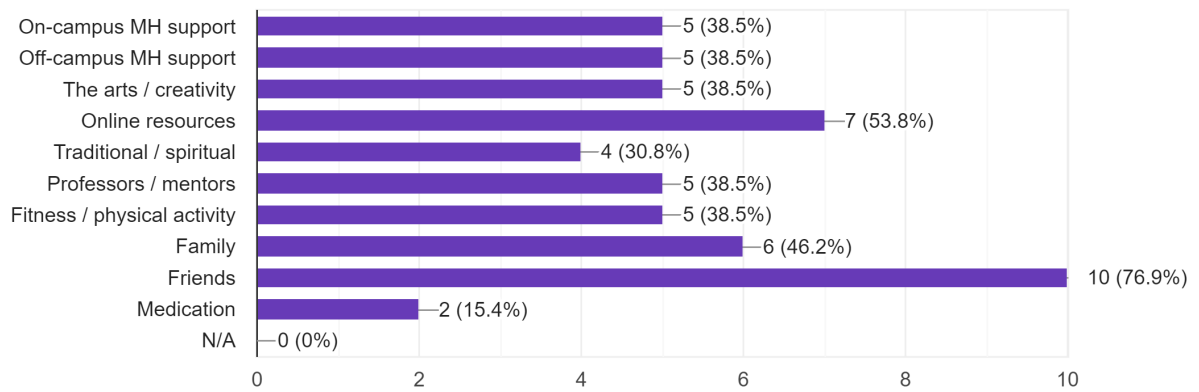
After this event, are you more or less likely to seek support for your mental health?

13 responses



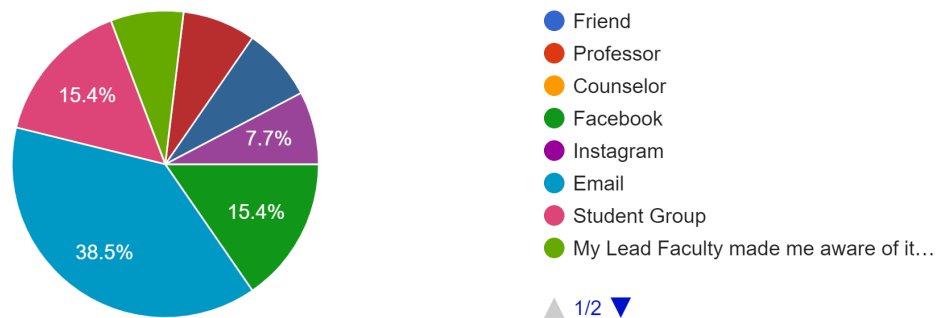
What type of mental health support do you think would be most useful to you?

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?

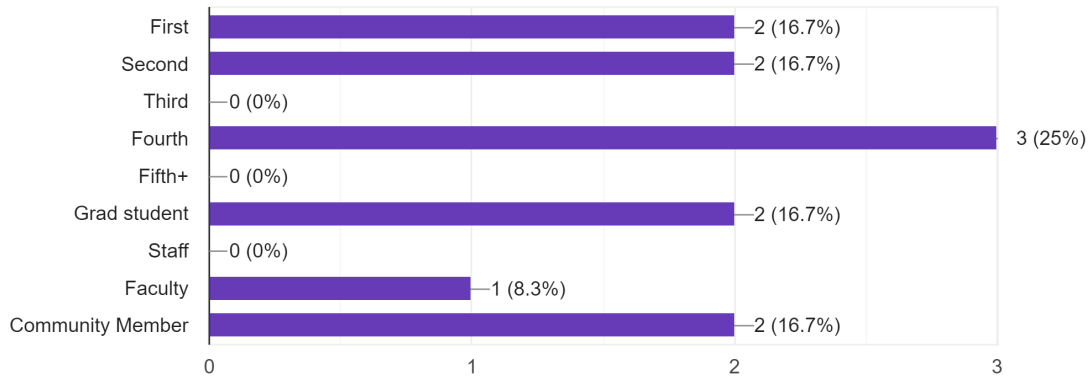
|  |
|--|
| More personal stories  |
| The participants to have video if they do choose                             |
| More testimonials maybe if possible  |
| I would love the young people in our communities to be a part of this series |
| More films :)  |
| Advertise accurately, not a movie night,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

## Major

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

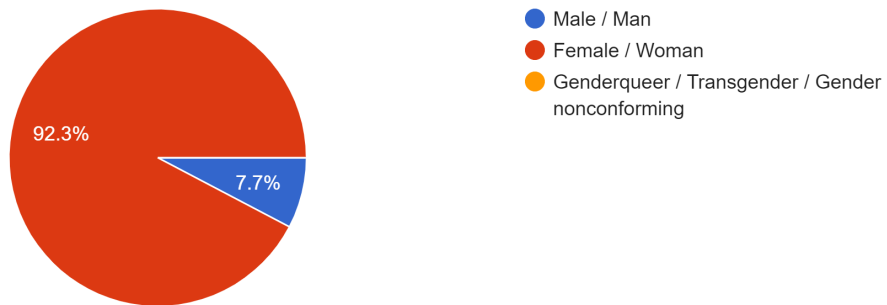
### Year

12 responses



### Gender Identity

13 responses



### Ethnicity

12 responses

