

Movies for Mental Health

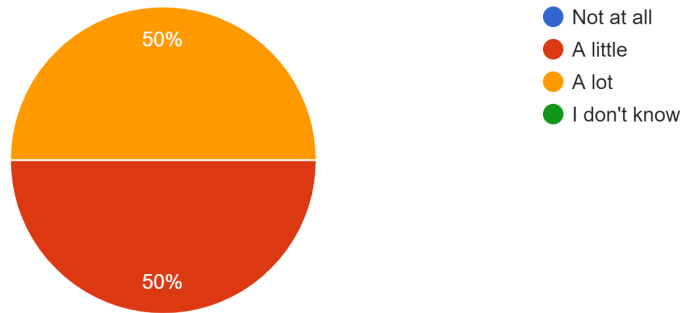
Post-Workshop Evaluations

Stanford University
January 20, 2022

Approximate maximum attendance: 19
Number of evaluations: 6

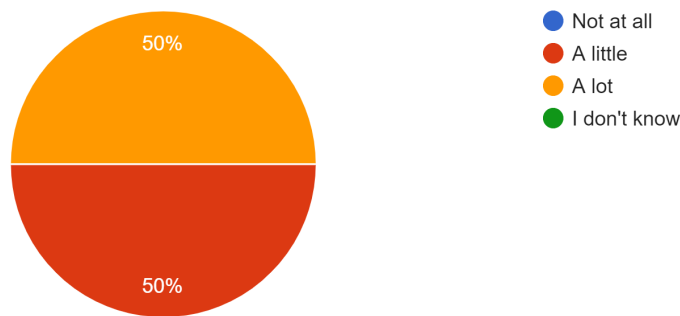
In your opinion, did this workshop increase your awareness of mental health issues?

6 responses



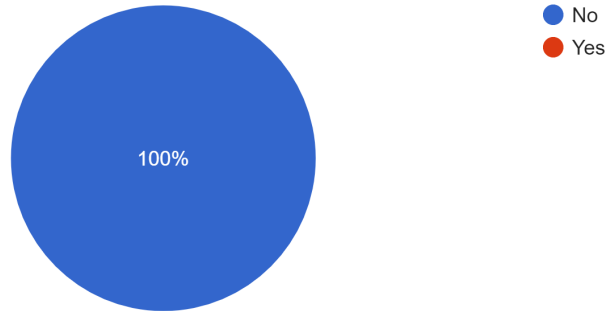
In your opinion, did this workshop help you confront and address stigma related to mental illness?

6 responses



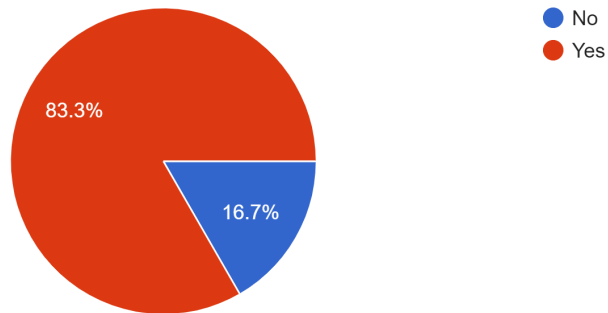
Did you know about the the Mental Health Services Act before this event?

6 responses



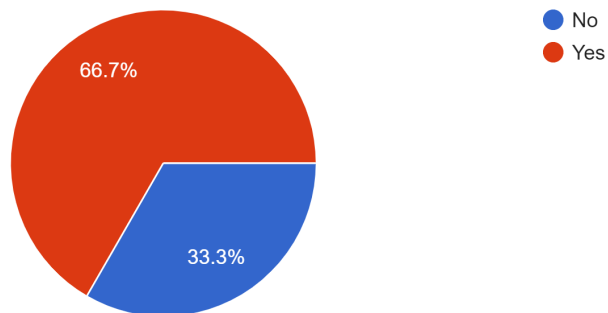
Did you know about your school's counseling services before this event?

6 responses



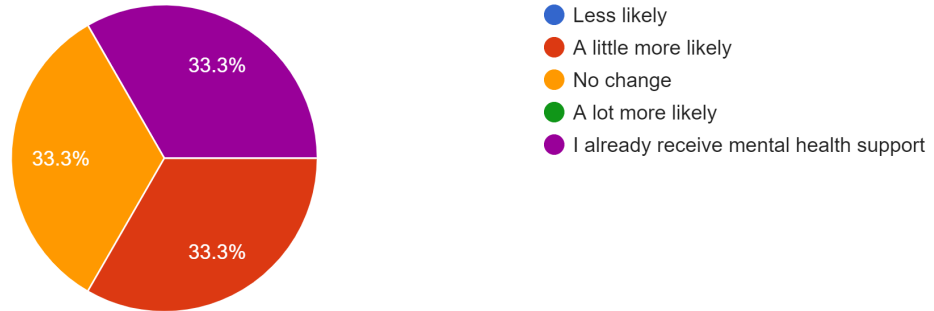
Did you know about the community resources before this event?

6 responses



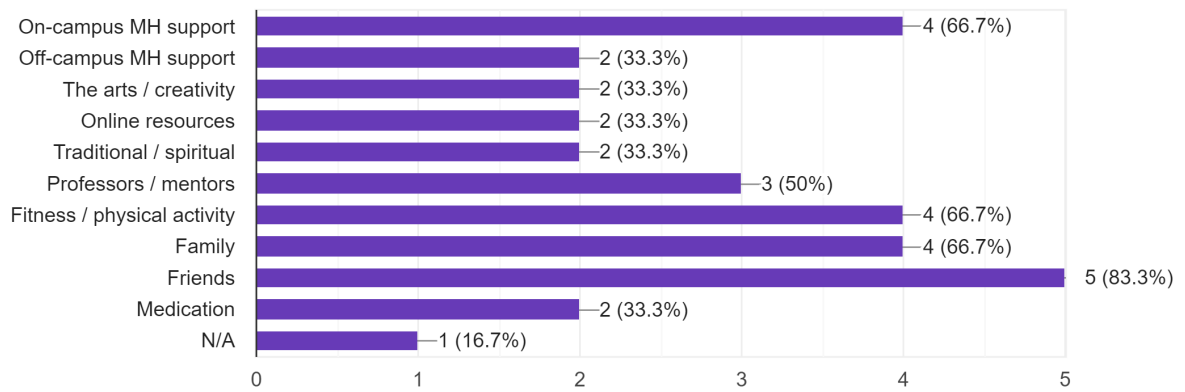
After this event, are you more or less likely to seek support for your mental health?

6 responses



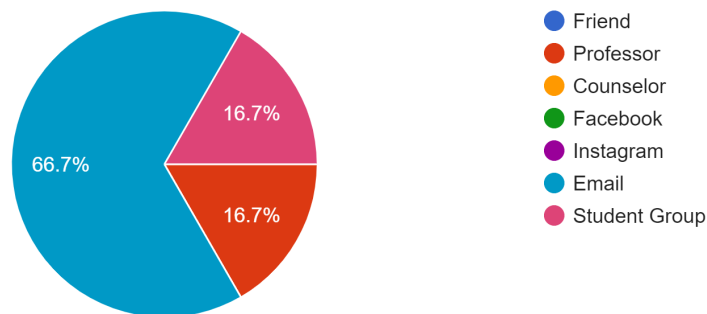
What type of mental health support do you think would be most useful to you?

6 responses



How did you hear about this event?

6 responses



What was your main takeaway?

How important it is to listen to yourself, your body, and your needs

I am not alone

Mental health is a strength, not a weakness

Just the always helpful reminder that it's okay to be vulnerable. I don't have to know the answer before I reach out for help.

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

An event that lets you engage with art through the lens of mental health and illness, and a space to connect with your peers

An open discussion on dealing with various mental health issues

Inspiring

Surprisingly personable. When I joined, I didn't expect to participate at all. But the facilitator Carly and students in the chat made me feel comfortable adding my own comments.

How might you use what you learned today?

Check in with myself and my friends more often

Remember that I am not alone.

I'll definitely be using the body check!

Reach out to friends that I know struggle, just to say hi and remind them I care.

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

Stigma and fear of judgement

Feeling like no one can help, like there is no other way to live

Stigma, fear of judgment or discrimination

Uhhh I feel like I'm my biggest barrier. When I feel the most down, I don't want to get help because I am ashamed that I have already let myself get to such a bad place. Also, I'm often scared how people will react. For example, if I felt like I didn't want to live, I would be scared to tell someone else, because they might tell other people and make too big a deal out of a fleeting feeling.

How can we improve this event in the future?

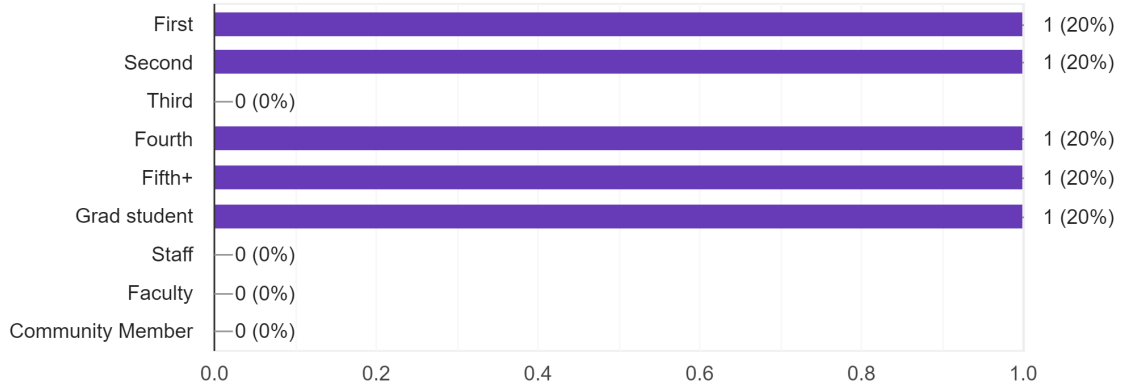
This event is fabulous!

Hopefully it can be in person?

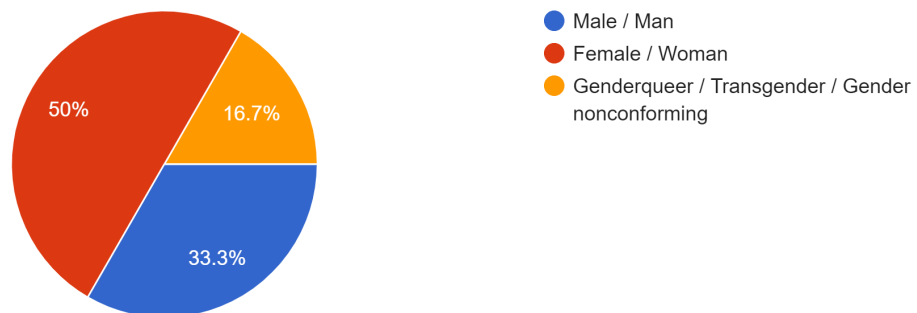
I'm not sure. I really appreciated the event and I wish more people had attended to benefit from it as well.

| Major | |
|------------|----------|
| Psychology | 2 |

Year
5 responses



Gender Identity
6 responses



Ethnicity

5 responses

