

Movies for Mental Health (Online)

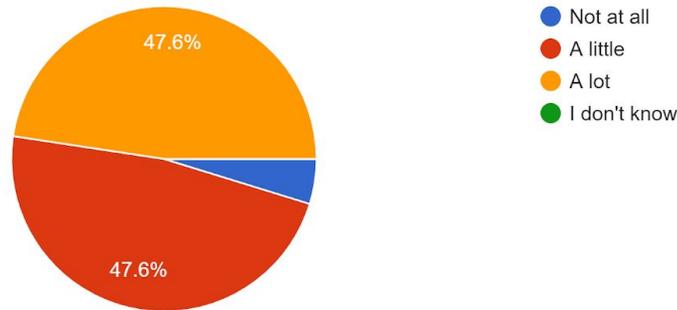
Post-Workshop Evaluations

Tulsa Community College
March 9, 2021

Approximate maximum attendance: 37
Number of evaluations: 21

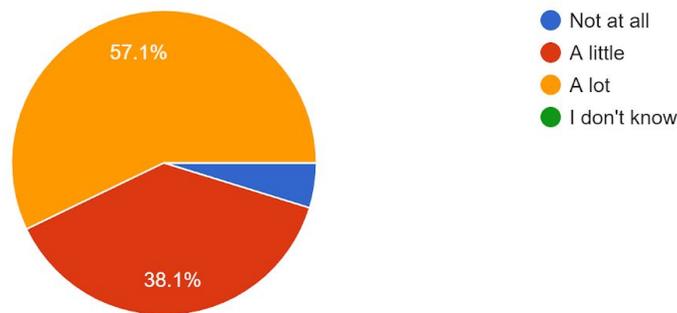
In your opinion, did this workshop increase your awareness of mental health issues?

21 responses



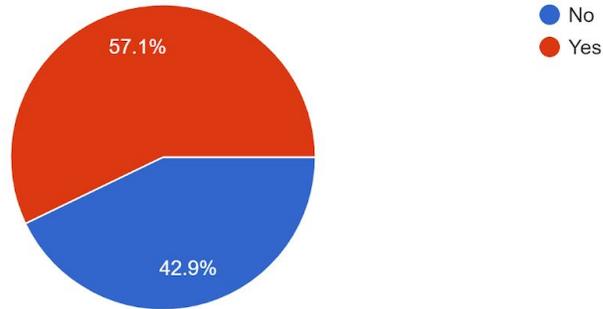
In your opinion, did this workshop help you confront and address stigma related to mental illness?

21 responses



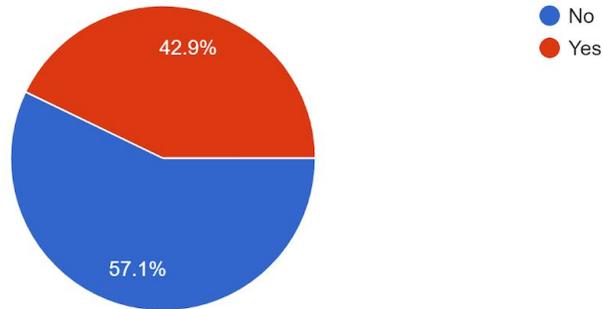
Did you know about your school's counseling services before this event?

21 responses



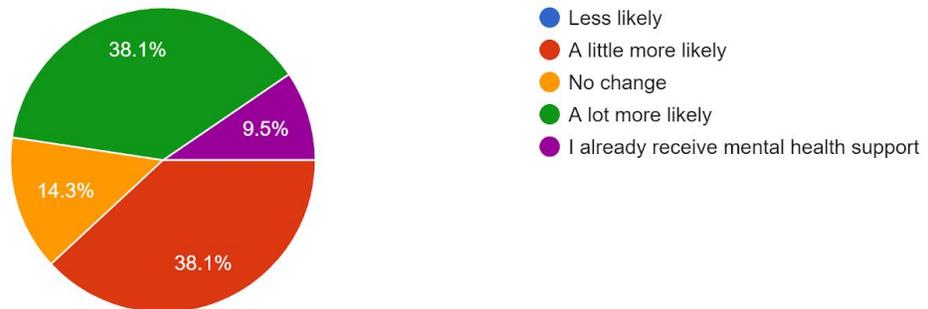
Did you know about the community resources before this event?

21 responses



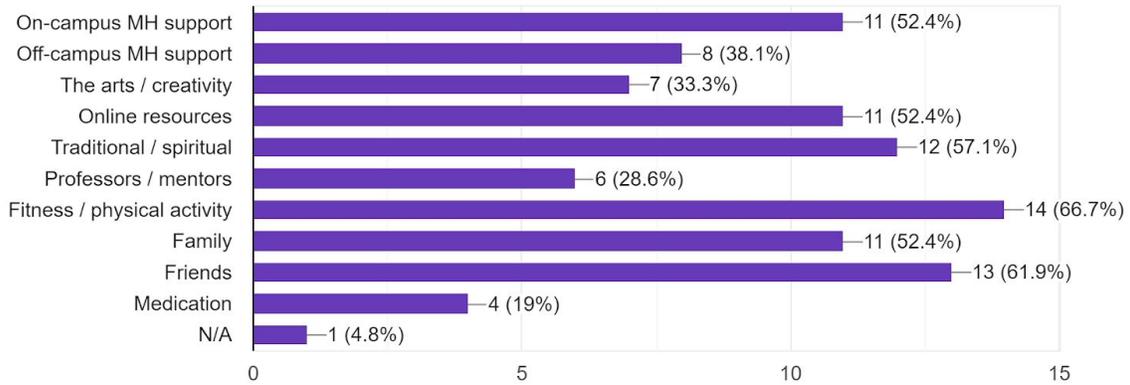
After this event, are you more or less likely to seek support for your mental health?

21 responses



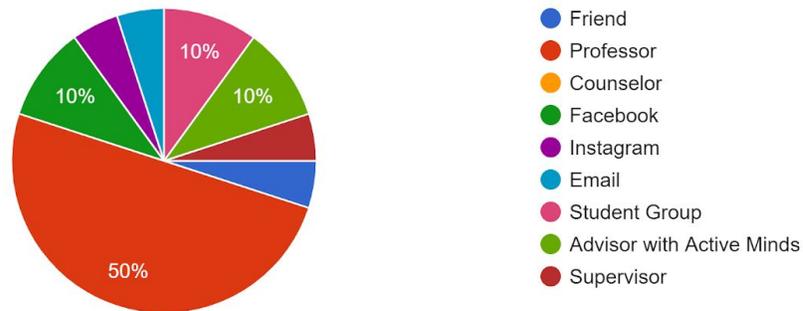
What type of mental health support do you think would be most useful to you?

21 responses



How did you hear about this event?

20 responses



What was your main takeaway?

(Highlights: see raw data for full list)

- My takeaway of this workshop is to not be afraid to let somebody know that you need help.
- You can always reach out to ask for help. Mental health looks different to everyone and you should not be afraid to look for resources. Do not fake it, to make it.
- Mental health is very important and should not be stigmatized
- My main takeaway was to make more of an effort to be attune to what's happening to myself, but also to make others in my life more of a priority. I think I need to work harder at putting time aside for people.
- Mental health is so common, and the resources available are so amazing. We can only get better by continuing to have this conversation often, normalize MH.
- Be willing and active to listen when others need you just like when you need them.
- How the use of media gives these people a way to express and show others a sample of what is their view of it

- Normalize talking about mental health, if not to help yourself, then to help others.
- A good reminder for empathy.
- Most people are going through something.
- How important it is to take care of ourselves and reach out to others.
- Do not be afraid to talk about how you are feeling.
- It's ok to not be perfect
- MH problems can be hidden

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

- Helpful for young adults who might need assistance in helping others or themselves with mental health crisis.
- It was very informative and it felt really safe and it made me reflect on myself.
- Discusses and provides resources about the stigma of MH and other issues that occur in MH profession, seeing others' perspectives and learning from their experiences via movies and personal stories.
- Uplifting, caring, and helpful.
- Enlightening
- It can help to talk about mental health issues
- Very engaging and interesting.
- Informational and Inspiring - safe space
- Informative, inclusive, empowering.

How might you use what you learned today? (Highlights: see raw data for full list)

- I will not be afraid to seek help when I'm having a mental health issue.
- Be more attentive when listening and also making more of an effort to go out of my way to listen to those around me.
- Show more vulnerability to those I trust/check in on my loved ones more often
- Talking with a parent about mental health
- I learned that so many are going through things we may not know about. I learned there are resources for me when anxiety is too much and to seek help will really make an impact on my own well-being.
- To make sure I make time for self-care, no matter how busy I am.
- To help my friends or a fellow student that I notice struggling
- applying myself to actively improve my mental health. Also to share my story more with others.
- the breathing exercises are going to be a great help. There was a lot of great resources.
- I might use the school's free services.
- I already did, with the resources
- Share resources with colleagues
- I plan on trying out the body scan whenever I'm feeling overwhelmed

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

(Highlights: see raw data for full list)

- language barriers
- Fear of judgement
- Workload due to be one of the a few Bilingual Mental Health Providers here
- My age; as a minor, receiving traditional mental health support requires parental knowledge/consent.
- cost
I have sought out medical support but have struggled to seek out therapeutic assistance because it is hard for me to talk to people about what I go through. Though, I do find it is helpful to talk to a friend or a family member for support when I need it.
- Distance
- Time and no one taking new clients due to covid overflow
- I let other things take precedence and run out of time in the day.
- my pride, I am always the one who is happy and I don't want anybody to see that I have mental illnesses.
- It's difficult for mental health professionals to seek assistance because everyone knows everybody in the field.
- Not wanting to disclose my weaknesses

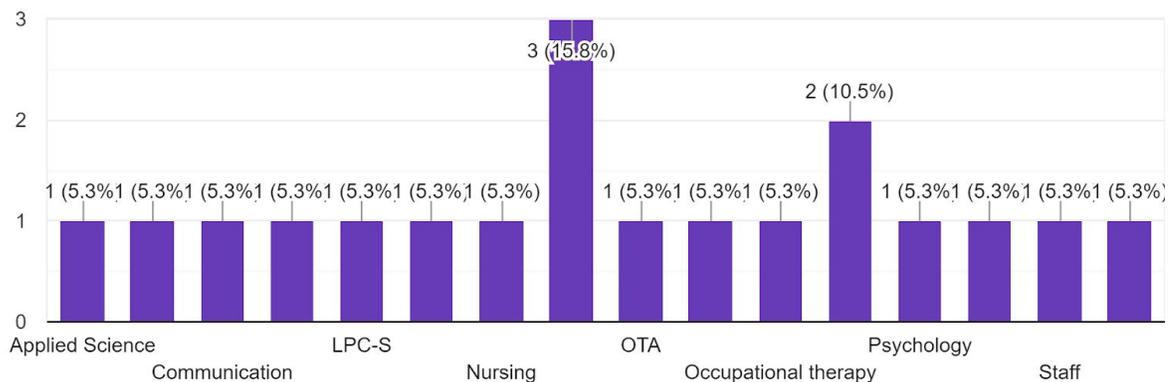
How can we improve this event in the future?

(Highlights: see raw data for full list)

- If interpreting in Spanish were an option, it would be welcoming to bilingual individuals
- If anything make it longer, but overall I loved this event!
- Maybe more movies to show multiple versions
- Shorter time.
- More time and additional videos
- Shorter
- I think it went well. I just wish more people would have asked the panelists questions.

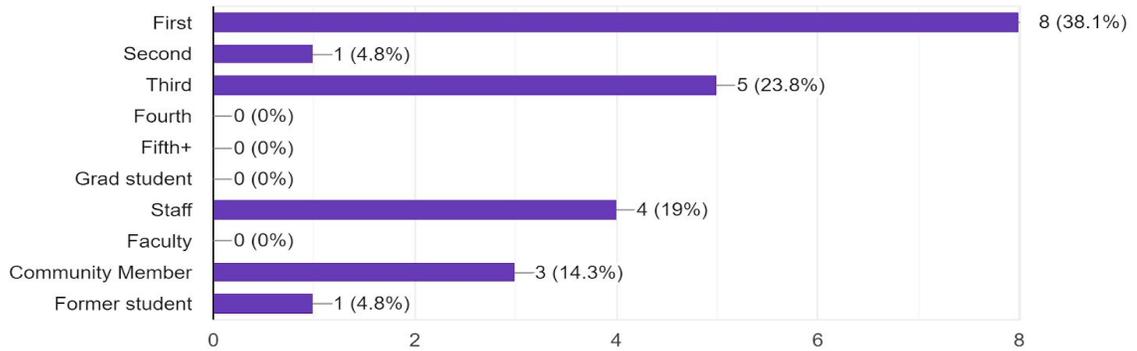
Major

19 responses



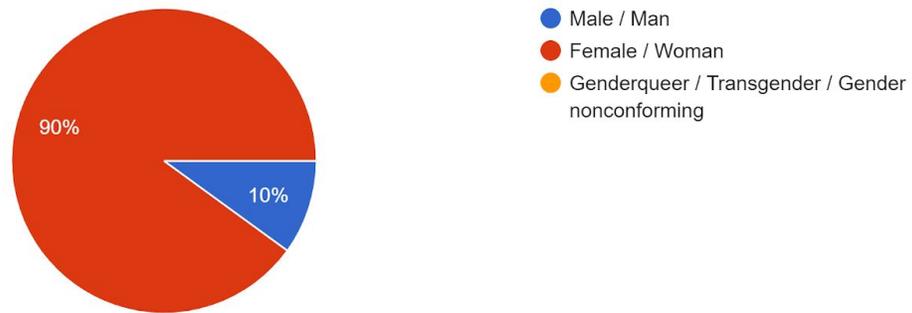
Year

21 responses



Gender Identity

20 responses



Race / Ethnicity		
Asian / Asian-American	1	5%
Black / African / African-American	1	5%
Hispanic / Latinx	4	19%
Indian / South Asian		
Middle Eastern		
Native American / First Nations	4	19%
Pacific Islander		
White / Caucasian	14	67%
Multiracial		
Other		

