

Movies for Mental Health

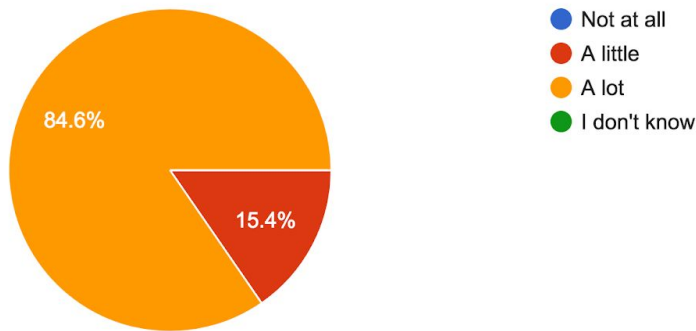
Post-Workshop Evaluations

The University of Maryland, College Park
November 8, 2018

Number of attendees: 72
Number of evaluations: 52

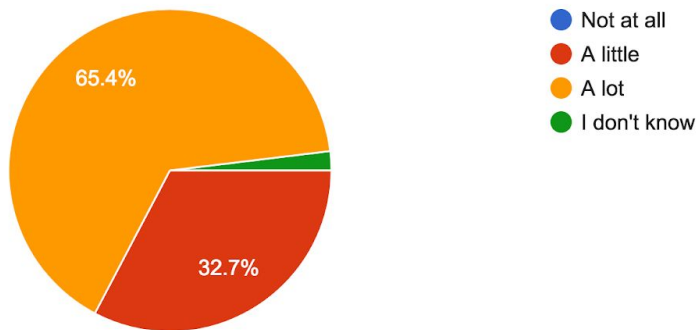
In your opinion, did this event create awareness of mental health issues?

52 responses



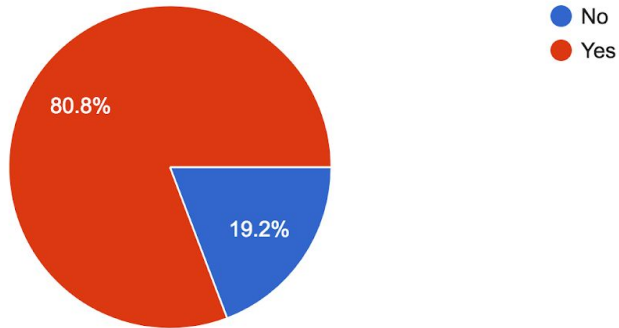
In your opinion, did this event reduce stigma related to mental illness?

52 responses



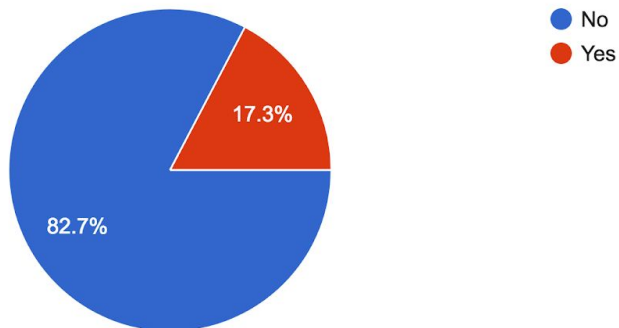
Did you know about your school's counseling services before this event?

52 responses



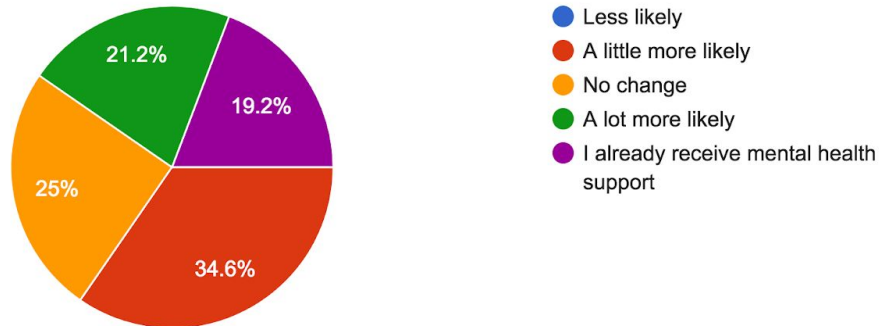
Did you know about the community resources before this event?

52 responses



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

52 responses



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

On-campus MH support	27
Off-campus MH support	11
The arts / creativity	11
Online resources	3
Traditional / spiritual	2
Professors / mentors	6
Fitness / physical activity	16
Family	17
Friends	24
Other	4

How did you hear about this event?

Student group	30
Professor / class	3

Online / social media	4
Email	3
Posters / flyers	3
Panelist	3

What was your main takeaway?

Mental health struggles are in many shapes and sizes
 That mental illness should not be stigmatized and talked more openly
 Perceptions about mental health issues, especially stigma and "Strange Fruit"
 How art forms such as film, can address mental health and reduce stigma
 Talking about mental health should be more normalized.
 MH needs to be destigmatized and that one should not be afraid to seek help
 The only way to decrease stigma is to talk about it openly.
 There are options to deal with what you're going through how you want to
 That you never know what others are going through. Be nice to everyone.
 There are ways that we can be active in fighting stigma.
 I should talk about my mental health experiences in settings like this.
 You never know what the person next to you is thinking
 Don't judge people as not "looking" like they could have a mental illness
 It's okay to talk about your problems to others and not keep things bottled up
 Reduce the stigma
 Mental illness should be less stigmatized
 We're all in this together. We can help each other.
 There are only options
 Talk about it
 Personal responsibility
 I am not alone
 Everyone has their own battles
 Talk about it
 It is OK to seek help
 Community resources. Stigma vs stereotype
 Wellness --> illness is a spectrum
 Mental health is okay
 The complexity of mental health
 We should talk more about MH
 Reduce the stigma behind mental health
 It is okay to open up
 Resources on campus
 So many people suffer from mental illness
 There are a lot of people involved
 Mental illness should not be stigmatized
 Everyone goes through it
 Mental health needs awareness
 Mental wellness is important for everyone
 Mental illness is not the end
 Fight stigma
 Don't be afraid to talk about mental issues

Talk about mental health
Mental illness exists everywhere around us
The ways that many people deal with their mental health
Mental health doesn't just revolve around mental illness

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

A workshop where we openly talked about mental illness and how people can get help.
Supportive, safe, welcoming, informative
A long discussion like a worksheet, videos, and panel with professionals and students
Impactful, emotional, beautiful
Inspiring, empowering, reassuring
Good crash course for people who don't know much about mental health
Raising awareness about mental illnesses
Impactful workshop that emphasizes the importance of mental health awareness
Very informative and powerful
All-encompassing, interesting, relevant mental health introduction
A great learning experience about what everyone goes through
Cathartic
Very eye opening, honest
Insightful, empowering
The beginning of a powerful conversation about mental health
Eye opening
Interesting, PC
Professional and considerate
A MH workshop
Real
Informative and open minded
Relevant
Informative and thought provoking
A great resource to learn about mental health
Long
A discussion about lecture with short films; interesting
Informative, open, and powerful
Powerful and enlightening and accepting
Normalizing mental illness
Very informative
Powerful
Didn't fit the time you advertised
Resourceful, helpful, raw
Informative of mental health

How might you use what you learned today?

I would like to open up about my history with others
More frequently adhere to the positive change as a part of the UMD community
Consider volunteering at one of the community organizations
The student panel helped me understand Bipolar/OCD disorders. I'll understand better when I meet others with team

Share this info with students who aren't comfortable attending an event like this
From the movies, I can see people's thoughts while with their mental illness. There are a lot of people who can help you.
To educate my peers and remind myself that everyone needs help sometimes
I will make a more active attempt to be open minded, as I am also guilty of internalizing stigma.
How to assist my friends in mental health support
Be open. Reach out.
Actually seek help instead of putting it off
Be more open with my friends about my mental health
Engage in more advocacy.
Ask people how they are feeling more often
Take some time to reflect and make decisions that important for me
Understand people in despair
To create more of a conversation around MH
Be kind, be knowledgeable about mental health
I would be able to provide info to those seeking services
Talk about MH with others and spread awareness
Share what I learned with friends
Remind myself of resources
Be more open minded
Educate others and take steps to receive help
Check out an off campus resource
Don't be afraid to acknowledge mental illness
I'd put it to personal use
I plan on volunteering/interning at On Our Own
To spread awareness and be more understanding
Scheduling an appointment
To educate/hold others accountable, speak up
To reach out to people who can help
Be more aware of mental health issues
Holding friends and self accountable
Spread the knowledge
Show friends the video and discuss
Bring to SGA meetings
Volunteer somewhere
Doing my part to help raise awareness of mental health
Continue to talk about mental health

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

Having too serious of a mental health condition to use free campus resources which is extremely frustrating
Understanding that I can never be perfect and understanding that I need to not ignore my issues
Stigma, being rejected or judged by others, financial problems
Time and money. I went to counseling center but they told me I couldn't see the free counselor. My insurance didn't cover it so I gave up.
Feeling silenced, powerless, hopeless, or resigned
Stigma, feeling of it being taboo, can't talk about it
I do not have transportation to get anywhere off campus

Geographical
 Myself
 Inconvenience
 Ignorance
 Time and wanting to handle it myself
 Time - stress due to school, social stigma
 Personal affairs
 Feelings of isolation
 Bad organization of services, time
 School commitments
 I do not need support
 Stigma and money
 Long waiting lists to see specialists esp @ counseling center
 Hopelessness
 Being able to try to keep a "normal life" is a lot of pressure
 Feeling like no one will believe me
 Too busy. Already pretty recovered
 Time and stress
 Communications about internalized matters
 Courage
 Finding a therapist that take my insurance
 I don't want to need it
 Stubbornness
 How time consuming my responsibilities are
 Not having time
 Family stigma
 Financial and waitlists
 It's embarrassing
 Having to go off campus
 Recognition
 Transportation
 Being seen as suicidal, being seen as a disappointment to my family
 Time and finances
 Finding time

How can we improve this event in the future?

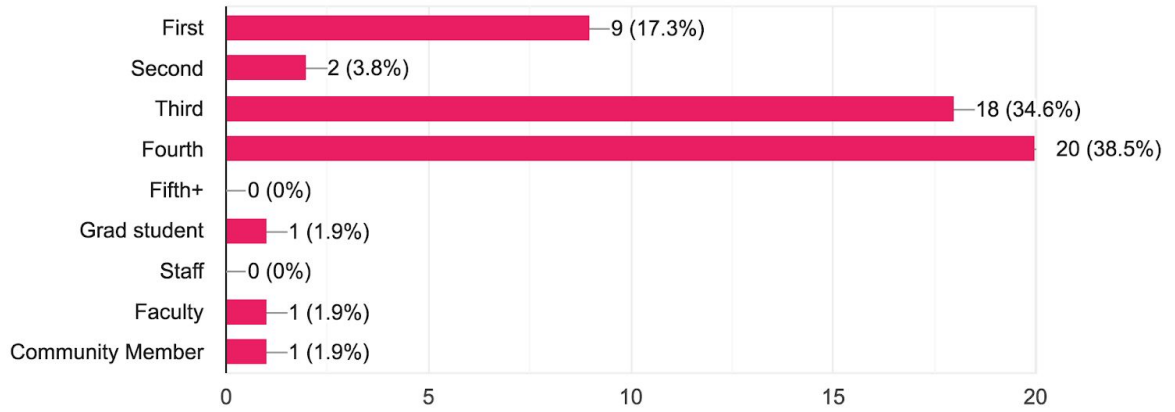
Fewer slides with open ended questions at the beginning
 Spend more time on panel. Movies and TV shows not super relevant to the discussion.
 Allocate time better to give panelists more time; cut the chit chat down from the beginning before the first film
 Give more comprehensive trigger warnings for the videos, i.e. letting audience know an ED was displayed in last video shown
 Allow the people in the audience to ask questions to the panel --> give more time for this
 Less time to reflect in small groups
 Advertise the panel, lecture, and emphasize the discussion
 Less emphasis on the class - type of presentation. I didn't come here for class
 Have more interaction with the panelists. Suggest other short films.
 Less interaction between films
 Allow group to ask students on panel questions (more time)
 More discussion of how to raise more awareness in the community

I love the panel, but maybe smaller group panel?
 More time for the students to speak - overall very well done
 Time management, A little shorter
 A lot more time to student panelists
 More fliers in different places
 More time for Q & A panel
 Have more pizza
 Food, entertainment
 Incorporate more hands on activities
 I think it's good as it is.
 Play more movies. Those were interesting to watch
 More group discussions
 Get more people to come
 Making it longer, we didn't have time for the Q & A
 More wide advertising. Also a better idea of what I'm getting into
 Longer time for discussions
 Too long
 Food and water
 More questions to discuss/different ones
 Invite the filmmakers or use filmmakers from UMD
 Make more clear the length of the event
 More pizza
 Do more events
 Pens with evaluations
 More large groups discussion
 More movies
 More small table discussions
 I would change the first video
 Having more time for audience questions

Major	
Psychology	22
Public Health Science	4
Computer Science	2
Music / Music Education	2
Film	1
Engineering	3
Biology / Biochemistry	4

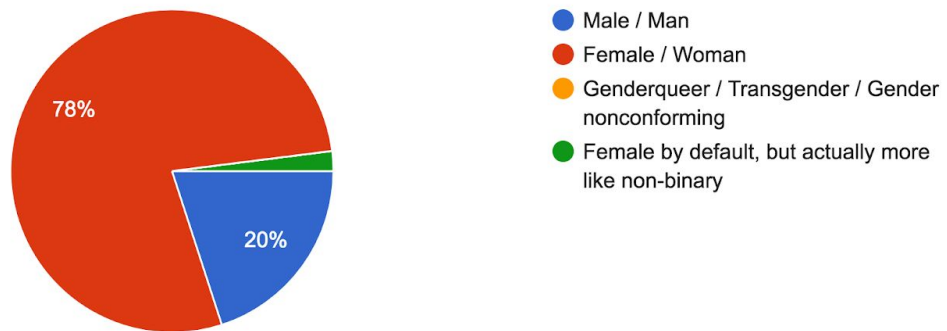
Year

52 responses



Gender Identity

50 responses



Ethnicity

51 responses

