

# Movies for Mental Health

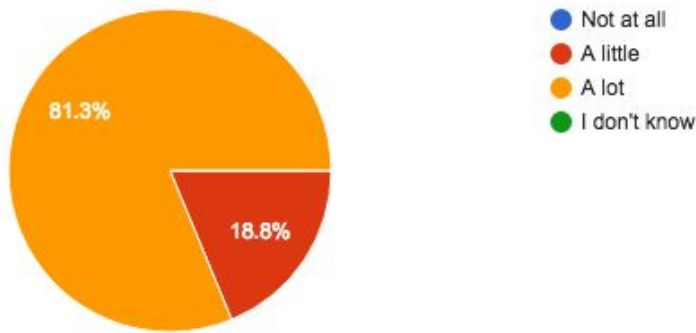
## Post-Workshop Evaluations

Ohio State University, Mansfield  
October 23, 2018

Number of attendees: 70  
Number of evaluations: 32

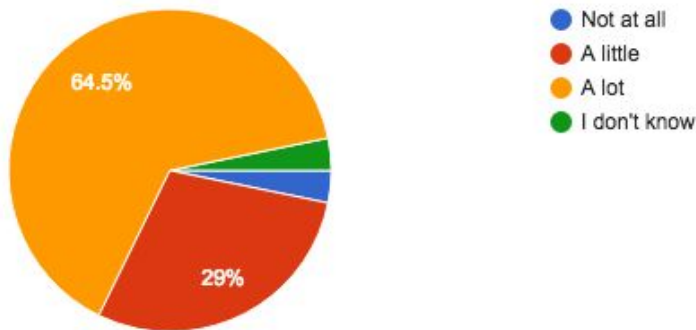
In your opinion, did this event create awareness of mental health issues?

32 responses



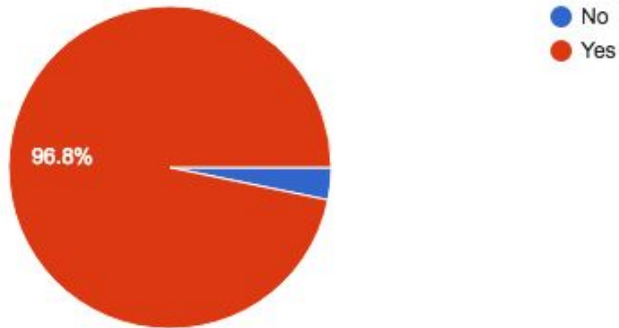
In your opinion, did this event reduce stigma related to mental illness?

31 responses



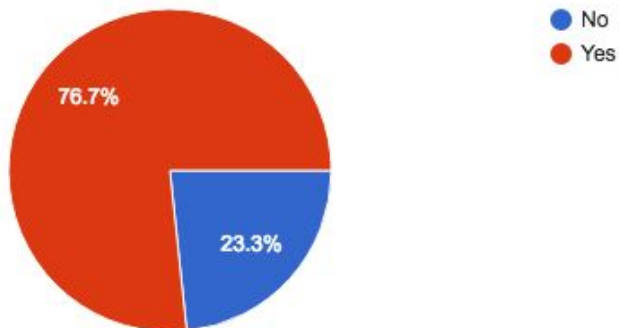
### Did you know about your school's counseling services before this event?

31 responses



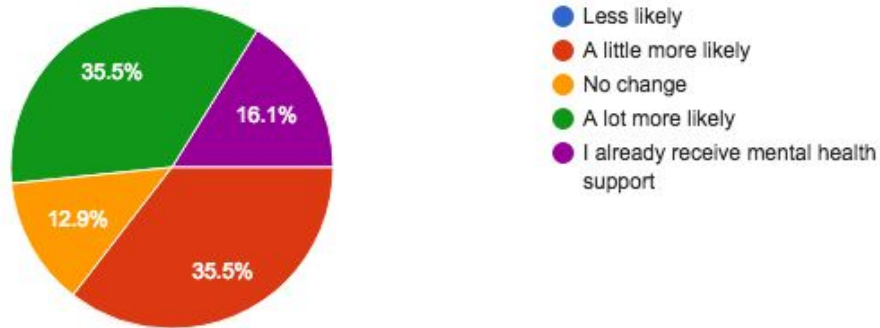
### Did you know about the community resources before this event?

30 responses



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

31 responses



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

On-campus MH support	14
Off-campus MH support	4
Traditional / spiritual	10
Family	11
Friends	14
Professors / mentors	6
The arts / creativity	9
Fitness / physical activity	16
Online resources	6
Other	3

### How did you hear about this event?

Friend	2
Professor / class	14

Counselor / MH club	3
Email	6
Posters / flyers	5

What was your main takeaway?

You are not alone  
 Educational, helps you relate to yourself and others  
 We need to discuss mental health more  
 People from all walks of life can struggle with mental health illness  
 Mental health is real and important  
 More education on mental health  
 Suicide is hard to treat  
 We all struggle  
 Mental health is invisible but it exists  
 Everyone has mental health  
 Mental Health is real  
 It is okay to have a mental illness—there is hope  
 Give back  
 There is a lot not talked about regarding mental health  
 Without Stigma more students would get help  
 Mental health is important to discuss  
 Mental health is real  
 Impacts of stigma  
 MH is important  
 MH awareness  
 MH is invisible but impacts everyone  
 Get help if you need it  
 Its okay to get help  
 MH awareness is growing but stigma still exists  
 Don't be embarrassed to ask for help

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

Interactive and stimulating  
 Something everyone can relate to and learn from  
 Eye-opening and an important step in starting meaningful and potentially life-saving conversation.  
 Educational and enlightening  
 Mental health awareness  
 A way to advocate the struggle we may face daily  
 An informational session and discussion about mental health  
 Empowering  
 Insightful  
 It was great  
 Life changing  
 Meaningful  
 Interesting and helpful

Informative, interactive and creative  
Empowering  
Breaking MH stigma  
Powerful  
MH awareness and how to communicate thoughts and feelings to those around you.  
Beneficial, well done, and gave good insight.

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

Be more open-minded  
Self Awareness  
Continue to do what I can to better educate my peers on why mental health is so important.  
To educate others who don't know  
Better myself, talk to others when needed  
Be more empathetic  
Listen to others story  
Take action  
I can use what I've learned to help/reach out to other and be emotionally supportive.  
To help console a friend  
I'd take care of myself better  
To support feelings about my own mental health  
Encourage students to get help  
Advocate, support, and be aware  
More prepared to talk about it  
Help others  
Be aware and mindful  
To help others who may need help  
In my career  
Get help  
Be more aware of the signs  
Ask for help

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

I think I'll "get over it."  
Insurance, Time, Confidentiality  
Pride  
I find it hard to ask for help  
Fear of judgment, fear of the unknown (what do "treatment and support" mean?)  
School (Stress)  
Talking and being positive  
Stigma  
Fear  
Perception of family and peers  
Insurance, resources  
The feeling of not want to go  
Embarrassment  
Talking with strangers is scary

I don't personally need help, I came to support someone.  
 Stigma of being weak  
 Dealing with anxiety  
 Financial  
 Time and insurance  
 Understanding

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

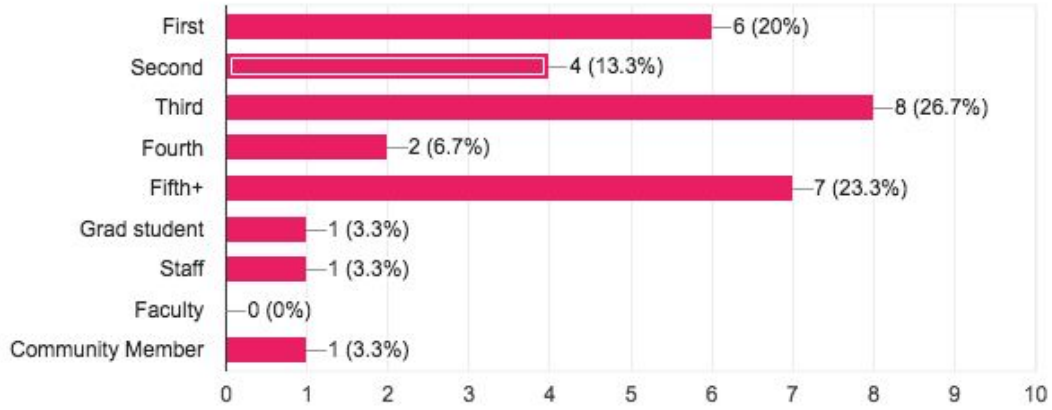
Explain more about what mental illness is  
 More enthusiasm  
 Talk more about the types of mental health issues and give more examples  
 Ensure tech is smooth and include more videos  
 More vids  
 It was great  
 More students on the panel  
 More Advertising  
 More interaction  
 It was done very well  
 Not so much typing, the audience members what was said. Have someone other than the presenter type  
 It was very good!  
 More Organization  
 More professionals involved  
 Enjoyed it  
 More movies  
 I liked it the way it was  
 More science  
 I loved it!

### Major

Social work	<b>16</b>
Psychology	<b>1</b>
Zoology / Animal Science	<b>2</b>
Linguistics / English	<b>2</b>
Biology	<b>2</b>
Engineering	<b>2</b>
Criminology	<b>1</b>

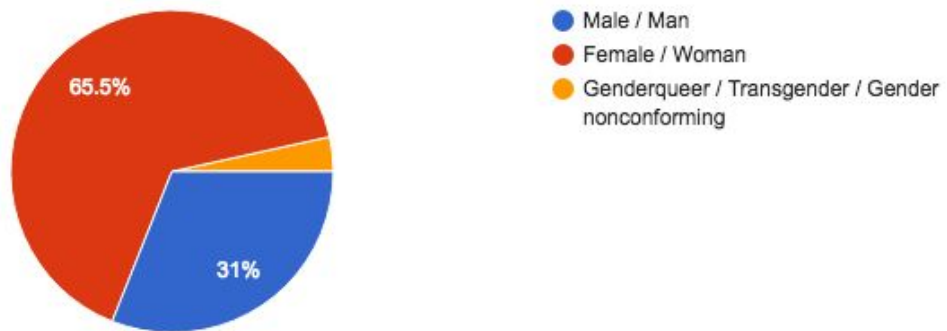
## Year

30 responses



## Gender Identity

29 responses



## Ethnicity

31 responses

