

# Movies for Mental Health

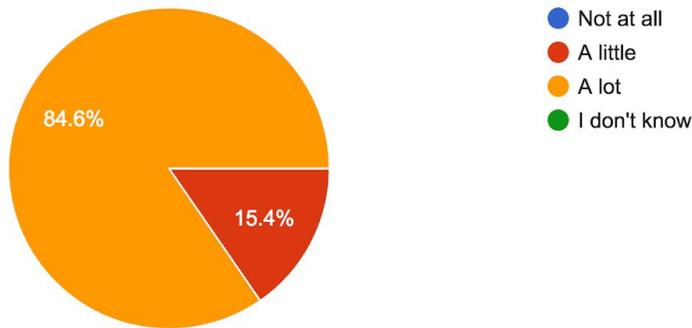
## Post-Workshop Evaluations

The University of Maryland, College Park  
November 8, 2018

Number of attendees: 72  
Number of evaluations: 52

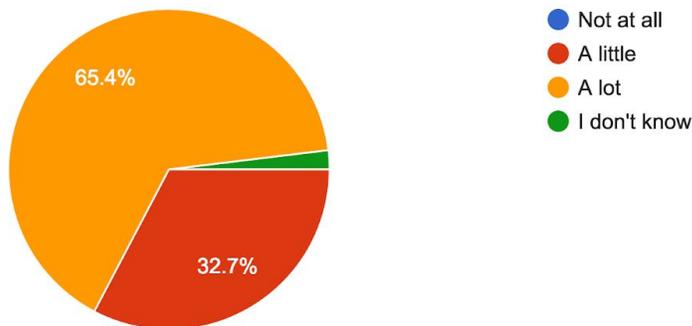
In your opinion, did this event create awareness of mental health issues?

52 responses



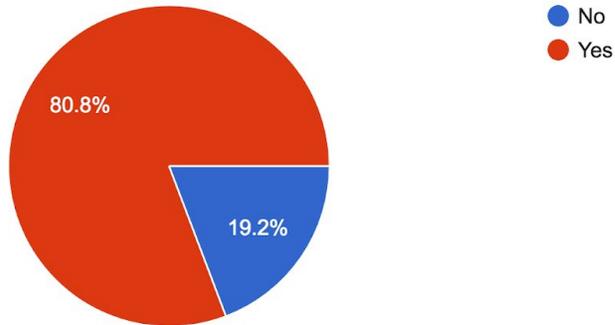
In your opinion, did this event reduce stigma related to mental illness?

52 responses



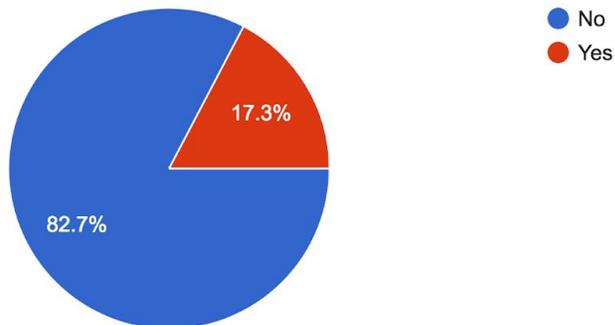
### Did you know about your school's counseling services before this event?

52 responses



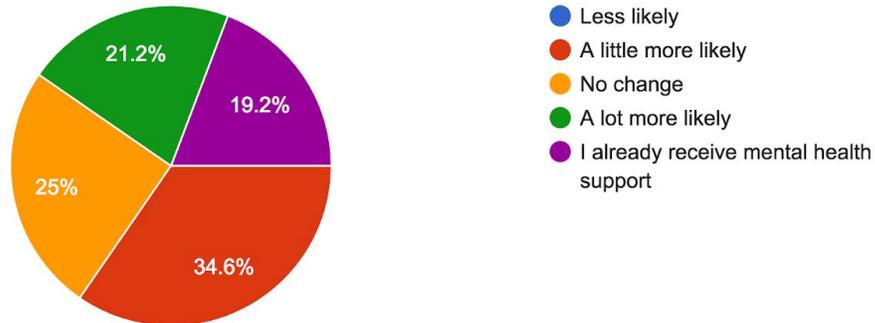
### Did you know about the community resources before this event?

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

### How did you hear about this event?

|                   |           |
|-------------------|-----------|
| Student group     | <b>30</b> |
| Professor / class | <b>3</b>  |

|                       |   |
|-----------------------|---|
| 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?

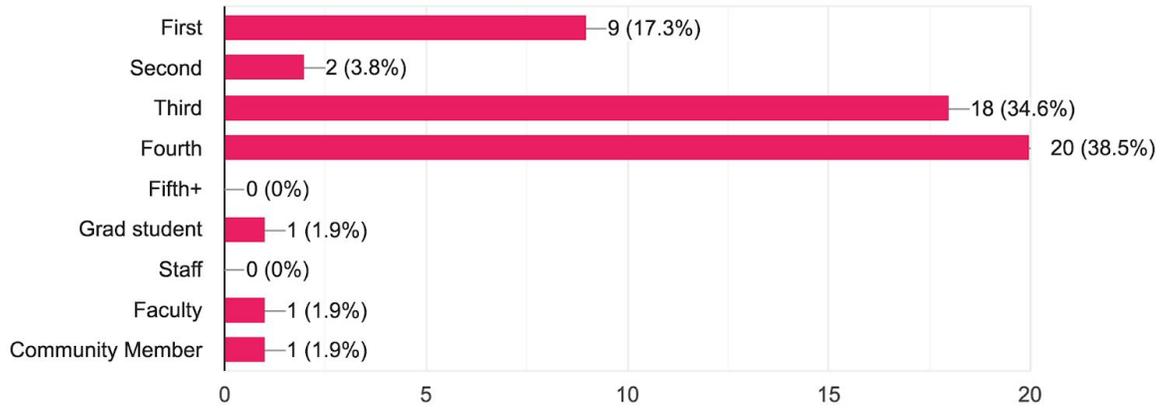
Fewer slides with open ended questions at the beginning  
 Spend more time on panel. Movies and TV shows not super relevant to the discussion.  
 Allocate time better to give panelists more time; cut the chit chat down from the beginning before the first film  
 Give more comprehensive trigger warnings 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  |

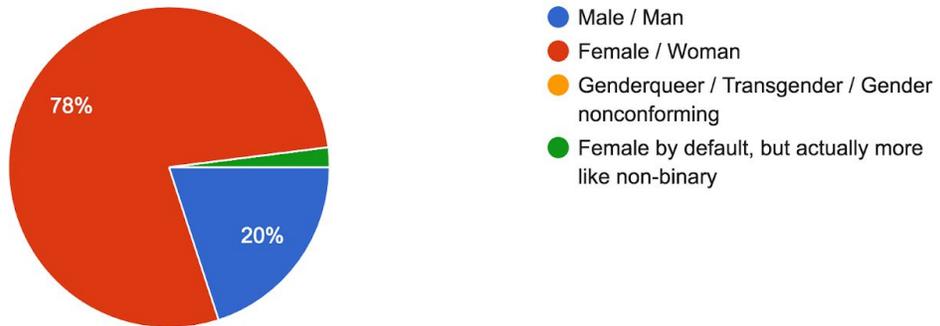
## Year

52 responses



## Gender Identity

50 responses



## Ethnicity

51 responses

