

Movies for Mental Health (Online)

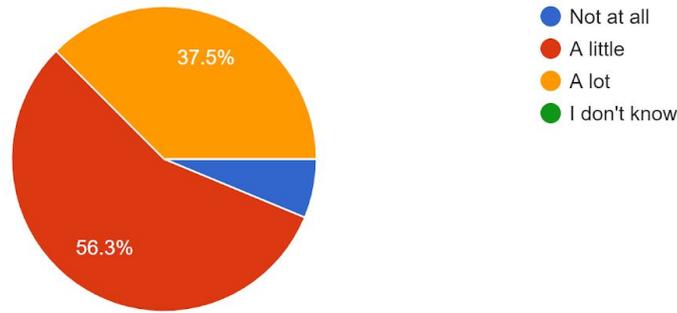
Post-Workshop Evaluations

Temple University
March 9, 2021

Approximate maximum attendance: 28
Number of evaluations: 16

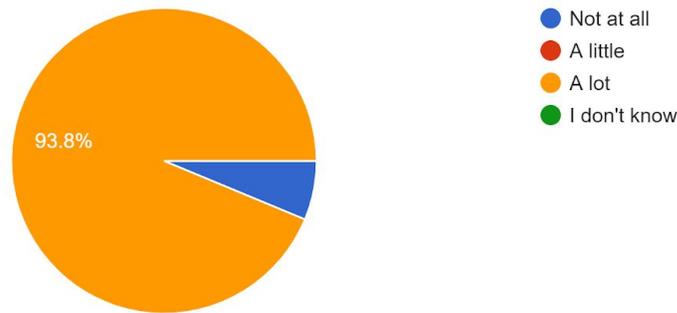
In your opinion, did this workshop increase your awareness of mental health issues?

16 responses



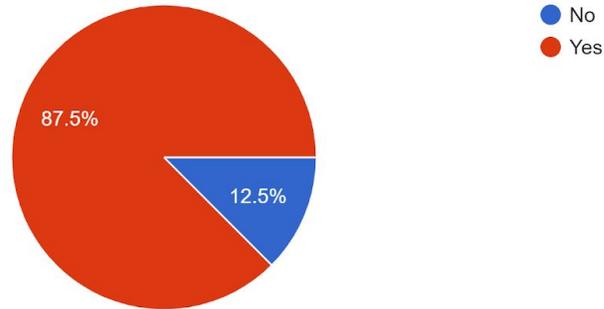
In your opinion, did this workshop help you confront and address stigma related to mental illness?

16 responses



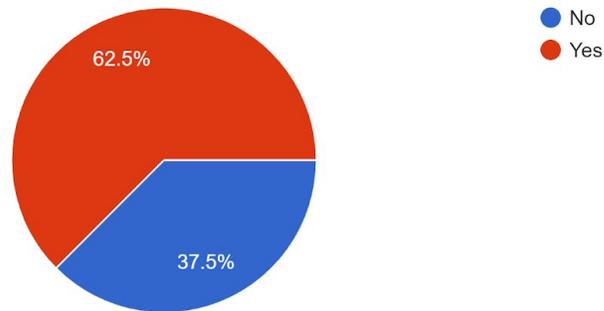
Did you know about your school's counseling services before this event?

16 responses



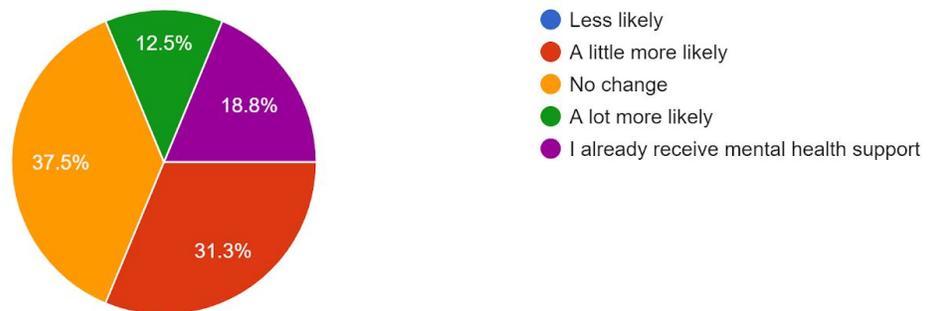
Did you know about the community resources before this event?

16 responses



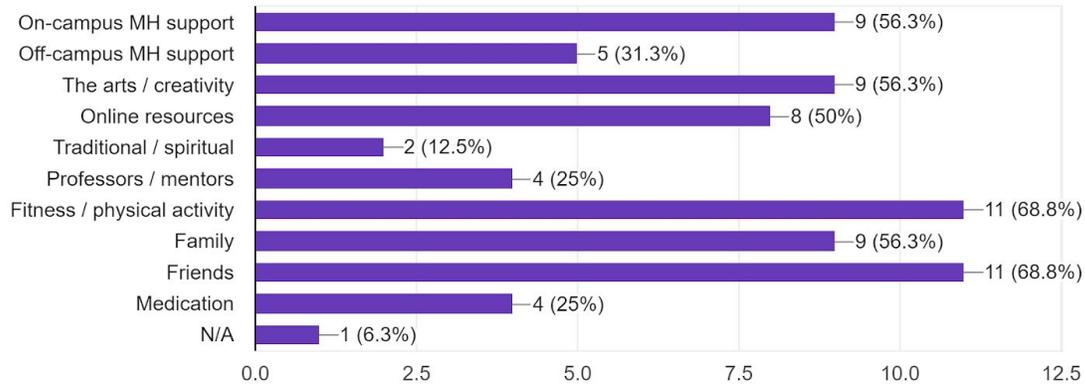
After this event, are you more or less likely to seek support for your mental health?

16 responses



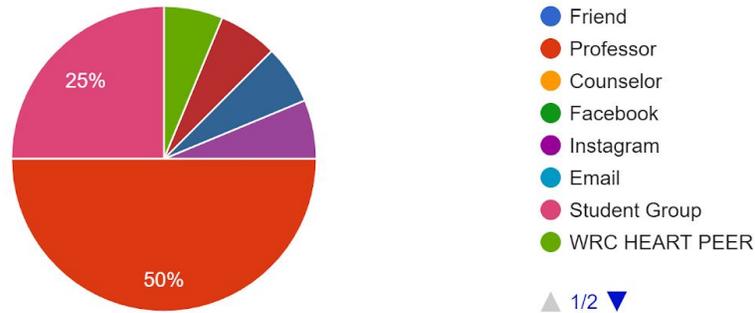
What type of mental health support do you think would be most useful to you?

16 responses



How did you hear about this event?

16 responses



What was your main takeaway?

Important to take care of ourselves and others!
 It's okay not to be okay.
 Everyone has a different mental health journey and that's OK
 Mental health is often not addressed in film or media in the most real/raw light. These short films made me realize that mainstream media has some large gaps in mental health awareness and stigma.
 I really appreciated the perspective of the films and how they portrayed their emotions.
 There is nothing wrong with asking for help; many people need help, and I am not alone.
 There are different ways to manage stress/anxiety- I was pleasantly surprised about progressive muscle relaxation. The idea of therapy isn't as scary as I previously thought about.
 I realize a lot of the emotion that I go through is similar
 It was helpful to watch the short films and break down stigma surrounding mental health

Exploring mental health is a fluid process and there is no one way to go about it. It's important that we stay educated about these topics and increase awareness about mental health and the diverse experiences it presents.

That I no longer feel alone. I have struggled with mental health these days and have been fighting to stay afloat. It's just such a relief to be reminded that you are not alone. There are people here trained and are willing to help you. I love that this workshop made it a safe and comfortable place for all of us to discuss how we view, and experience such stigmatized and taboo topics.

In any situation you are in there is a way for things to get better through support or creative expression

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

(Highlights: see raw data for full list)

Insightful!

It was a real adventure through film and conversation to a deeper analysis

A break from reality

Enlightening, educational, and fun

Great

Eye-opening and hopeful

An online space where we watched some really interesting mental health movies and discussed them as a group.

Very mindful about how to deal with stress/anxiety/mental health; helps demystifying what people think about therapy. I think this workshop is encouraging and educates students.

Helpful and hopeful!

I wish I would've remembered to send the link to this workshop to as many friends as I could, even outside of temple. This was such a great workshop.

How might you use what you learned today?

Active listening!

Steps to calm myself and take a break

Less judgment

I will use the info I learned today to remind myself and others that we aren't alone :)

Acknowledging that individuals of the LGBTQ+ community are often left out of holidays like national women's day. I can take this knowledge into my public health classes.

I will be sure to look at the resources offered and keep them for times when I might need them

I'll use what I learned to refer my friends to resources if they are struggling with their mental health.

Progressive muscle relaxation, stretches

creativity is key, acceptance

I am planning on showing my clients the short films

To become a better peer educator to my friends and students I may encounter on campus or even in my classes

I learned from today to be a listener. I often find myself trying to always be the "save" people. It's okay to step back and allow the person to decide whether or not they want advice.

Understand that everyone carries their past experiences with them and to give people grace

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

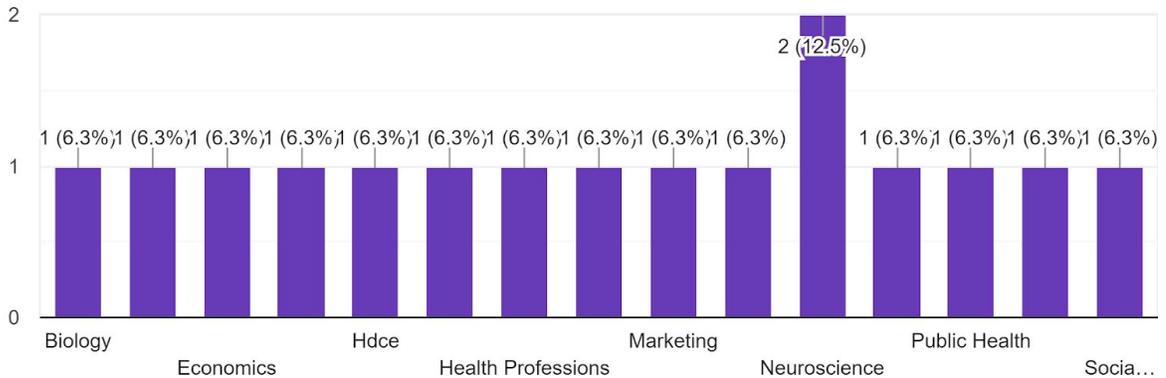
(Highlights: see raw data for full list)

Fear of judgement
 Stigma and availability of mental health resources
 My biggest barriers are likely my own internalized stigma. I have a lot of pride in my ability to handle issues on my own and may have struggles asking for professional help.
 Sometimes even though I am secure with myself, I don't want my friends to know about my mental health struggles
 My own pride. I like to think that I can handle everything myself, but that isn't realistic. I think this workshop helped me convince myself that it's always okay to ask for help.
 Feeling a little shy to talk about personal issues
 I struggle a lot with expressing myself. I currently don't have anymore close to me that i feel comfortable sharing about how I feel sometimes(except for my sister).Which means that I now have found alternatives by journaling, writing/talking to God, running, working out, meditating and attending webinars. Those have helped tremendously and I've been feeling much happier close to content.

How can we improve this event in the future?

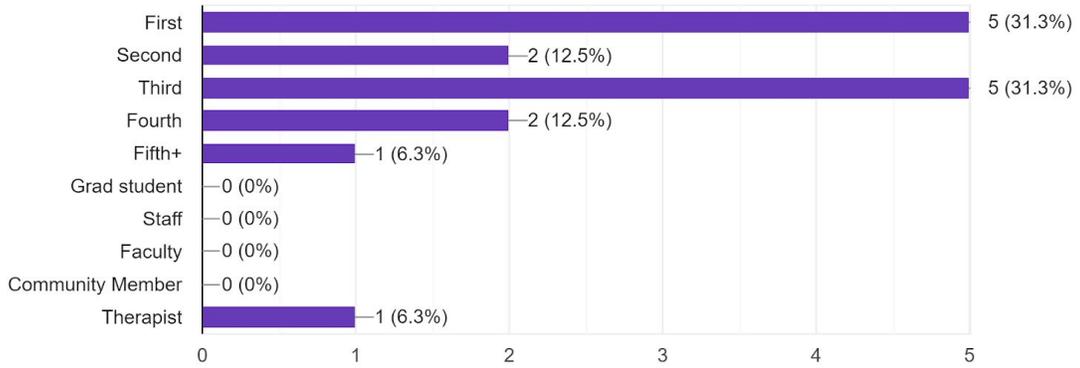
Separate movie/panel events
 I really liked the whole event, from the format of it to the people talking. Beth was extremely helpful and calming and was a great person to listen to. I am unsure of how this can be improved.
 More short films
 I didn't think the setup period before the first video needed to be as long as it was.
 Maybe a little more background on the filmmakers?
 More interactions with participants beyond the chat.
 Maybe include some short videos of how mental health has evolved media wise
 Maybe give people more opportunity to share experiences and reactions after watching the films
 Having more discussion questions on mental health/stigma and maybe bringing in more speakers to share personal stories

Major
 16 responses



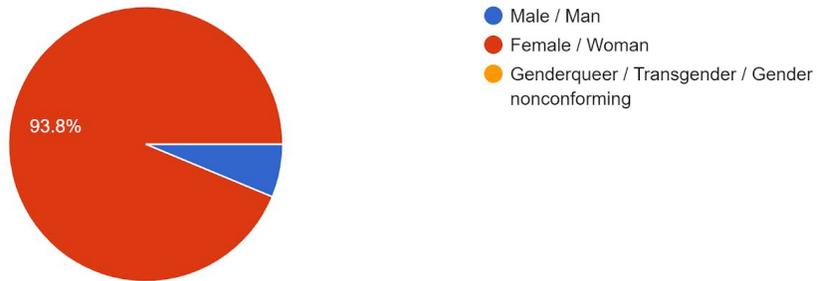
Year

16 responses



Gender Identity

16 responses



Ethnicity

15 responses

