

Movies for Mental Health (Online)

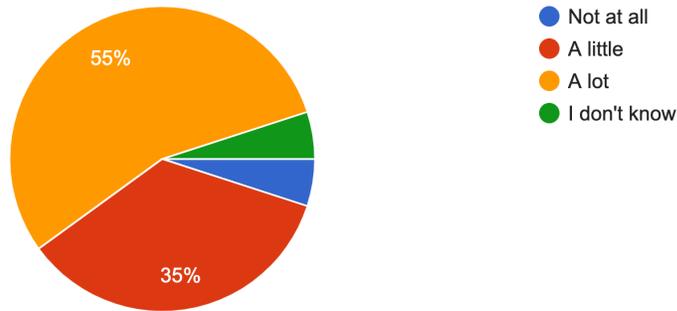
Post-Workshop Evaluations

SUNY Broome Community College
May 6, 2021

Approximate maximum attendance: 25
Number of evaluations: 20

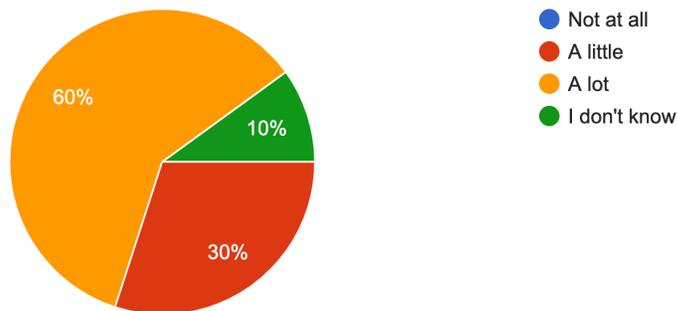
In your opinion, did this workshop increase your awareness of mental health issues?

20 responses



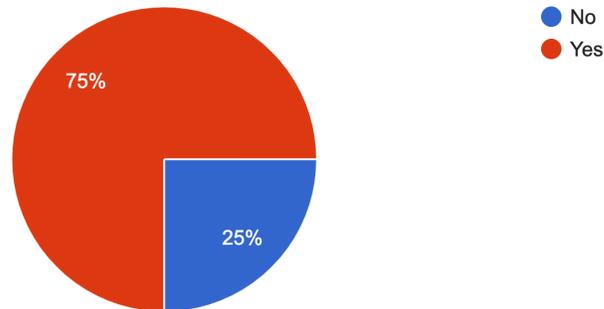
In your opinion, did this workshop help you confront and address stigma related to mental illness?

20 responses



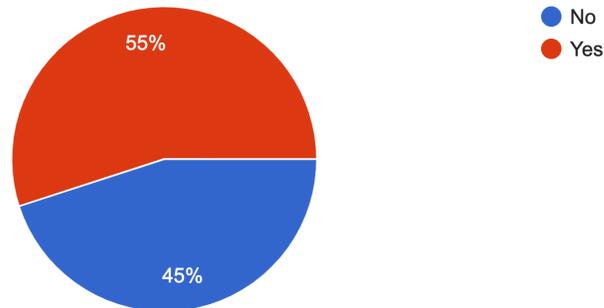
Did you know about your school's counseling services before this event?

20 responses



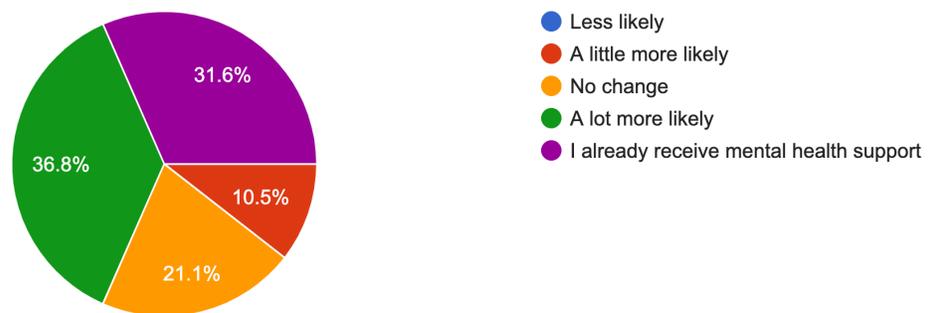
Did you know about the community resources before this event?

20 responses



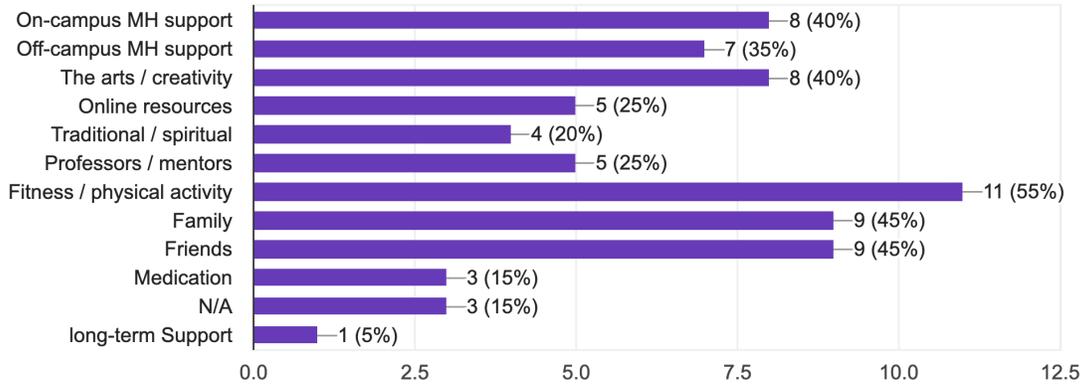
After this event, are you more or less likely to seek support for your mental health?

19 responses



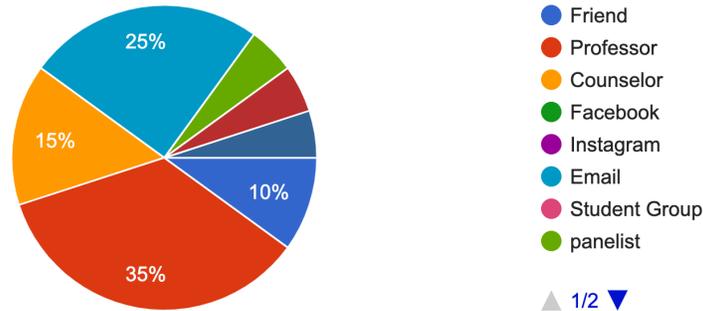
What type of mental health support do you think would be most useful to you?

20 responses



How did you hear about this event?

20 responses



What was your main takeaway?

That you are not alone and there is always someone there that can help.

There is always a way to relight the candle.

I didn't know so many people felt the same things I do.

Stigma and stereotypes are different and mental health stigma can be healed through communication.

Talking openly about mental health issues helps to normalize them and explore options for making life,

Reinforced my belief that being able to share one's personal story(ies) in a safe space can be a rewarding, cathartic experience no matter what a person's age, sex, race, ethnicity, etc.

Individually and collectively, better.

The experience of mental health issues are unique and have the potential of influencing the lives of people in miraculous ways.

This is great for students and anyone really.

Breathe!

I am not alone!
Lived experience stories were so powerful.
Mental health issues are okay to speak about.
That many people feel like I do.
This was great. I took a lot of info away about stigma.
Mental illness is more common than people realize.
Breathe. It will all be okay.
That it's not unusual to struggle with depression for much of your life.
My main takeaway is that mental health is just as important as physical health.

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

A blend of authentic stories and visualized experiences to help bring awareness to mental health.
Informative, Interactive, and Cool Videos
Creatively, honest, and emotionally "safe."
An awesome way to talk about mental health; an exploration of ideas that surround mental health issues; a reflection of a person's experiences.
Interactive and engaging in a nonthreatening setting.
Helpful and perspective-enhancing.
I would describe this workshop as very important.
Powerful, heart warming, helpful.
Just do it—you won't regret attending.
Very enlightening.
I would describe it as informational and useful.
Insightful and wonderful!
Almost like a support group.

How might you use what you learned today?

Keep an open mind. I may always deal with depression, but it doesn't have to be hard all the time.
Apply to my own life, as I'm struggling with my own anxiety and depression.
Every one, in some way, struggles and our struggles are made lighter when we don't have to go it alone.
Realizing this venue might expose more people to the topic they may not have been reached and exploring creative ways to account for one's experience is an exceptional process of insight and growth.
I will certainly help advocate for future sessions to take place with our students in future semesters.
I will use what I learned to seek help when I need it and to help others in need.
I will use what I learned today in my daily life and to try and get help when I need it.
Help future people.
Bring it to my students.
To be a happier person.
Focus more on self love.
Be more compassionate to myself.
To continue by work in ending mental health stigma.
Reaching out for help!
To seek help when you need it, without worry of prejudice.
Start off new routine with baby steps.
Remind people that they are not alone.

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

(Highlights: see raw data for full list)

I feel like no one really wants to listen, and I have a hard time talking about what I'm struggling with.

Stress from life.

Worrying that my mental health will be used in court. As I am actively working to get custody of my daughter back.

Depression? Anxiety.

Fear of being judged.

Motivation and lack of familial support.

Lack of family / friend support.

Myself.

Health insurance covering counseling.

Too many bad experiences with counselors.

Fear.

Feeling weak or vulnerable.

I'm usually a VERY shy person.

The expectations of others.

I think people are scared to reach out for help and ways to encourage seeking out support is an important aspect to promote.

Mental health stigma and awareness of mental health issues.

How can we improve this event in the future?

More interactive with students.

In-person, if possible.

Keep using the brief polls throughout the event. I think they worked pretty well.

More poetic vlogs.

A direct link to the event.

In my opinion, it was awesome the way it was. It'll be better, I think, when we're allowed to gather in person again. Until then, this was the best that can be done and was more than adequate.

I can't think of anything at this point. It was truly an awesome experience to be part of. I am grateful for the opportunity and think the efforts of all those that created this program should feel proud and good. I am lucky to have been a part of it.

Major

Computer Science	2
Health Science / Studies	2
Human Services	2
Nursing	1
Liberal Arts	3

