

# Movies for Mental Health

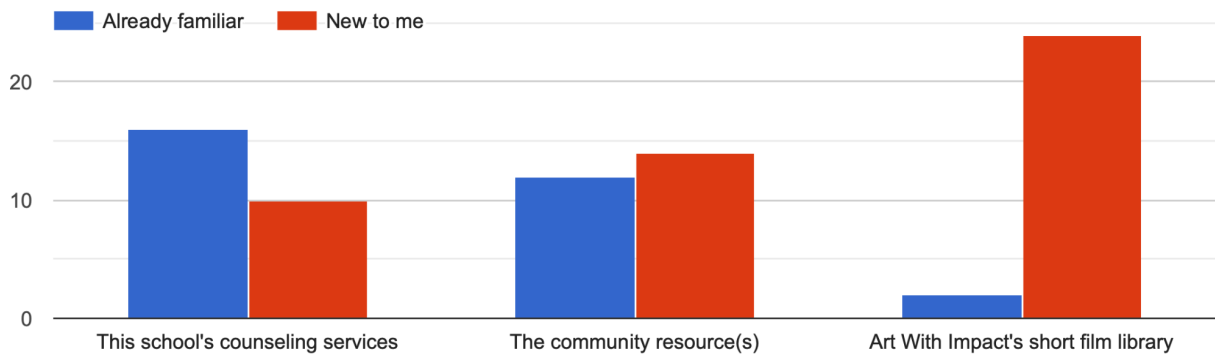
## Post-Workshop Surveys

School: Quinsigamond Community College  
Date: 11/8/23

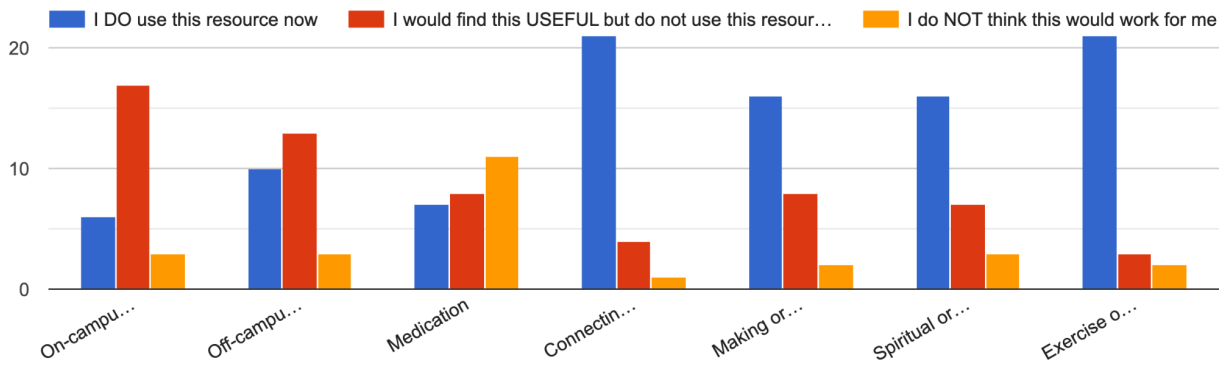
Number of attendees: 47  
Number of surveys: 26

### Resource Awareness and Access

Which of the following resources were new to you today?



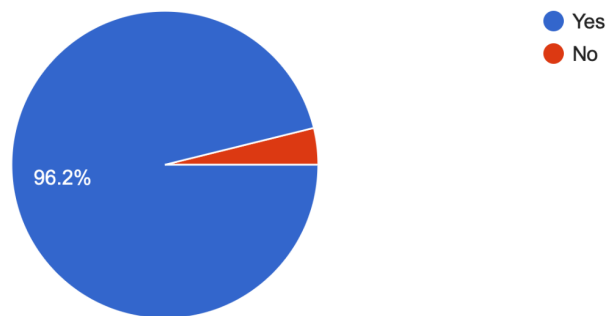
In this list of mental health resources, which do you use, and which might you find useful?



## Workshop Impact

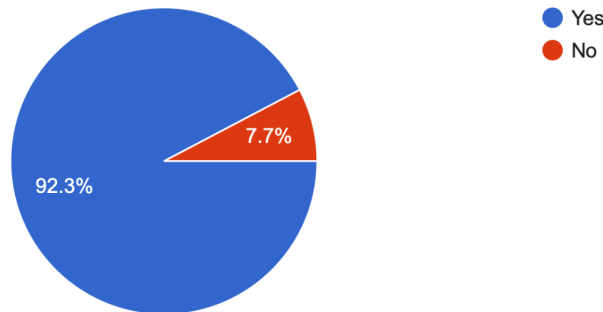
Did this workshop help you confront and address stigma related to mental illness?

26 responses



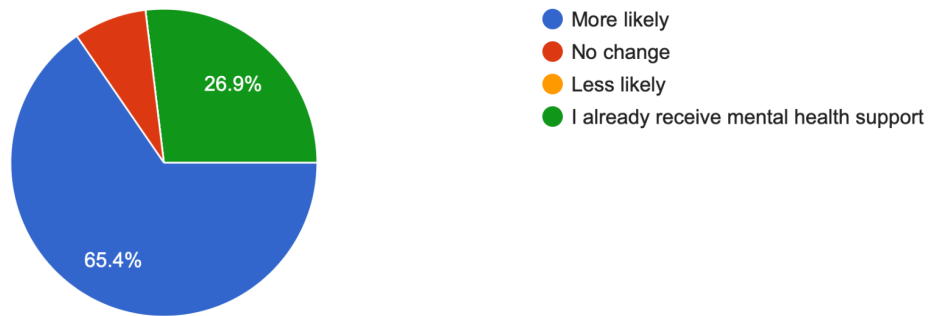
Did you learn something new about mental health?

26 responses



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

26 responses



89% of students who don't currently receive support reported an increased likelihood of seeking support for their own mental health

What was the most impactful thing about this workshop?
● Hearing other people's answers
● Videos
● Opened my eyes to how many people are affected
● That mental health is real and if you seek help it will help you conquer it
● It felt like everyone was very supportive and united in wanting to learn more.
● Hearing what others had to say and being able to share and relate upon experiences
● Great movies
● The films

- I think hearing from everyone else and listening to their stories and perspectives on things was very beneficial. It's thought provoking and I think it leads to more deep conversations that need to be had.
- It was seeing all the Resources provided
- Watching the short films and hearing other students and staff speak on their perspectives and views on it was quite a learning experience for me.
- The movies, but more so the way that the floor was opened up for discussion after seeing them. Getting to talk and relate and share our experiences
- Given me a chance to forgive the traumas I've experienced over another's mental health
- I loved how we evaluated every short film and were able to talk about them as a small group and then larger group
- The movie about vietnamese and trans mental health
- Sense of community
- Helping me to consider mental health through others' perspectives.
- The vulnerability and openness of participants
- Films and discussion at the table after
- To find out that someone else's journey has been like my own
- Hearing like minded individuals and hopefully building a better community of open discussions about mental health and how to improve that broken system.

- The short films that were presented. You can either resonate with them or feel empathy towards them. The short films I resonated with helped me feel seen and not alone when I experience the same things being shown.

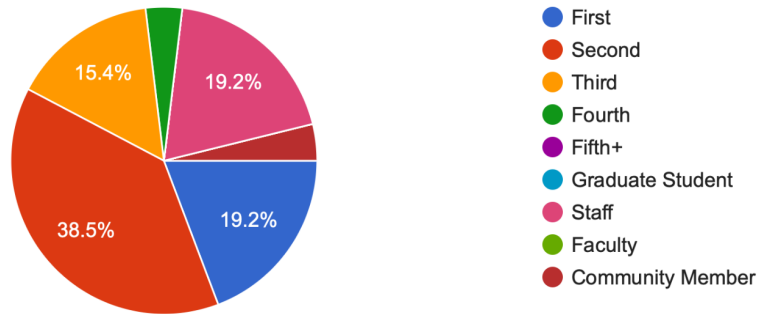
<b>How can we improve this event in the future?</b>
● It was good
● Very great
● Very good
● Having this workshop more often
● I thought it was great!
● None
● More short films
● It was great
● Nothing - it was great!
● I think this event was very well paced and organized already. I would just say continue with the films because I found them very intriguing and think they are useful and open up conversations.
● Nothing I loved it
● Doing more of these workshops can help many students battle mental health.
● Receiving this in college is impactful, but it would be so much more powerful to have gotten in K12

- I think just advertising it more so more students are aware and can join, because I found this very helpful.
- Improving access for disabled and autistic people.
- Let us know the lunch menu for dietary guidelines
- I thought it was great just the way it is!
- A little bit shorter or not as info-dense
- Little bit shorter in length
- Make it longer
- Don't order from Papa Gino's!!

**A Bit About You (optional)**

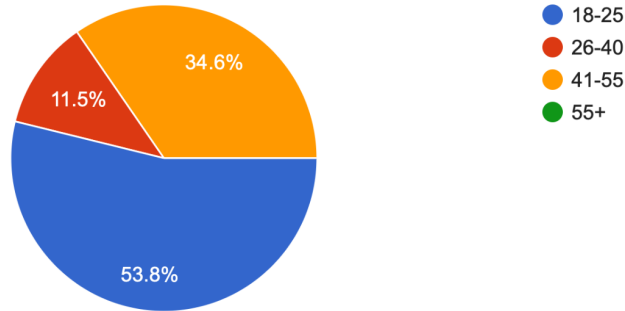
What year are you?

26 responses



### How old are you?

26 responses



### What is your gender?

Female	76.8%
Male	15.4%
Non-binary	3.8%
Transmasculine	3.8%

### What is your ethnicity? (Select all that apply.)

26 responses

