

# Movies for Mental Health (Online)

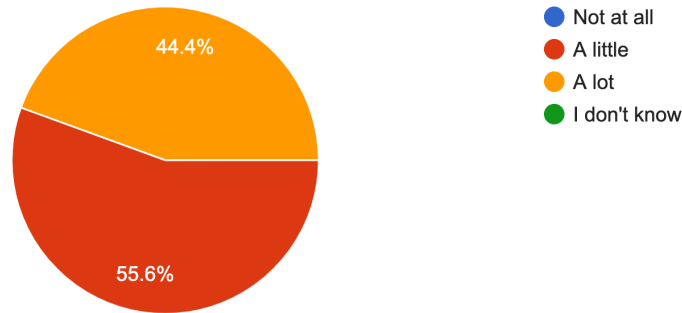
## Post-Workshop Evaluations

University of Connecticut  
March 23, 2021

Approximate maximum attendance: 22  
Number of evaluations: 16

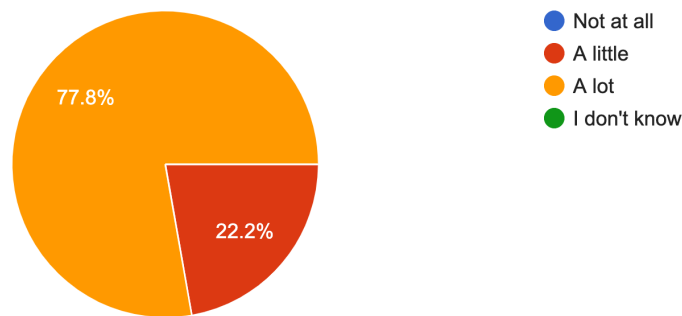
In your opinion, did this workshop increase your awareness of mental health issues?

9 responses



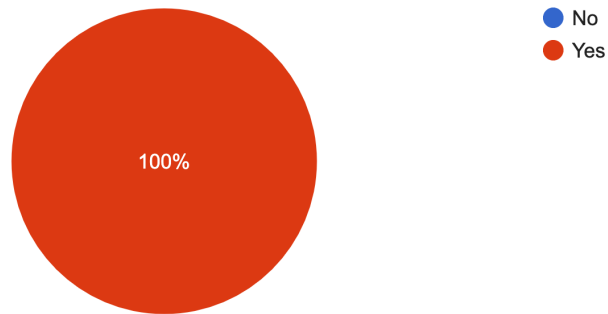
In your opinion, did this workshop help you confront and address stigma related to mental illness?

9 responses



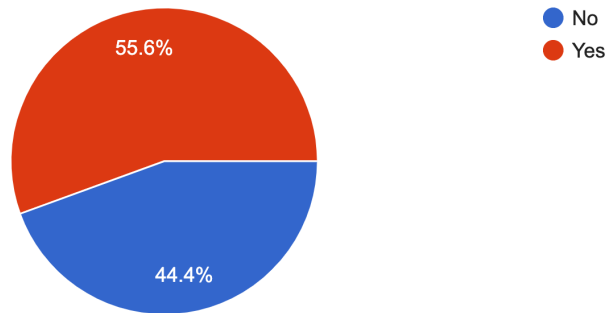
Did you know about your school's counseling services before this event?

8 responses



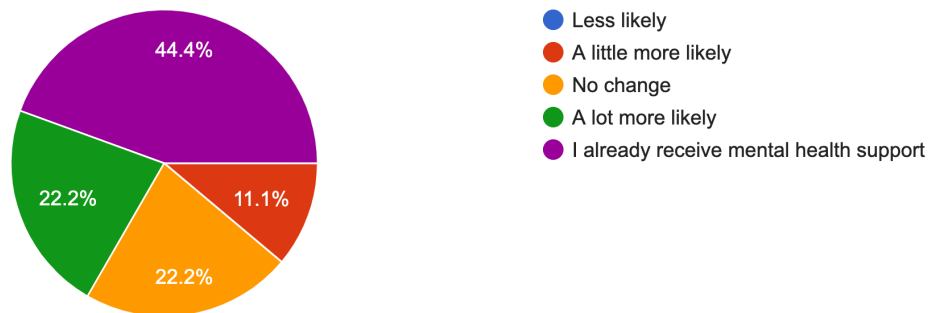
Did you know about the community resources before this event?

9 responses



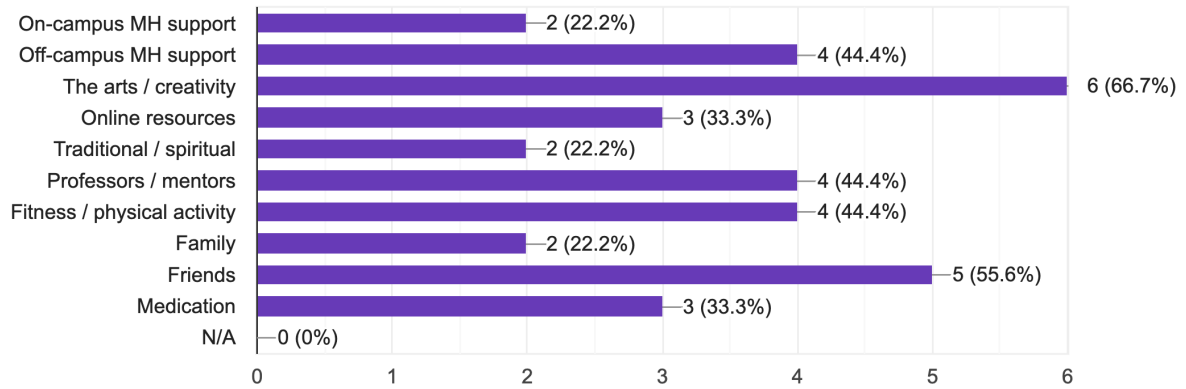
After this event, are you more or less likely to seek support for your mental health?

9 responses



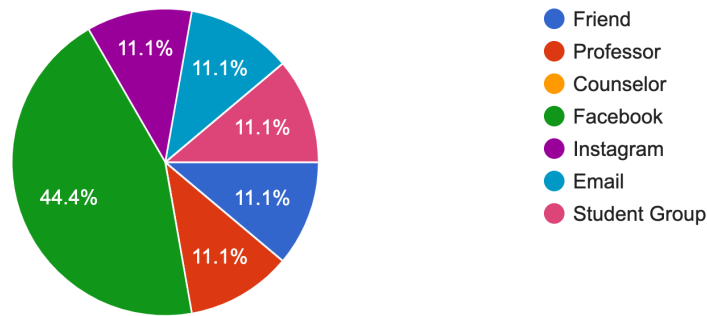
### What type of mental health support do you think would be most useful to you?

9 responses



### How did you hear about this event?

9 responses



## What was your main takeaway?

Mental Health journey are unique to you and are uphill battle. The expression of mental struggle and the issues of not understand the therapeutic world but the main takeaway is pay attention to my source of wellness. When typical of means of support shift or seem unsupportive like professional therapy. Mental health is very individual and our process of healing can be very different. However, it's great being in a space to talk about different experiences.

Continue to stay present in learning about others and learning about yourself... support one another. Really good information about the LBGQ community and how they suffer.

UConn is working hard to support its students.

There's as much diversity in mental health/illness as there are in the world.

UConn is working hard to support its students .

You are not alone.

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

Worthwhile.  
Good information and well presented.  
Honest.  
Super dope set of 3 short films and facilitated discussion in an amazing platform.  
Honest.  
A safe / brave space to chat and learn about mental health.  
I would describe it as a helpful way to understand your mental health journey.  
Recharging.

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

I will remind myself of the breathing exercises and the importance of checking in with yourself from time to time.  
Share what I learned with others.  
Helping others.  
Many former students reach out to me.  
More connection with art in my work as a mental health educator.  
Many former students reach out to me.  
support the organizations on campus that were mentioned (ex: NAMI).  
I will use to seek help with my mental help.

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

I don't personally have any barriers.  
Family, being from an Indian family we do not talk about therapy.  
I don't have barriers.  
Public persona.  
Shame.  
Public persona.  
Lack of family support  
Healthcare and stigma.

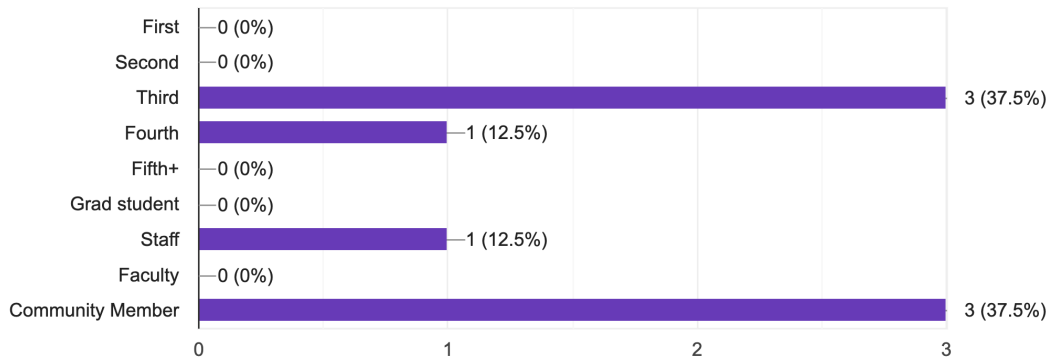
**How can we improve this event in the future?**

Loved it.  
Add more statuses!  
Nothing, I loved it!  
Longer time for films.

Major	
Human Development and Family Sciences	1
MCB, WGSS, and HRTS	2
Political Science	1

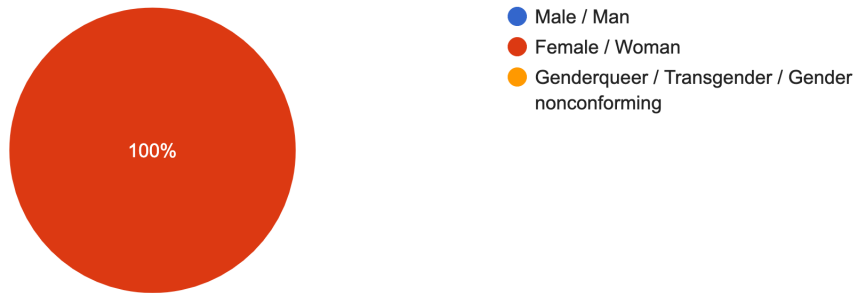
### Year

8 responses



### Gender Identity

9 responses



### Ethnicity

8 responses

