

Movies for Mental Health (Online)

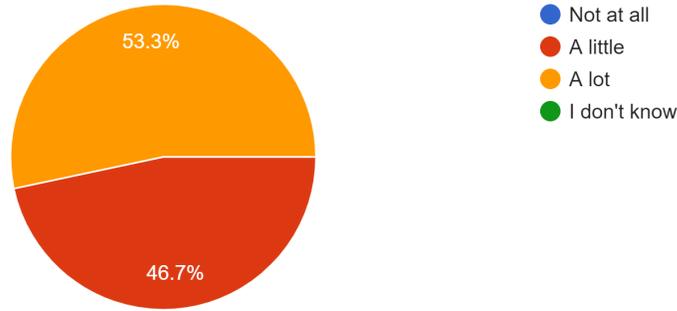
Post-Workshop Evaluations

UMD College Park
October 7, 2021

Approximate maximum attendance: 18
Number of evaluations: 15

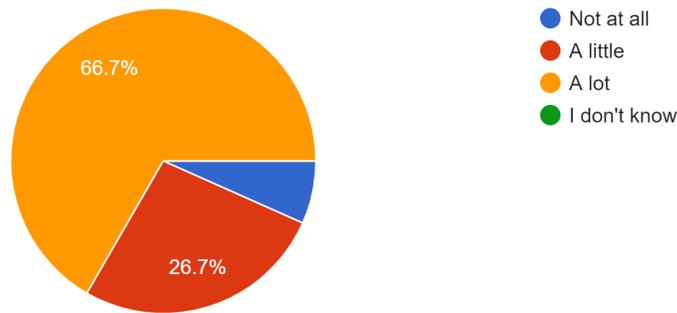
In your opinion, did this workshop increase your awareness of mental health issues?

15 responses



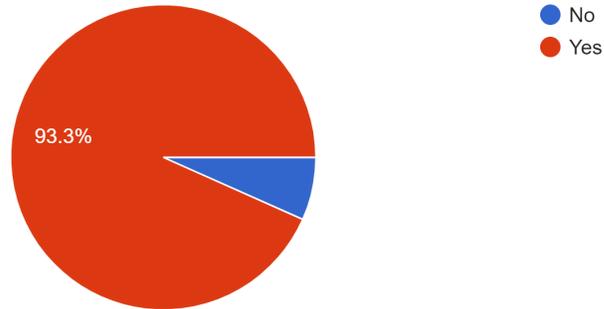
In your opinion, did this workshop help you confront and address stigma related to mental illness?

15 responses



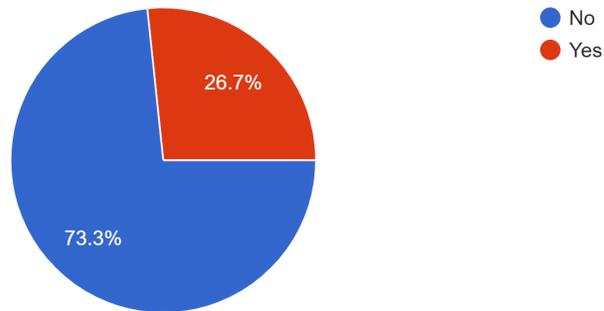
Did you know about your school's counseling services before this event?

15 responses



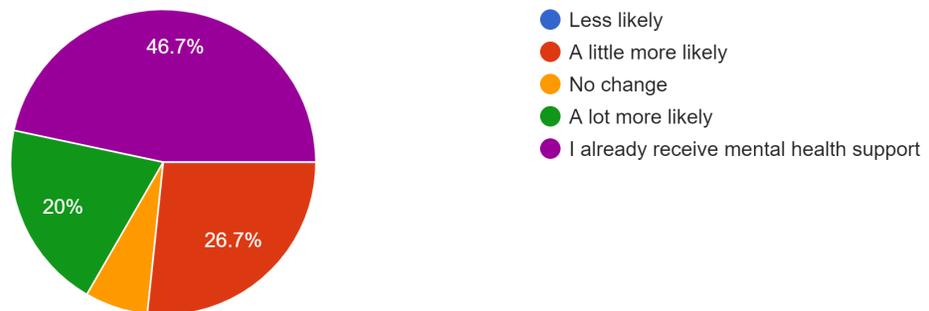
Did you know about the community resources before this event?

15 responses



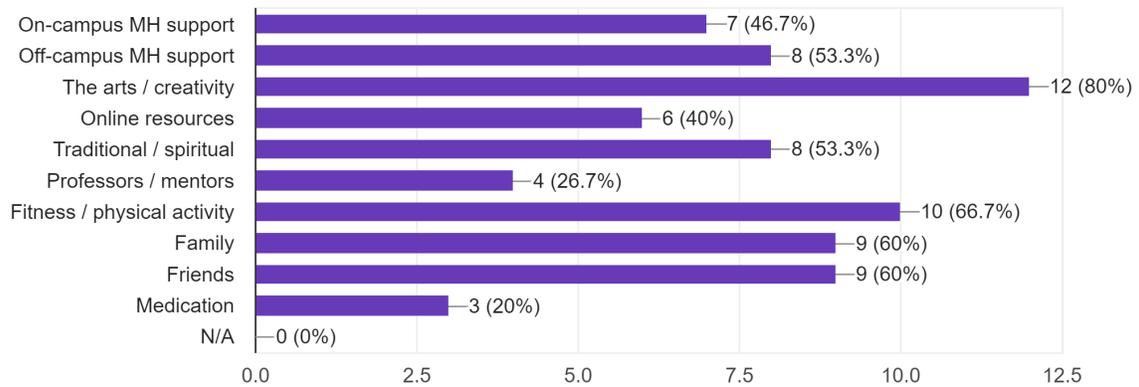
After this event, are you more or less likely to seek support for your mental health?

15 responses



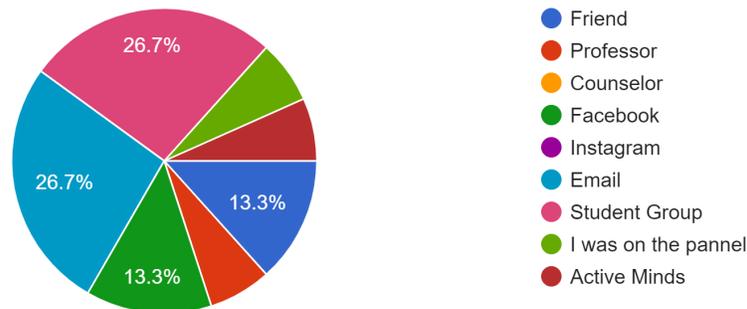
What type of mental health support do you think would be most useful to you?

15 responses



How did you hear about this event?

15 responses



What was your main takeaway?

That you need to do the thing that you feel is right for you

That there are other people out there who have similar experiences, even if they aren't the same.

The vast span of mental health discussion points.

Recovery is not linear

The panelists are examples of people who have come so far in their healing journeys. Knowing how powerful their stories are is a reminder of the many untold stories from those who aren't in a position to share in this way

Everyone's experiences with mental health/brain health is different and can't be treated the same way.

[I took away] that I am never alone, every college student is tackling unique mental health challenges.

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

- A good way to see that you're not alone
- Space to see that others are aware and working to provide resources and communication to help, overall
- A heavy/powerful, meaningful workshop
- Practical, insightful, and connected
- The panelists & their stories were Awesome! So real and transparent!
- Compassionately presented with useful information
- Deeply impactful.

How might you use what you learned today?

- To teach others about what mental illness feels like to those who may not understand it
- I think that I'll use what I learned today from the movies and the speakers to know not to be so hard on myself and know that my path to getting better will have ups and downs.
- Learn to be less judgmental about people's behavior.
- Carry renewed awareness into daily interactions
- Increased empathy
- Make time for myself
- Using some of the resources and sharing them with others.
- Listen to my mind/body
- I will try to explore mental health through the arts a lot more, it was very therapeutic

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

- Access to resources
- Figuring out what or who can actually help
- The cost
- Self-pressure to ignore and endure
- Feeling embarrassed
- Lack of time
- Stigma

How can we improve this event in the future?

More stories!

I think a change in the style of presentation would be very helpful. A lot of bubbiness and filler and on-rails interactions. Polls and individual surface-level questions seemed less worthwhile than letting people speak in more depth to a topic.

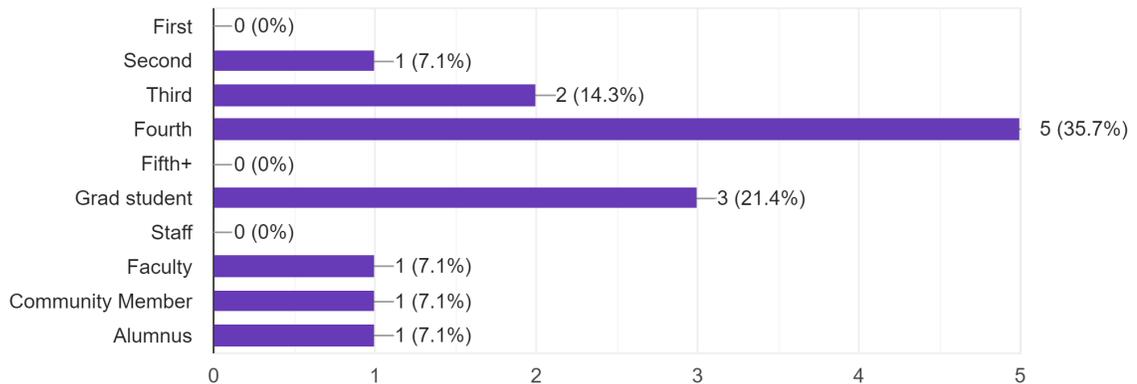
Maybe making it longer for the panel

Better command of technology. Hire someone who manages the technology. Beth did the best she could with the skills she had.

Major

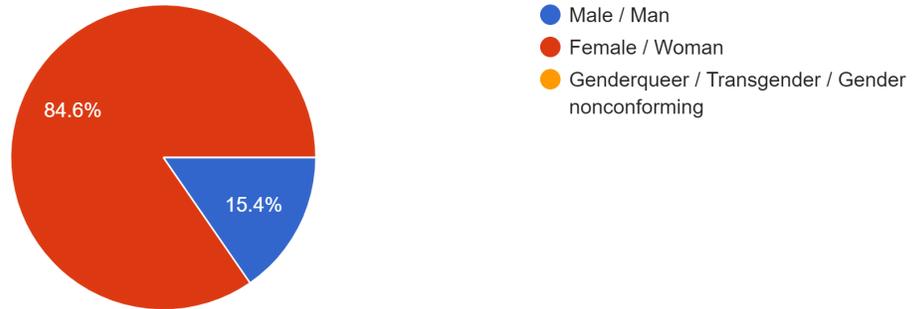
public health science	2
Information Science	1
Computer Science	2
Biology	3
Studio art	2
Faculty	1
Psychology	1

Year
14 responses



Gender Identity

13 responses



Ethnicity

13 responses

