

Movies for Mental Health (Online)

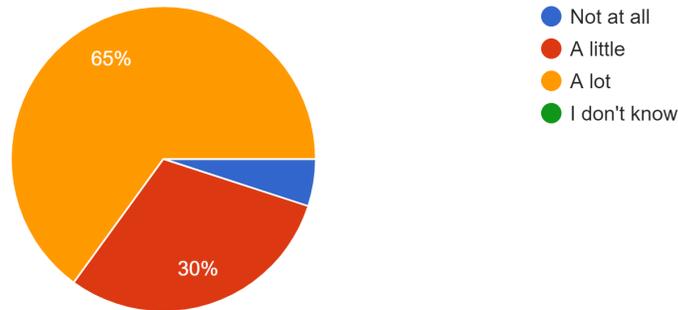
Post-Workshop Evaluations

Owens Community College
November 9, 2021

Approximate maximum attendance: 32
Number of evaluations: 22

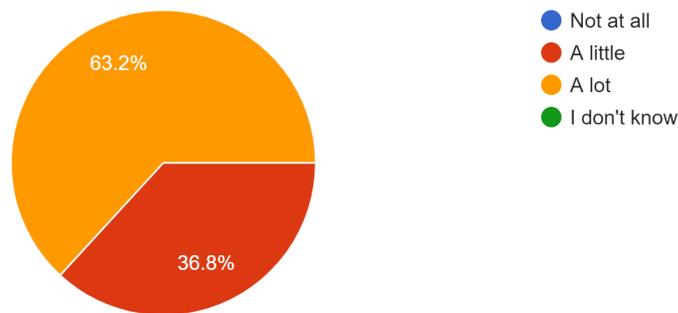
In your opinion, did this workshop increase your awareness of mental health issues?

20 responses



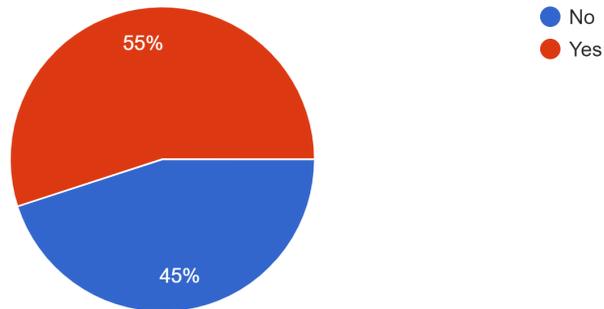
In your opinion, did this workshop help you confront and address stigma related to mental illness?

19 responses



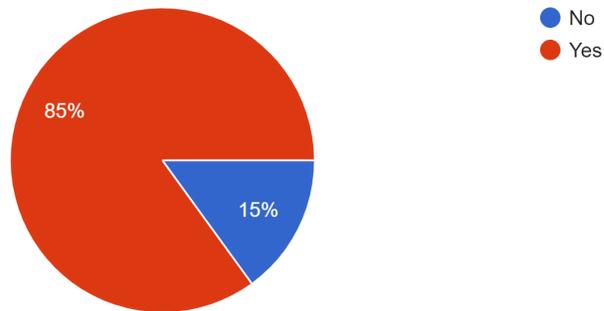
Did you know about the the Mental Health Services Act before this event?

20 responses



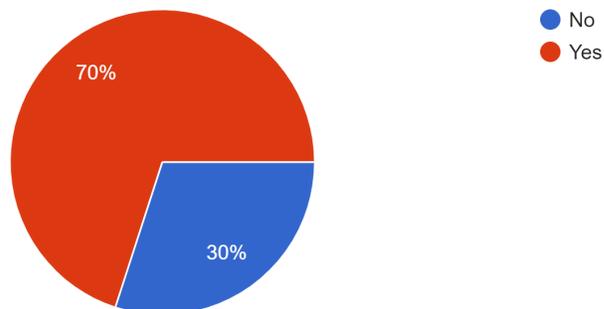
Did you know about your school's counseling services before this event?

20 responses



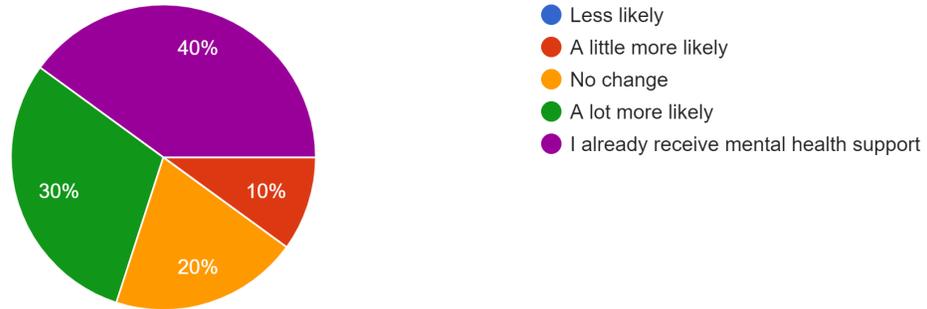
Did you know about the community resources before this event?

20 responses



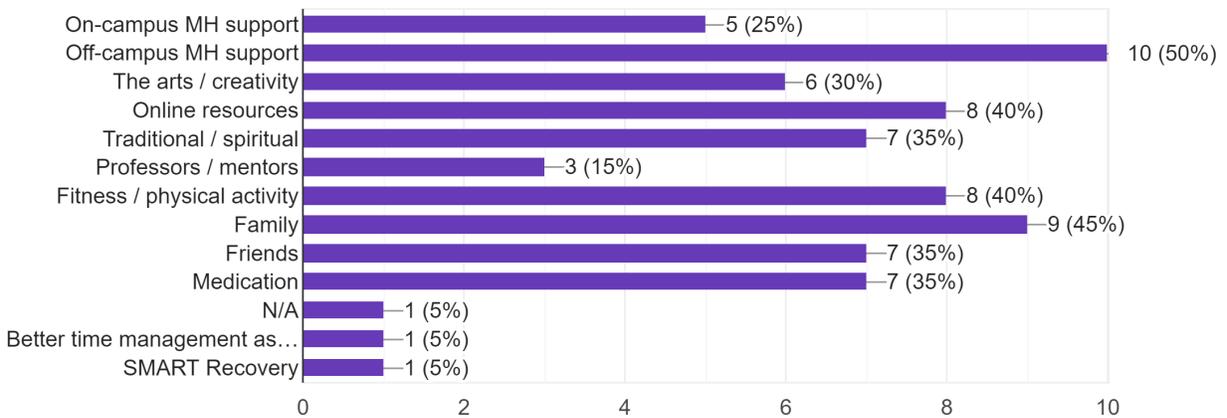
After this event, are you more or less likely to seek support for your mental health?

20 responses



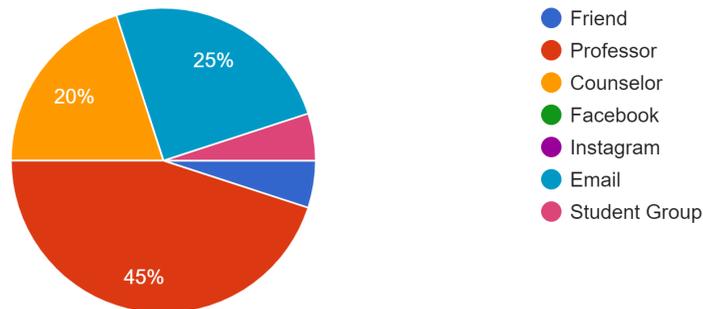
What type of mental health support do you think would be most useful to you?

20 responses



How did you hear about this event?

20 responses



What was your main takeaway?

that art can bring an end to stigma

Everyone's struggle looks different

Love the discussion!

That we have many outlets at our schools for mental health and more people accepting originality.

I'm going to be more mindful of the things I say around others. It could be especially easy to say something that triggers or makes someone feel less valued.

Hannah's story touched me

Always speak up, someone is listening

That people all around us suffer with mental illness even if we cannot see it.

I really enjoyed the films and the personal experiences with mental health issues

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

Very informative and welcoming

Helpful, informative, relatable, and heart-warming

Resourceful and a safe environment

Extremely educational and helpful

A place to share and listen to others stories. A place to reflect.

It was insightful on many different levels of mental health.

A great experience and very eye opening on the topic of mental health.

How might you use what you learned today?

I would inform my peers about these resources.

Getting support from TRIO and from Brandon.

To help my son

To be a better parent, friend, sister, daughter, etc.

I will remind myself that even though people seem happy; they might and probably are going through something mental health wise.

Do body scans more often.

I won't jump to conclusions so fast.

It is nice to know if I ever needed it, there are places at school I can go to for help. I learned stigmas we do not even realize can be hurtful can be extremely harmful to others.

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

(Highlights: see raw data for full list)

Myself. Lack of availability

Stigma

Finances

Depression and anxiety keeping me from asking for help or trying to even work towards a solution on my own.

The biggest barriers are for my son, help is extremely limited due to his criminal record

Hard to find a therapist

I feel like with school, working full time, and being a single mom to my two kids I never have the time to reach out. I always feel like whatever I am feeling is a passing feeling that I can deal with on my own.

How can we improve this event in the future?

have more events like this and use captions!

In person if possible.

More films

Share more stories and get the word out more around campus

Maybe we could all be visible.

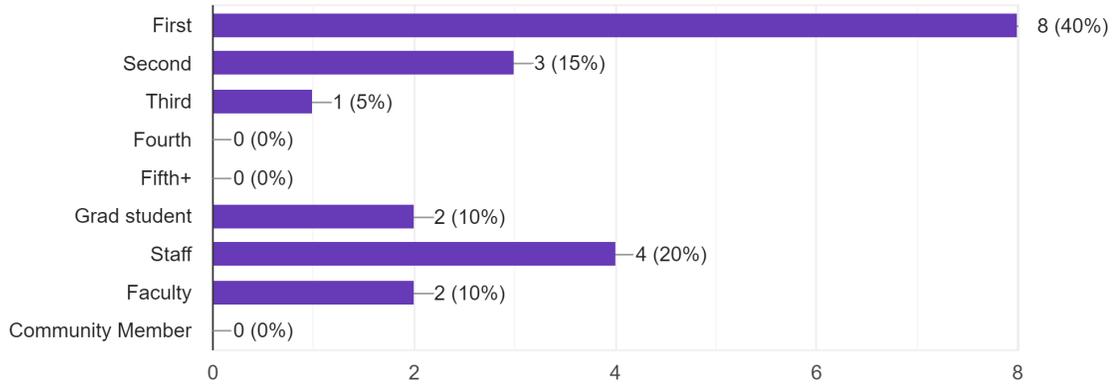
Not sure; Cessa was fantastic as a moderator!!

Major

Clinical mental health counseling	1
Graduate Student	1
Social work	8
N/A	6
Criminal Justice Technology/Social Work Con.	1
Physical Therapist Assistant	2

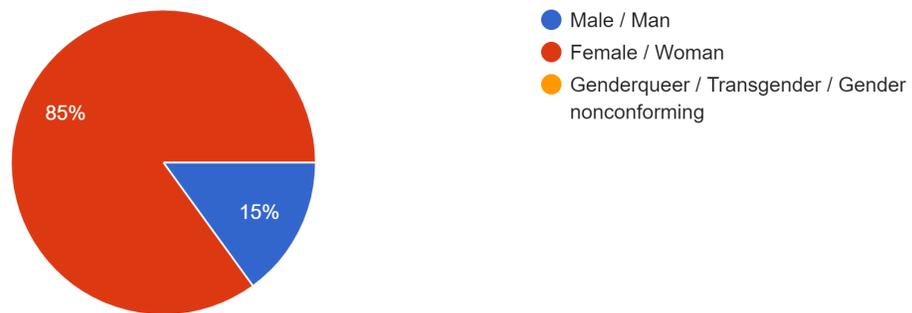
Year

20 responses



Gender Identity

20 responses



Ethnicity

20 responses

