

Movies for Mental Health

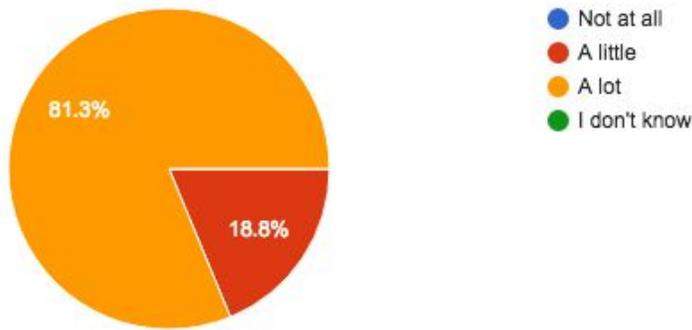
Post-Workshop Evaluations

Ohio State University, Mansfield
October 23, 2018

Number of attendees: 70
Number of evaluations: 32

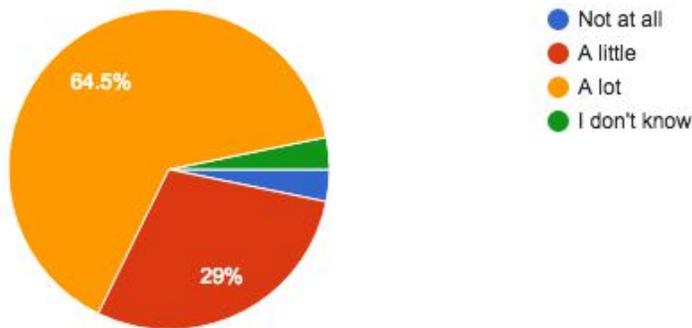
In your opinion, did this event create awareness of mental health issues?

32 responses



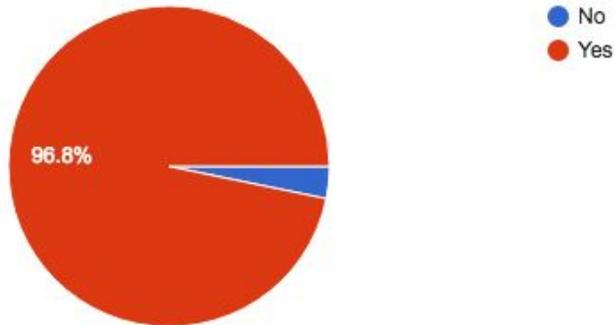
In your opinion, did this event reduce stigma related to mental illness?

31 responses



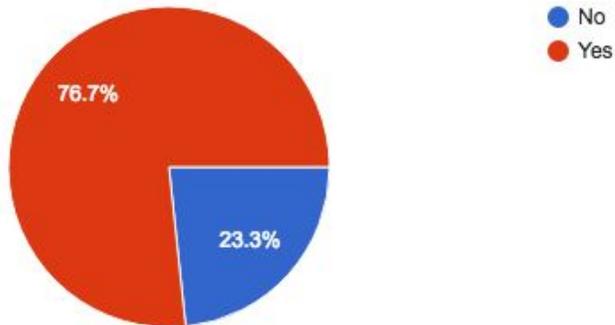
Did you know about your school's counseling services before this event?

31 responses



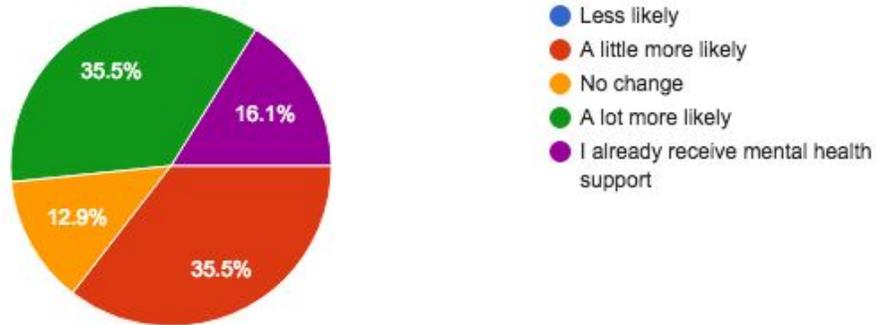
Did you know about the community resources before this event?

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?

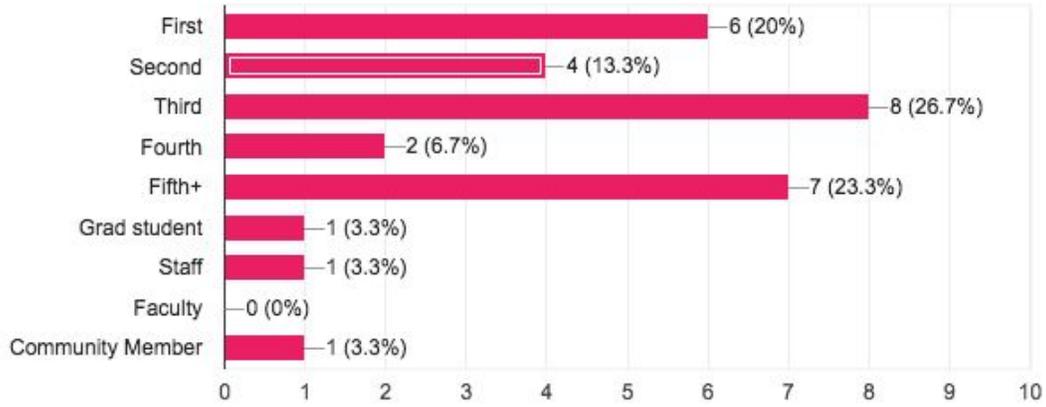
Explain more about what mental illness is
 More enthusiasm
 Talk more about the types of mental health issues and give more examples
 Ensure tech is smooth and include more videos
 More vids
 It was great
 More students on the panel
 More Advertising
 More interaction
 It was done very well
 Not so much 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	16
Psychology	1
Zoology / Animal Science	2
Linguistics / English	2
Biology	2
Engineering	2
Criminology	1

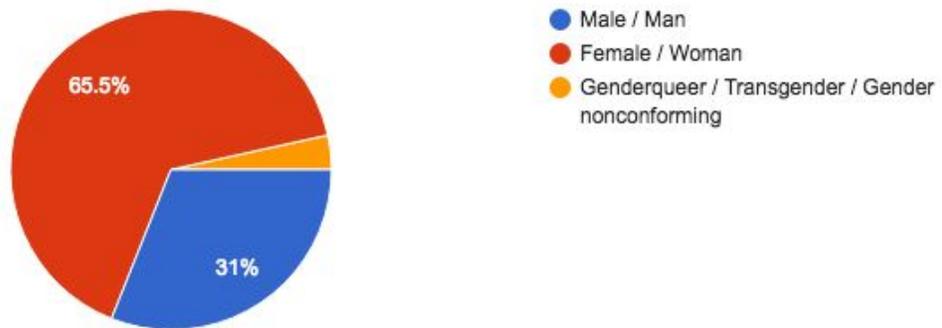
Year

30 responses



Gender Identity

29 responses



Ethnicity

31 responses

