

Movies for Mental Health (Online)

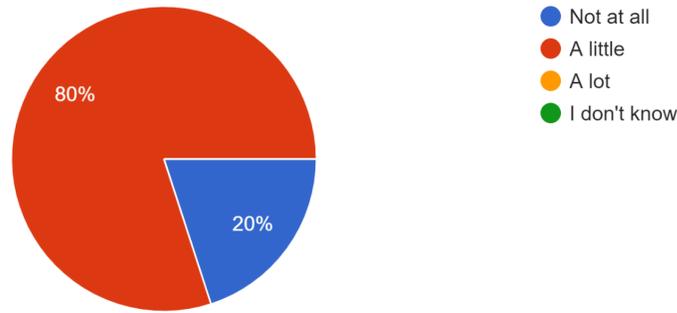
Post-Workshop Evaluations

SUNY Broome Community College
October 6, 2022

Approximate maximum attendance: 25
Number of evaluations: 5

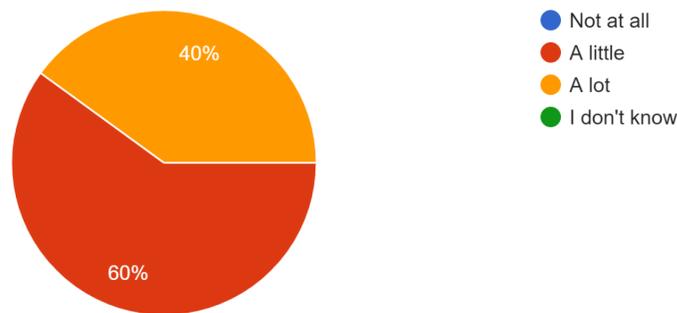
In your opinion, did this workshop increase your awareness of mental health issues?

5 responses



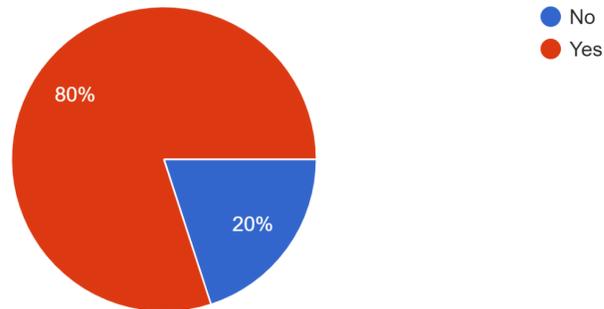
In your opinion, did this workshop help you confront and address stigma related to mental illness?

5 responses



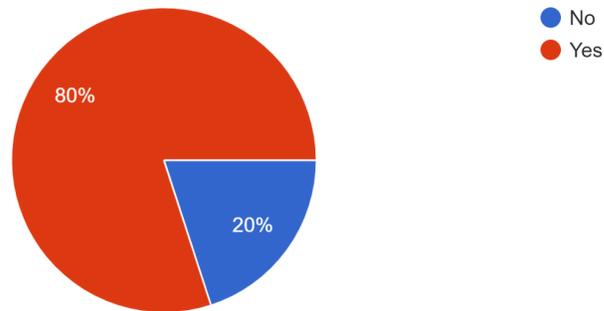
Did you know about your school's counseling services before this event?

5 responses



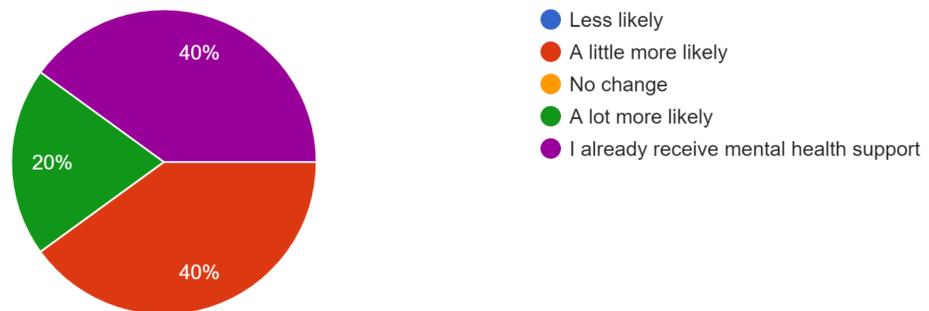
Did you know about the community resources before this event?

5 responses



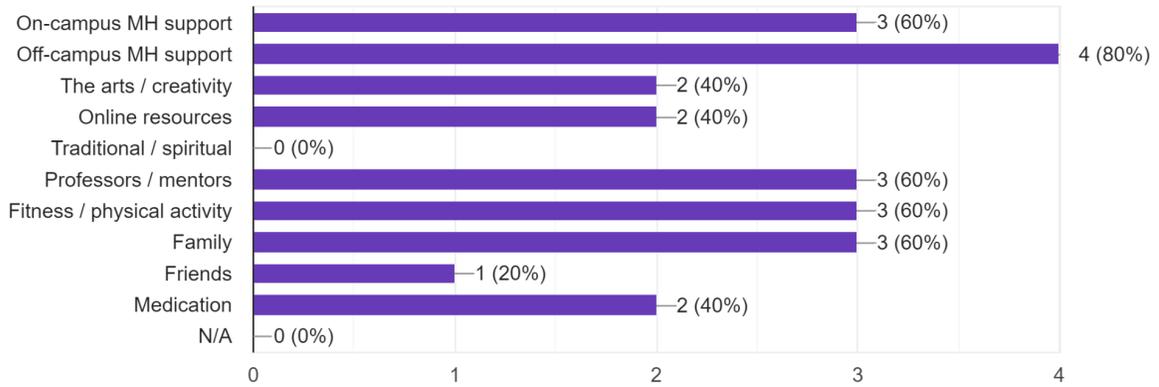
After this event, are you more or less likely to seek support for your mental health?

5 responses



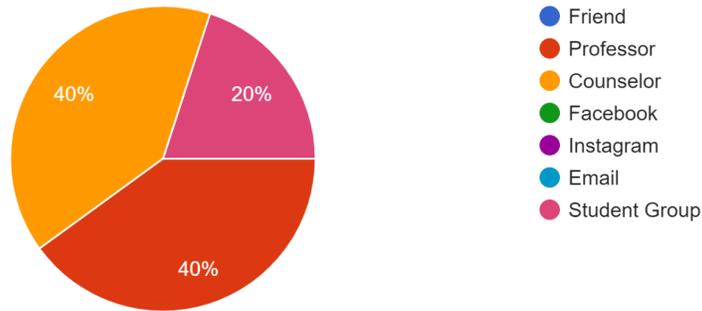
What type of mental health support do you think would be most useful to you?

5 responses



How did you hear about this event?

5 responses



What was your main takeaway?

- It's okay to get help!
- It's ok to not be ok and keep working on what feels right for you.
- I loved that it was a safe space to talk about something like mental health, which could be viewed "taboo."
- The main takeaway I had from this event was to continue to share my own mental health struggles because I know it can inspire someone else to start their own journey.

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

- Useful!
- Good for mental health and validating
- Relaxing, open, safe
- I would describe this workshop as a creative way to have an open discussion about mental health: how it affects our lives and how we can manage it

How might you use what you learned today?

- Meet with a counselor/therapist!
- I might use some of the tools described by the panelists more often
- I loved the breathing techniques. I use them in yoga but never thought to use them in every day life.
- I want create a spoken word poem that helps me express how I feel about my mental health illness

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

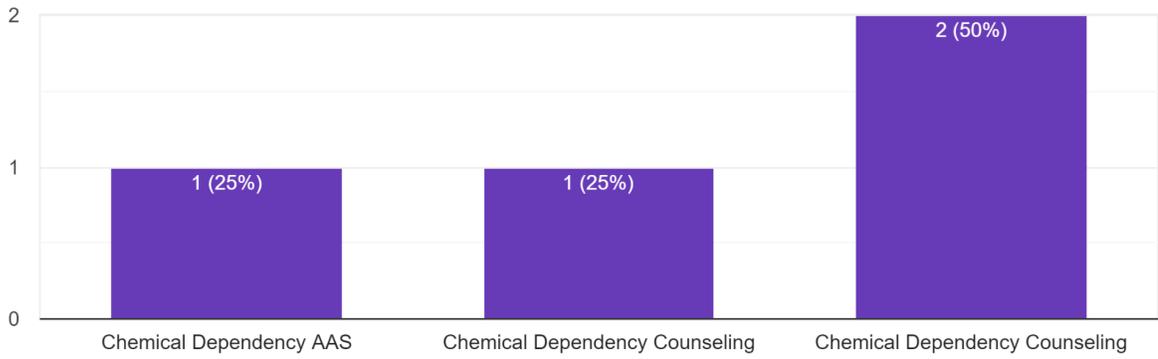
- Family/Stigma
- Lack of support at home
- The fact that I am going for ASA counseling... almost feels as if I shouldn't need counseling if I am trying to counsel others.
- I can hold my feeling in too long and not express them to anyone.

How can we improve this event in the future?

- Mic tests beforehand if possible
- Maybe not only include movies. I am sure there are a number of painters that paint to invoke the same types of thoughts. Also music creators too. Shouldn't stop at just movies. Art as a whole.
- More films! More opportunities for community sharing/talking

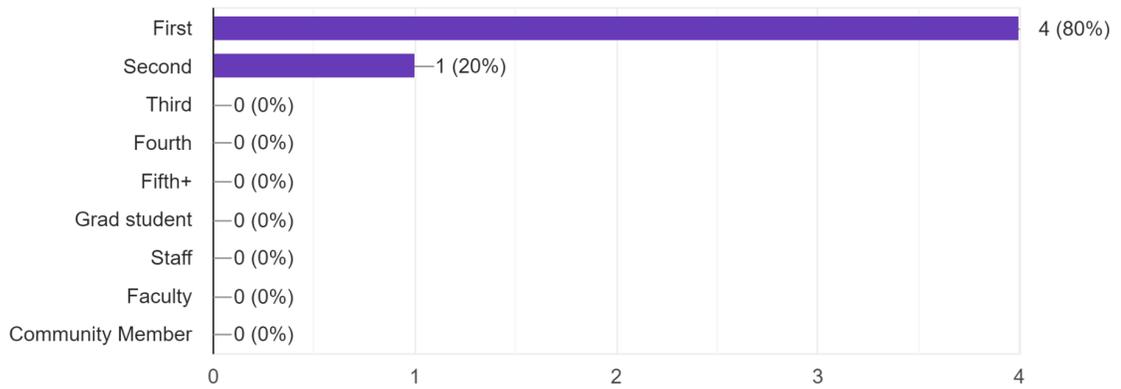
Major

4 responses



Year

5 responses



Gender Identity

5 responses



Ethnicity

5 responses

