

# Movies for Mental Health (Online)

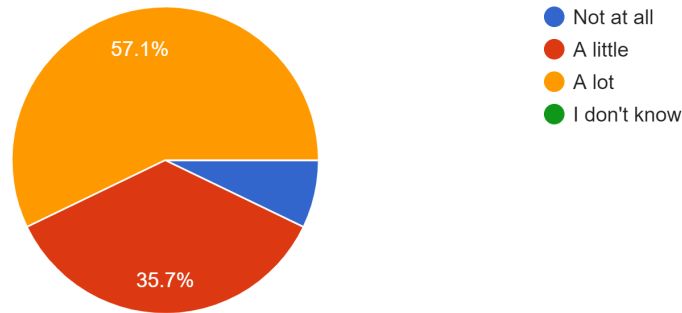
## Post-Workshop Evaluations

Tulsa Community College  
September 2, 2021

Approximate maximum attendance: 30  
Number of evaluations: 14

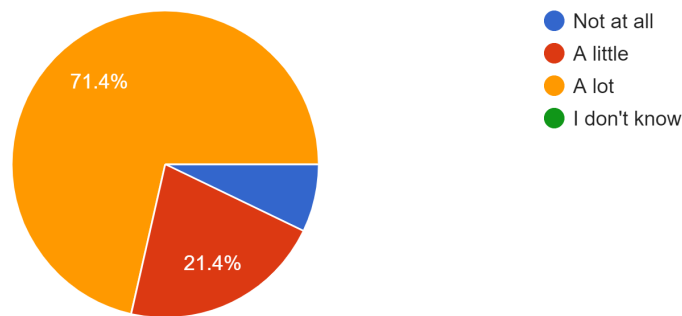
In your opinion, did this workshop increase your awareness of mental health issues?

14 responses



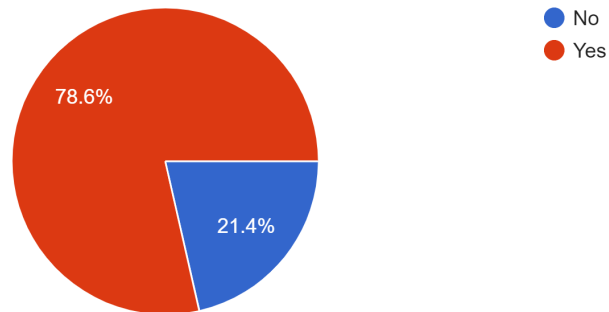
In your opinion, did this workshop help you confront and address stigma related to mental illness?

14 responses



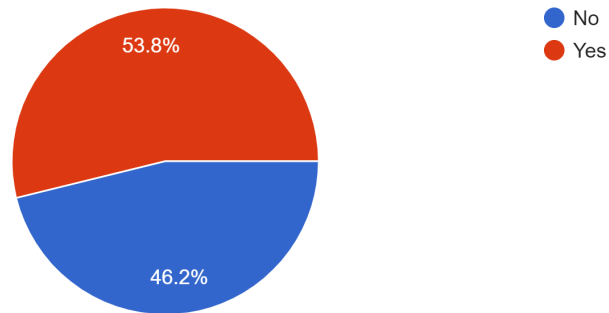
Did you know about your school's counseling services before this event?

14 responses



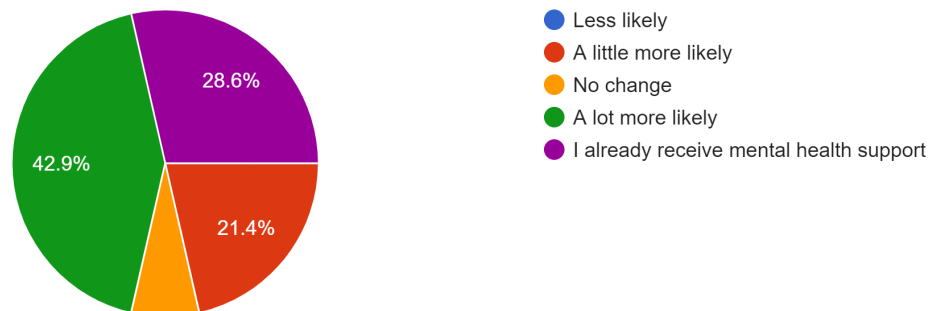
Did you know about the community resources before this event?

13 responses



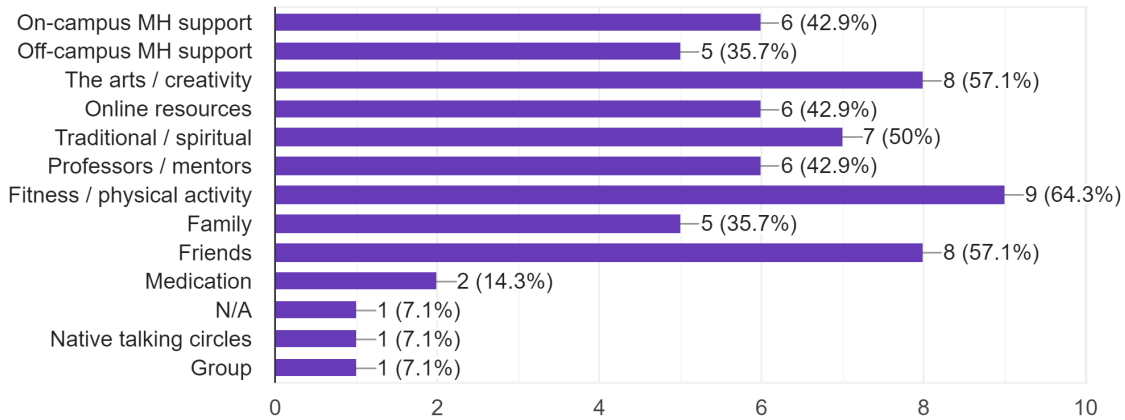
After this event, are you more or less likely to seek support for your mental health?

14 responses



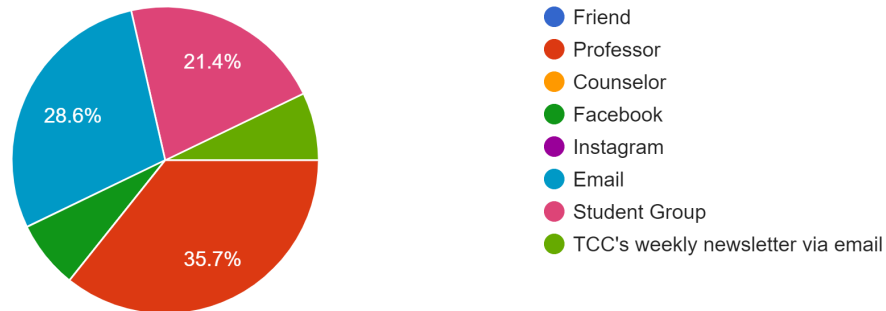
What type of mental health support do you think would be most useful to you?

14 responses



How did you hear about this event?

14 responses



**What was your main takeaway?**

- I'm not alone in my mental health struggles!
- The definition of stigma used in this workshop helped change my view on what stigma is.
- My main takeaway is that TCC as a campus is doing a lot to promote mental health awareness.
- Bring stigmatization to the surface; many loved ones often do not realize or understand stigmatization, as it applies to them; oftentimes, they may unknowingly project stigmatization on a loved one, trying to "help."
- Mental health isn't a ploy for attention or for only the weak-minded
- To be kind to yourself, and that every little good thing you do can have a big impact on someone else.
- Mental health is real and should not be a stigma or/and taboo.

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

A good place to get an understanding about mental health.

Successful in cultivating a space of understanding and support. Very helpful!

So insightful! Movies are such great conversation starters for mental health

I would describe it as an interactive experience where you get to meet and talk to like-minded individuals who have a passion for mental health awareness.

Informative, helpful, engaging; the medium of film makes the subject easier to retain

It was a fun, safe environment to talk about Mental Health and Mental Wellness, the format was cool and friendly and there were tools teach during the time

**How might you use what you learned today?**

As a reference and guide for myself and others on where to get mental help through TCC.

I might use what I learned today while trying to explain my mental health struggles to people who struggle to meet me where I am or understand what I'm going through.

I will use the things I learned today as reminders to refocus my mind in a more positive and uplifting direction.

In my practice and in help others to keep understanding the need for keep the conversation about MH rolling since Mental health is health

Putting a strategy together for myself not just others which we tend to do.

Push myself to normalize mental health

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

Stigma attached to mental illness and seeking mental health support.

My internalized feelings about mental health services have been a big barrier. Also the time commitment of counseling and therapy.

Time

My biggest barriers were not knowing about resources.

Trying to explain to someone you're at a limit of what you can do during a particular mental state.

Family drama

Anxiety

## How can we improve this event in the future?

The event could be improved in that maybe a little extra time could be given to the q & a portion.

Before getting started, spend a little more time explaining tech issues, such as turning the camera and mic on, during panel; I've used only Zoom, and struggled to solve my issue, missing quite a bit of conversations in the panel trying to fix it and participate.

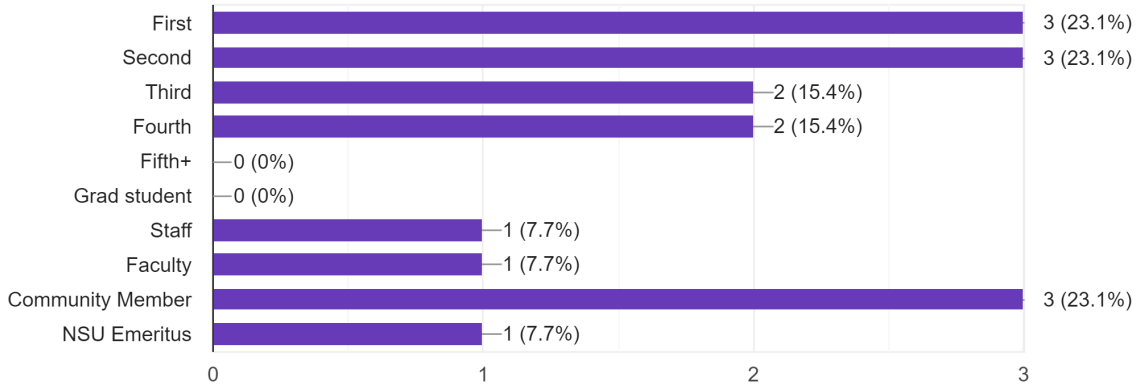
I thought it was pretty good

It was great!

## Major

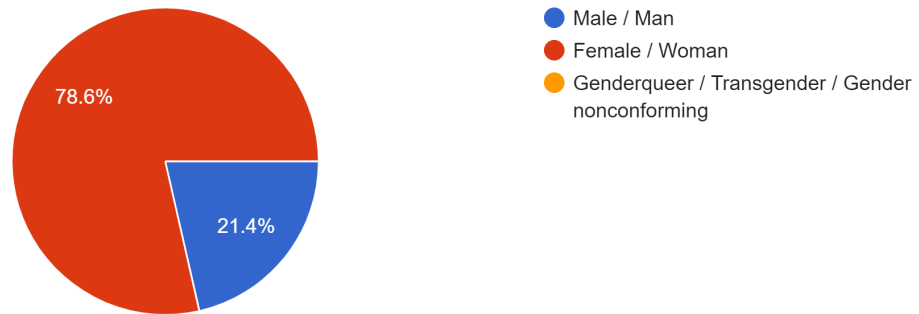
Psychology	<b>4</b>
Social Work	<b>1</b>
Pre-med	<b>1</b>
Biology	<b>1</b>
Human Services	<b>1</b>
Nursing	<b>1</b>
Foreign Languages	<b>1</b>
LPC	<b>1</b>
HHPE AND NUTRITION	<b>1</b>

Year  
13 responses



### Gender Identity

14 responses



### Ethnicity

14 responses

