

Movies for Mental Health (Online)

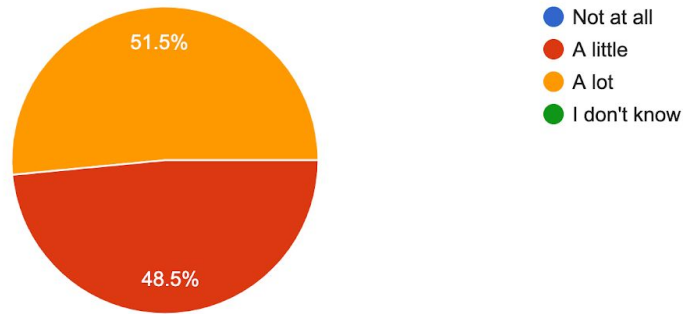
Post-Workshop Evaluations

Stanford University
February 4, 2021

Number of attendees: 51
Number of evaluations: 34

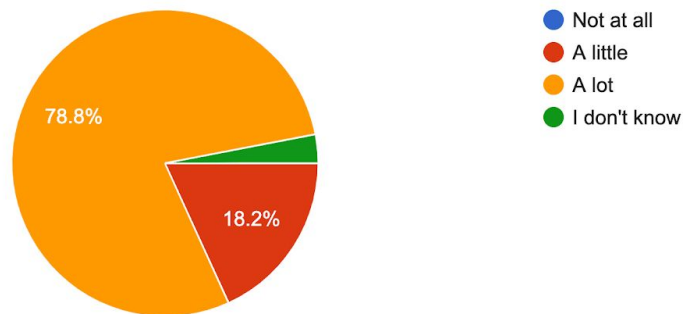
In your opinion, did this workshop increase your awareness of mental health issues?

33 responses



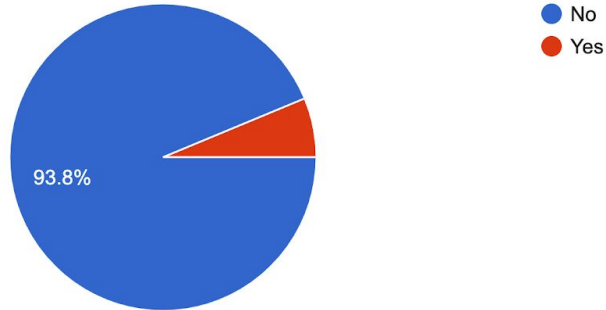
In your opinion, did this workshop help you confront and address stigma related to mental illness?

33 responses



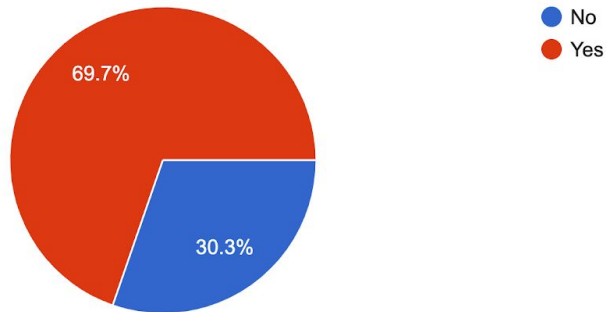
Did you know about the the Mental Health Services Act before this event?

32 responses



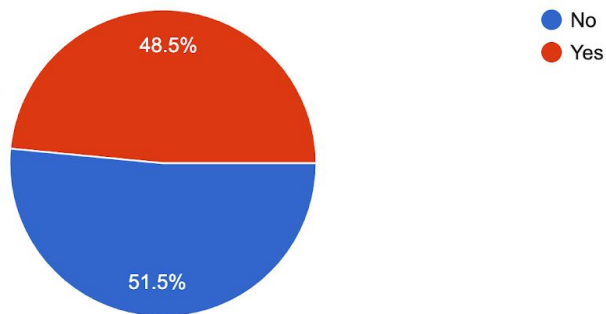
Did you know about your school's counseling services before this event?

33 responses



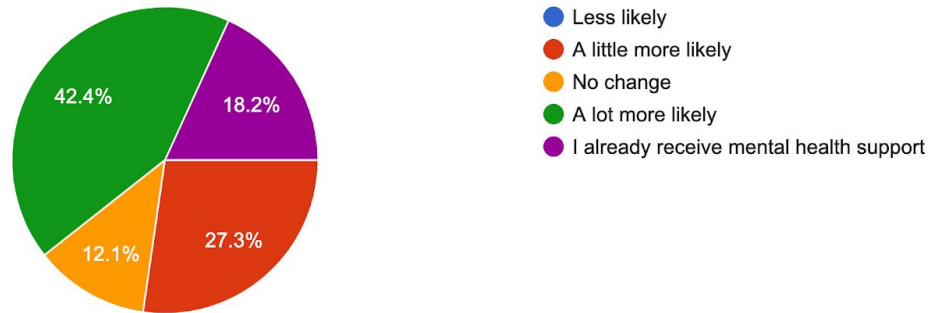
Did you know about the community resources before this event?

33 responses



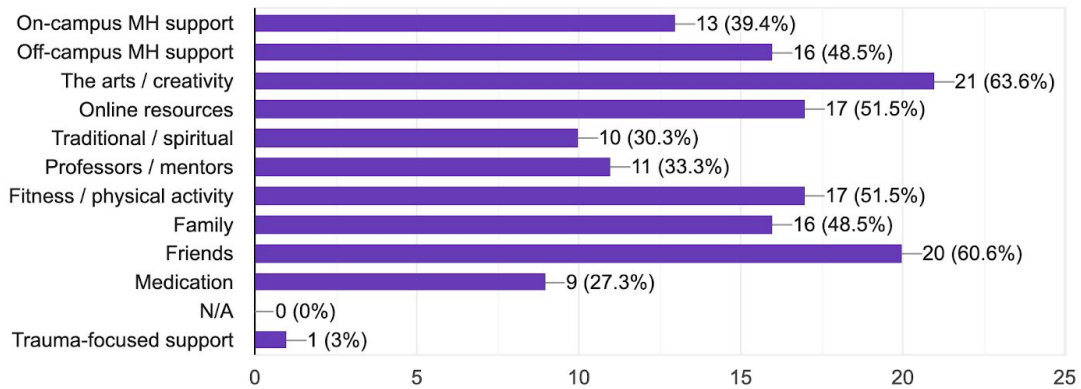
After this event, are you more or less likely to seek support for your mental health?

33 responses



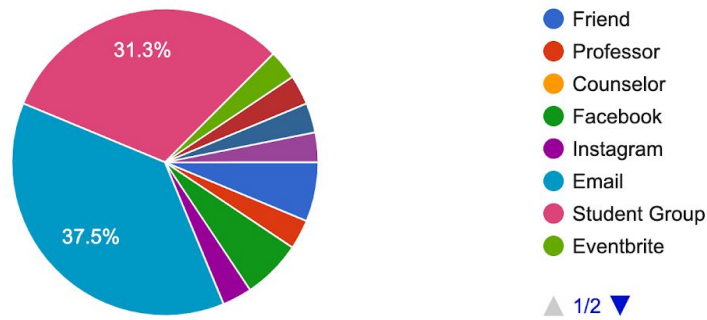
What type of mental health support do you think would be most useful to you?

33 responses



How did you hear about this event?

32 responses



What was your main takeaway?

I learned a lot from Leah and Stewart. Hearing other students be vulnerable made me want to be vulnerable. We all have our challenges, and it feels so much better when we share and connect to others. That I'm not alone; it felt good to be in a such a large group with people who had shared experiences. One shouldn't feel ashamed by their mental health issues. There are a lot of people struggling in similar ways. Got to really understand the value in talking about mental health and how using a medium like film can help facilitate those conversations. Mental health looks so different to so many people. Ask for help, connect with my body. To be accepting and open-minded. To easy on myself because every day is different for my mind and body. Empathy is so, so profound and crucial when discussing mental health. Being compassionate of others and aware of others people experiences <3. That mental illnesses can take different forms, this means that everyone inherently has different. Experiences and different ways to deal with them. Being open about mental health is invaluable. The difference between stereotype and stigma. There is no shame in sharing mental struggles. Make sure to take time for myself, and it's ok to struggle. Taking care of your mental health is not a weakness. Scan our bodies. Feeling shame is not helpful in addressing the challenges. The amount of people that suffer alone attended half of the event, but for me it was: let's talk about mental health and destigmatize mental illness.

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

A combination of short films, mental health exercises, community, and great leadership. Refreshing and focused way to look at mental health. The one thing I did this week that will matter in the future. Super powerful. A wonderfully interactive, open and supportive space to connect with others and yourself through conversation and media. Interactive discussion with no video required! Really engaging and welcoming! Very insightful and deep. A super safe space with really great vibes. Es un grupo que relaciona arte y salud mental. It is a great workshop for individuals learning about mental illness and for individuals struggling from them. Warm, moving, touching, thoughtful. Engaging and educational. Powerful. A gathering of creative and actionable resources to better understand mental health. Multi dimensional in the practicality. It's a great way to see how people are suffering in silence and how we can be more empathetic. Hand-ons, engaging, and supportive.

How might you use what you learned today?

I have a sibling who struggles with their mental health. This workshop provided multiple approaches to helping others, and understanding them. I hope this brings me closer to her.
I will talk with my partner, friends and family about how I will and they can take further action to take care ourselves and each other.
I want to start therapy again.
In case of an emergency I have resources now.
Spread the knowledge.
I want to incorporate the inclusive language into my regular conversation! Natalie did a wonderful job of always being keenly aware of language and keeping things inclusive.
I liked the body scan exercise.
Resources to share with others.
I might try to open up to loved ones who I know are willing to help me.
I will reach out to friends more often.
Be a better active listener.
I might use the body scan more frequently.
Finding channel of friend for help.
I will try to be as open about my mental health as possible and check in with my friends often.
More understanding about panic attacks will help me empathize more with others.
Sharing with friends and family.
Try to incorporate into my every day life.
What I learned today has inspired me to take care of my mental wellbeing by taking more time to sleep and be mindful.
I'll be more confident in taking the steps to tell my own mental health story.
Use it to create campus resources and programs to support students.
Apply what I learned to my meditations.

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

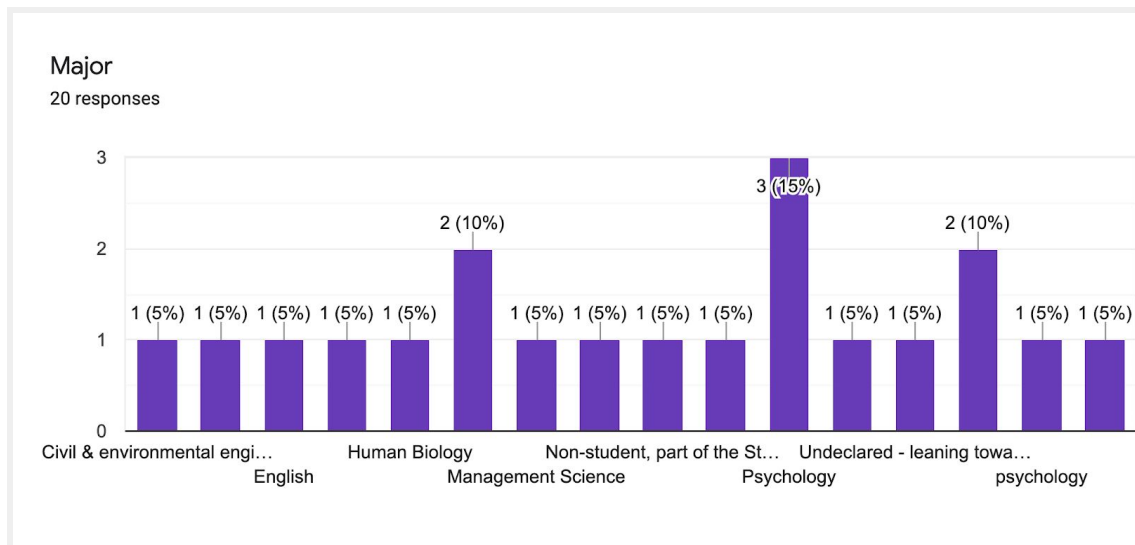
(Highlights: see raw data for full list)

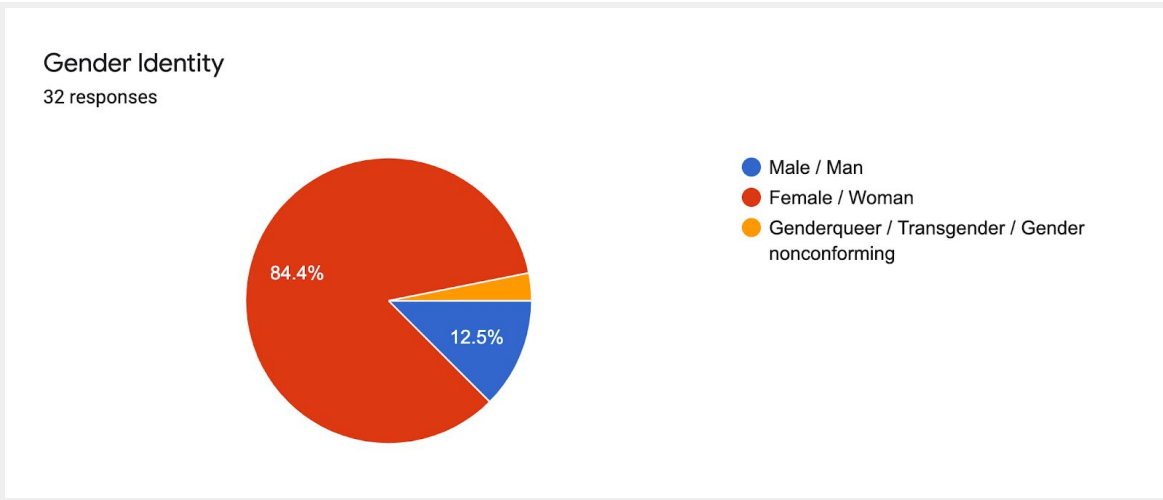
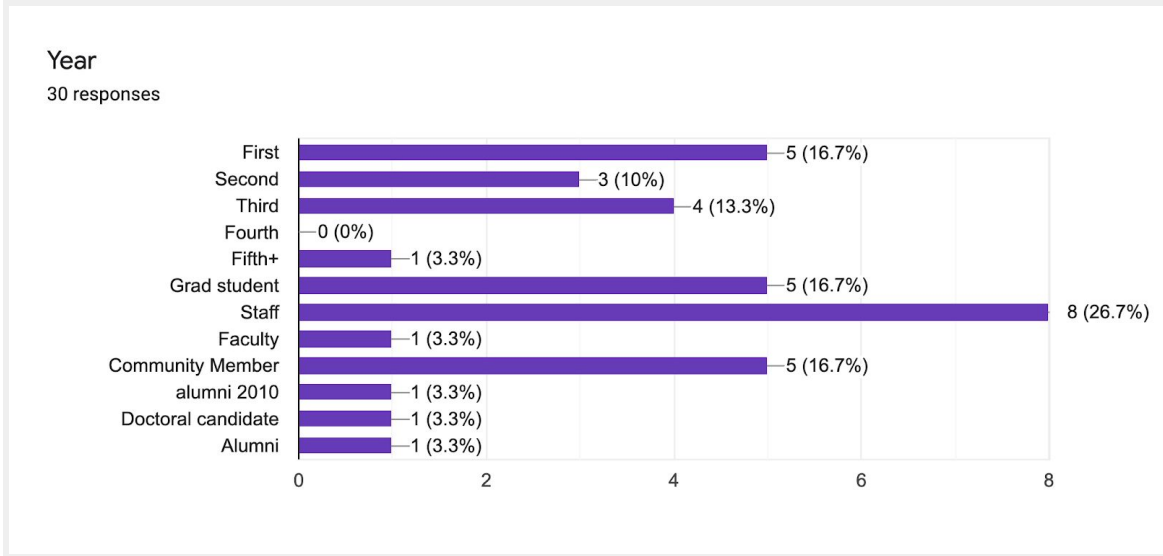
My own fear I think. I fear that I can't be helped sometimes.
I have reached support and I'm currently seeing a therapist. Bu my first obstacle was knowing where to reach or understand that I need help.
My personal identification with needing "keep it all together" based on past trauma.
I am lucky to have financial and familial support. Primarily the barrier is my own internalized bias and not wanting to confront my issues.
I am okay now but in the past it was complicated to find support and help.
I feel bad for not being able to do everything I'm supposed to.
The struggle it takes to find a therapist in the community that is the right "fit."
Waiting for an appointment.
Feeling isolated because of the pandemic.
Loneliness & worries about the stigma attached to seeking help.
Money and access/ knowledge of access
Time pressures, lack of accessibility of support
Stigma for sure - it feels at times like i should be better than my mental illness, or that im being overdramatic

The isolation imposed through my immune system (Celiac).

How can we improve this event in the future?

I would've liked to see maybe one more short film. I really liked those and the thoughts they provoked.
 More breathing exercises.
 Let people know that when you are okay it is better to find a way to get supported, in case you will need it.
 Also let people know that it's common to fall into the hole even if you are a lucky person.
 Marketing to more people
 Longer event! Didn't want it to end. Or a multi-day event.
 More short films, maybe sharing aloud
 It was great i can't really think of anything
 Meet again online or on-site.
 Sound effects, lol
 The way the event was presented (with one host) might be alienating for someone who doesn't already think mental health is important.
 Perhaps some breakout rooms, moderated by professions - that way people can process and connect together, but not feel pressured to "show up."





Race / Ethnicity		
Asian / Asian-American	7	22%
Black / African / African-American	2	6%
Hispanic / Latinx	10	30%
Indian / South Asian	1	3%
Middle Eastern	1	3%
White / Caucasian	14	44%
Other	1	3%