

Movies for Mental Health

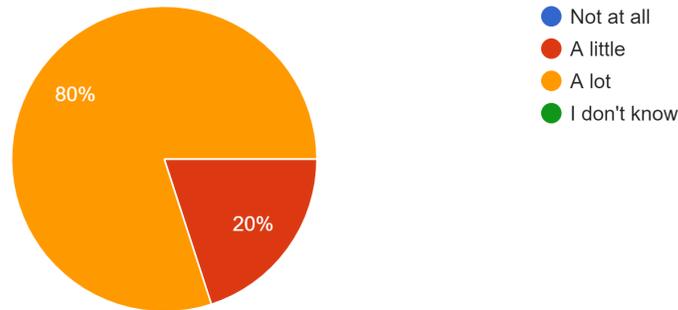
Post-Workshop Evaluations

University of Connecticut
February 17, 2022

Approximate maximum attendance: 15
Number of evaluations: 5

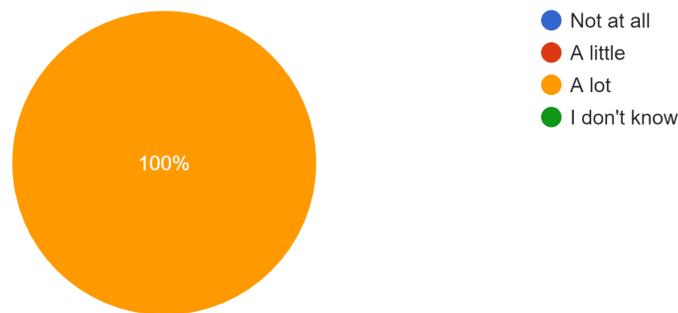
In your opinion, did this workshop increase your awareness of mental health issues?

5 responses



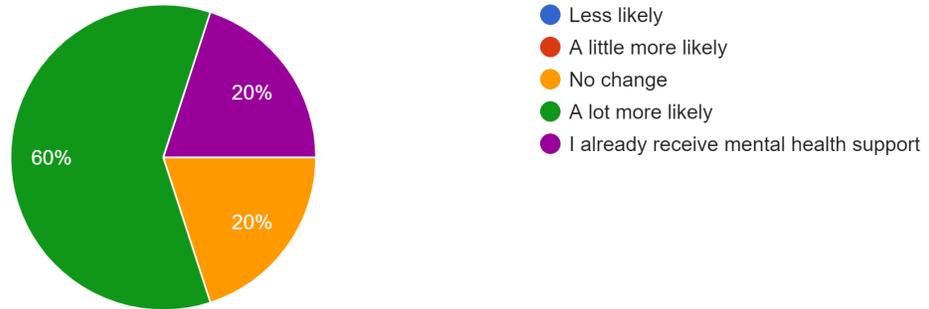
In your opinion, did this workshop help you confront and address stigma related to mental illness?

5 responses



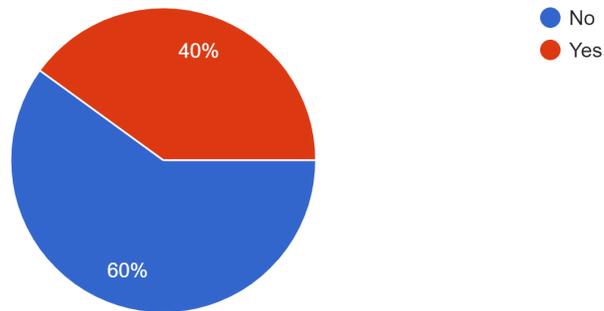
After this event, are you more or less likely to seek support for your mental health?

5 responses



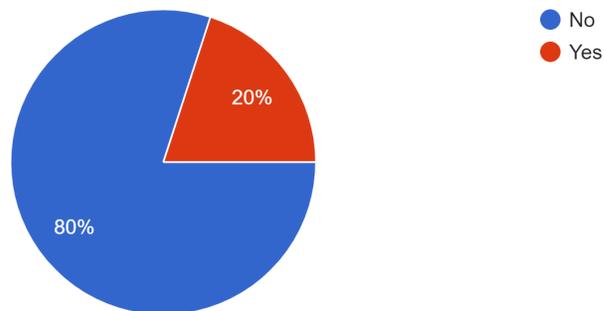
Did you know about your school's counseling services before this event?

5 responses



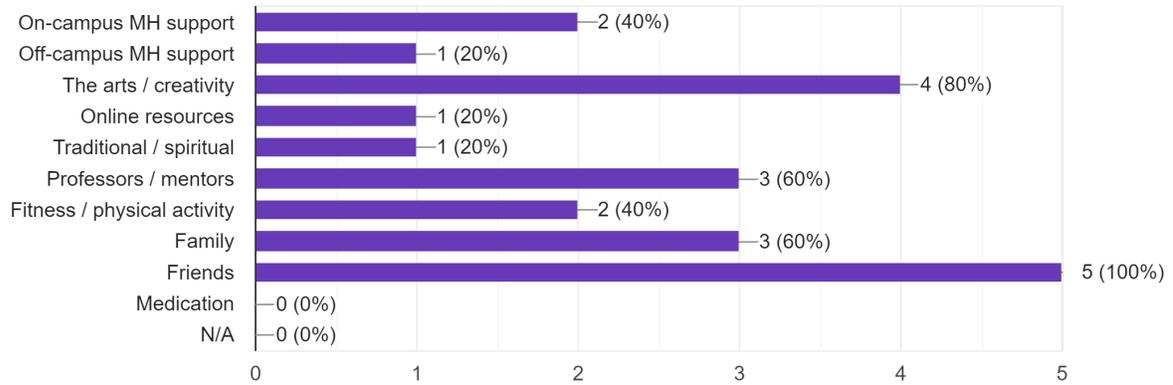
Did you know about the community resources before this event?

5 responses



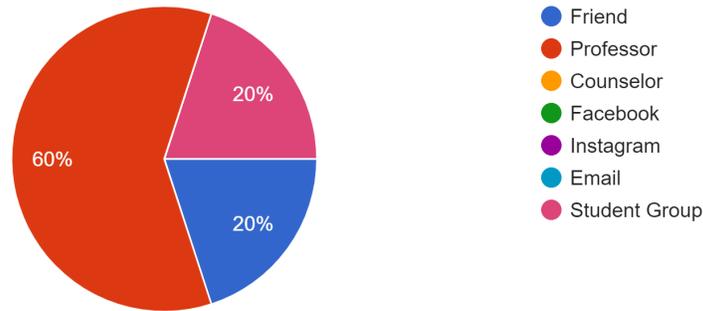
What type of mental health support do you think would be most useful to you?

5 responses



How did you hear about this event?

5 responses



What was your main takeaway?

- That I'm not alone and everything that I feel is valid and real.
- I'm already a massive mental health advocate and I already do a lot for myself and others. I really enjoy hearing other's experience with mental health and acknowledging that I'm not at all alone!
- It's good to check in on yourself
- I really appreciated that this event focused on societal pressures rather than just individual actions
- Mental health matters, people's individual feelings matter. And it should be normalized to take time to take care of ourselves

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

- A help group almost with resources and information.
- Extremely helpful, especially if you're trying to find resources near you or on your college campus.
- Inspiring, comforting
- Refreshing
- Informational, relatable and revealing.

How might you use what you learned today?

- Take the step of seeking help
- The same way I've been using it for 6 years!
- I will definitely be using the breathing exercise!
- Continuing to think critically and engage in convos
- I think I will start thinking about mental health and just being aware of my feelings and needs before taking the time to please and listen to others. Also will find ways to connect these resources to the mindfulness club here at Uconn.

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

- Trying to get access to a provider, It's hard to get a call back
- Myself. Sometimes I get in my own mind, and at the start of my mental health journey it was all me.
- Lack of information, or fear of embarrassment
- Lack of understanding about my diagnosis and distrust of medical professionals
- Feeling like it's not a priority at times, so pushing it aside. Not knowing where the professional help is or events like these.

How can we improve this event in the future?

- The only thing I disliked is that it was online, but we can't do much about that because covid!!!
- Maybe doing a series?
- Advertising it more! It would be great to have more people there. having it in person would have also been cool.

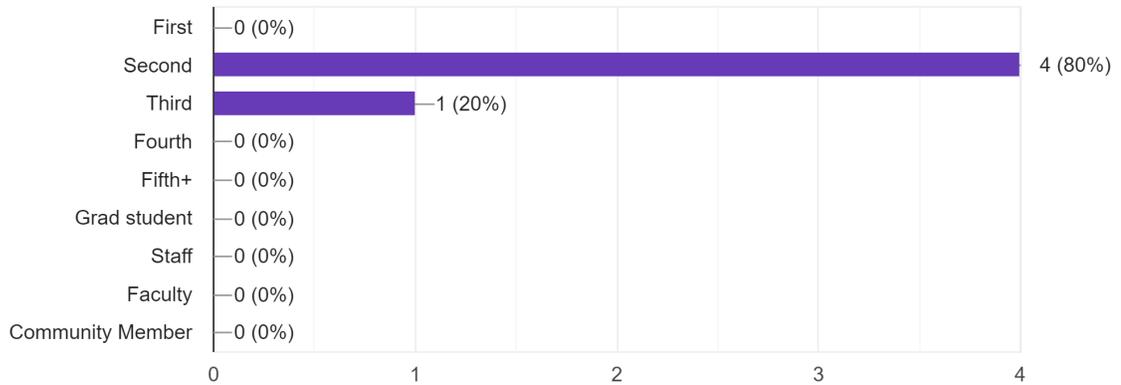
Major

5 responses

- DMD and Economics
- Allied Health Sciences with a minor in Psychology
- digital media design
- Psychological Sciences and Human Rights
- COMM

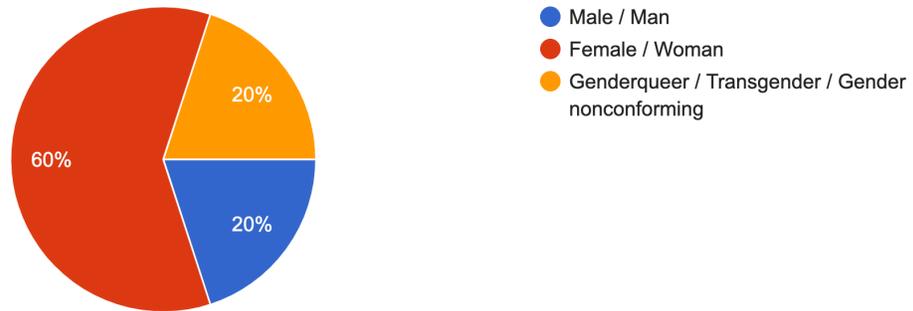
Year

5 responses



Gender Identity

5 responses



Ethnicity

5 responses

