

# Movies for Mental Health (Online)

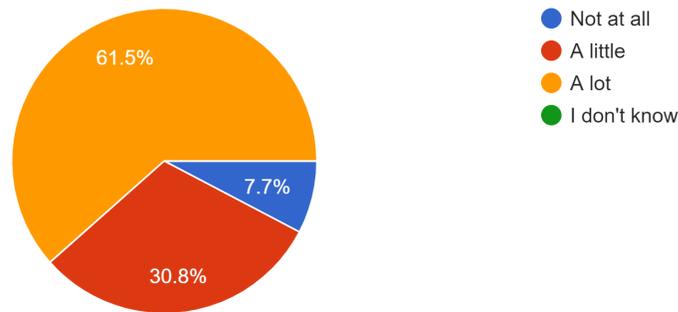
## Post-Workshop Evaluations

Purdue University  
March 4, 2021

Approximate maximum attendance: 24  
Number of evaluations: 13

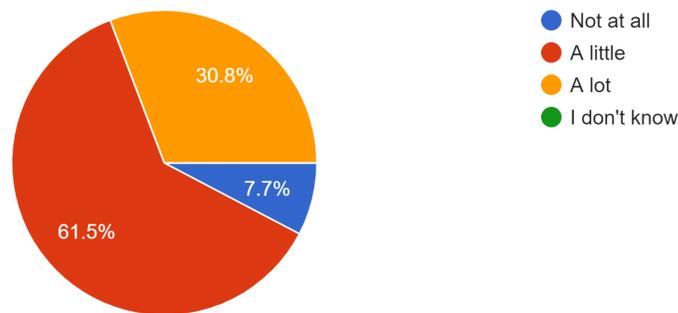
In your opinion, did this workshop increase your awareness of mental health issues?

13 responses



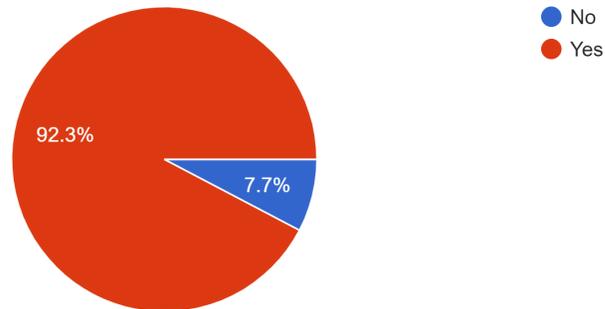
In your opinion, did this workshop help you confront and address stigma related to mental illness?

13 responses



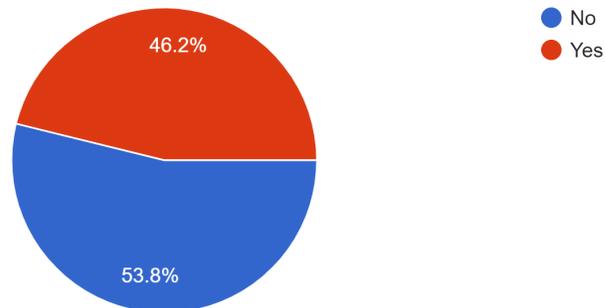
Did you know about your school's counseling services before this event?

13 responses



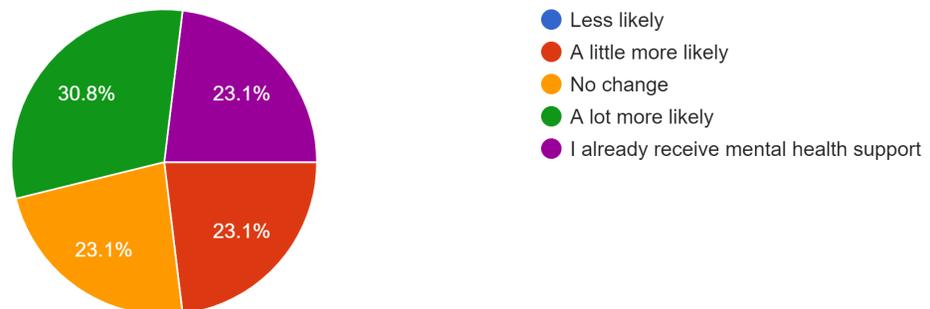
Did you know about the community resources before this event?

13 responses



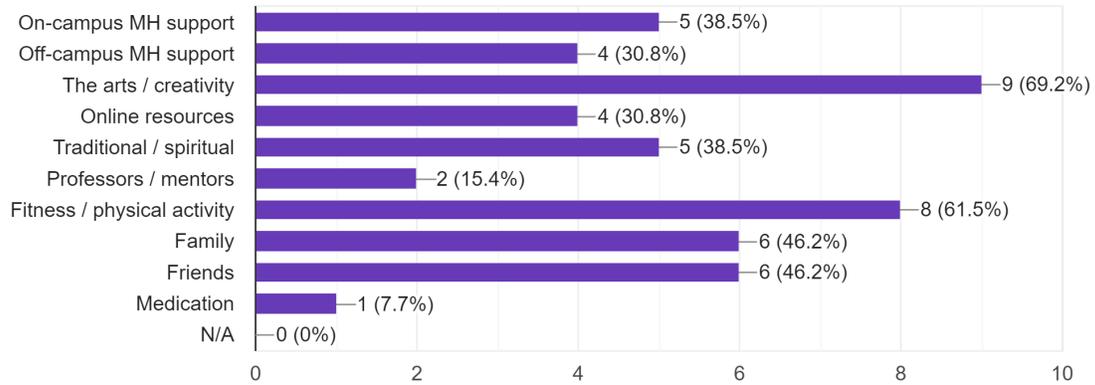
After this event, are you more or less likely to seek support for your mental health?

13 responses



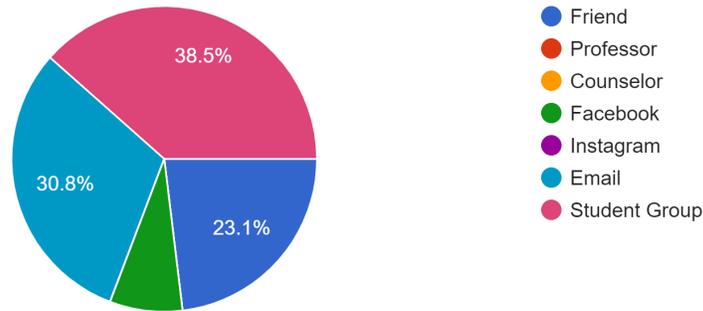
What type of mental health support do you think would be most useful to you?

13 responses



How did you hear about this event?

13 responses



**What was your main takeaway?**

Make sure to know what works for you and your mental health/ wellness. When seeking help don't put too much pressure or expectations on therapy because it is a journey that takes time.  
 The arts are a powerful medium to depict mental illnesses.  
 There are a lot of people who need help with their mental health.  
 Many people are facing mental health issues and we need to change the way we view mental health improving mental health is not always a linear progression  
 Make sure to tend to your mental health in the process of caring for others.  
 Art is a powerful tool for communicating what a mental health struggle feels like. It can be difficult to verbally describe what mental health issues are like sometimes.  
 The importance of using different means to view mental health  
 Mental health should not be stigmatized  
 That we need to help those in need with mental help issues

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

Insightful  
 A different exposure than most zoom mental health talks. This event brings a refreshing experience to virtual programming.  
 Interesting and engaging  
 fun, new, better than most outreaches  
 Several short films about various MH situations with discussion after via chat  
 A good experience  
 insightful  
 Reminding the importance of mental health practices.  
 A comfortable and safe place to share and express mental health struggles in an artistic form.  
 Enlightening  
 Captivating  
 A way to understand yourself and others more

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

Being mindful that I am not alone.  
 Seek out videos like the ones shown for future mental health events.  
 being more mindful  
 Deep breathing is a good stress reliever  
 I will try the different self-care and awareness techniques brought up today  
 I'm going to make an effort to not bottle up my emotions and to reach out to people when I need it  
 Take time to seek help and recognize how certain interactions effect me.  
 I may try to paint something to do with mental health.  
 Prioritizing myself and my happiness  
 I hope to use it as an anchor for when I engage others in mental health discussions.  
 I will try and seek options for when I need to relax myself

**What are the biggest barriers to your mental wellness and/or receiving mental health support?**  
 (Highlights: see raw data for full list)

Opening up to others  
 Lack of awareness of resources  
 time  
 The pandemic feeds mental problems  
 None  
 personal inhibition  
 Being busy  
 Not having the means to pay for sessions. While I have taken advantage of talk therapy accessible to me as a student, I was ultimately recommended to seek help elsewhere because I required specialized services for my mental health disorder. Since I didn't have a way to financially support myself, I felt like I didn't have options to pursue the help I needed..  
 Judgement, finances

Making time in my schedule  
my emotions

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

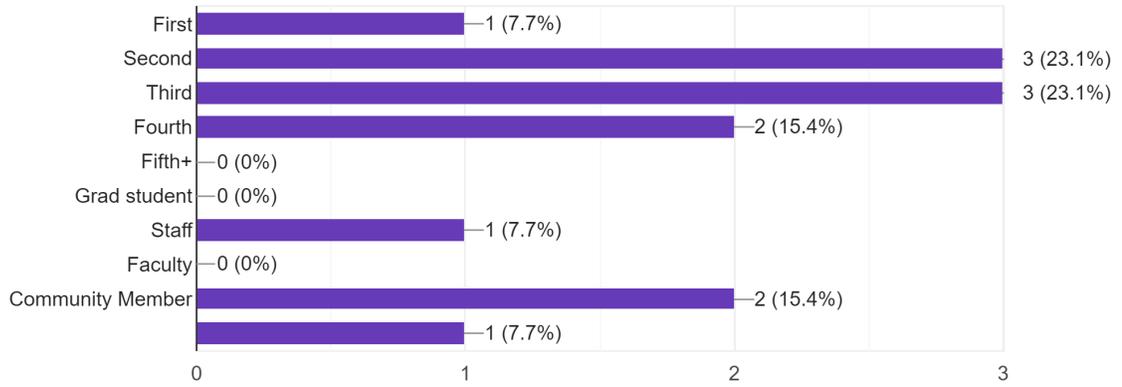
Better representation on the panel of community mental health resources  
not sure  
I thought it was very good  
It was fine the way it was  
it's difficult to incorporate but addressing sometimes the mental illnesses that present with more severe symptoms  
None, was very engaging!  
I would like to see even more volunteer participation. I would recommend more polls.  
Allow vocal commentary  
make it a little shorter

### Major

Civil Engineering	1
Psychology	2
Anthropology	1
Biochemistry	1
Industrial Engineering	1
Neurobiology	1
Global Studies	1
Nutrition and Dietics	1

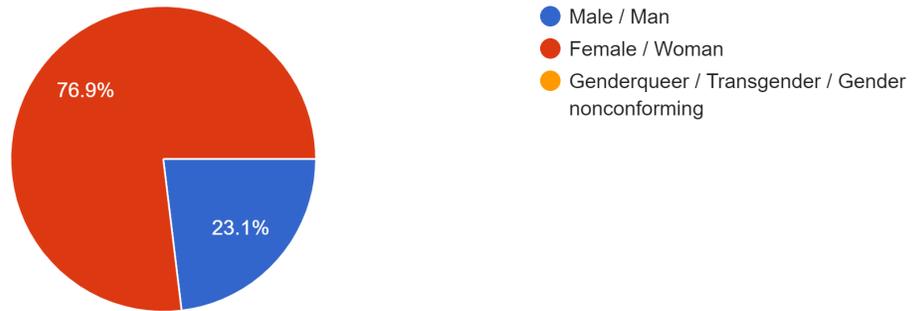
Year

13 responses



Gender Identity

13 responses



### Ethnicity

13 responses

