

# Movies for Mental Health

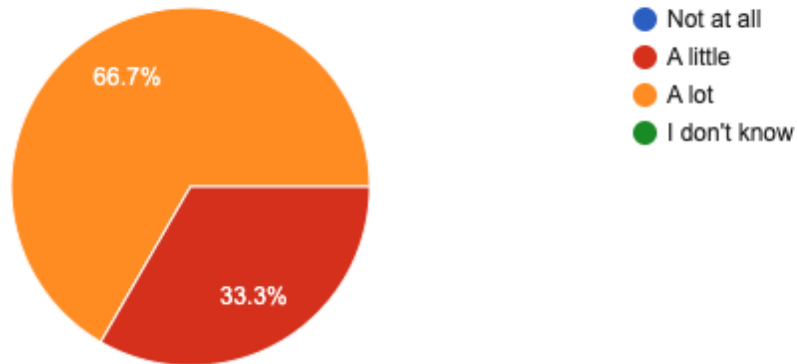
## *Post-Workshop Evaluations*

University of Massachusetts - Boston  
4.26/27.23

Approximate maximum attendance: 20  
Number of evaluations:3

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

3 responses



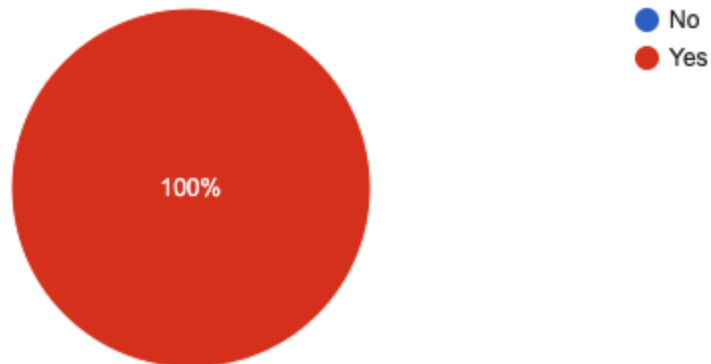
In your opinion, did this workshop help you confront and address stigma related to mental illness?

3 responses



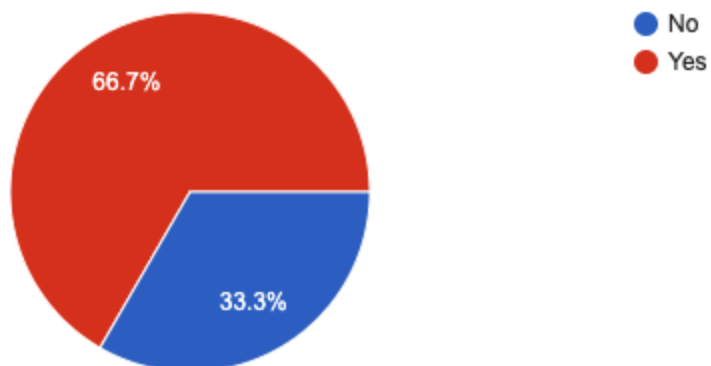
Did you know about your school's counseling services before this event?

3 responses



Did you know about the community resources before this event?

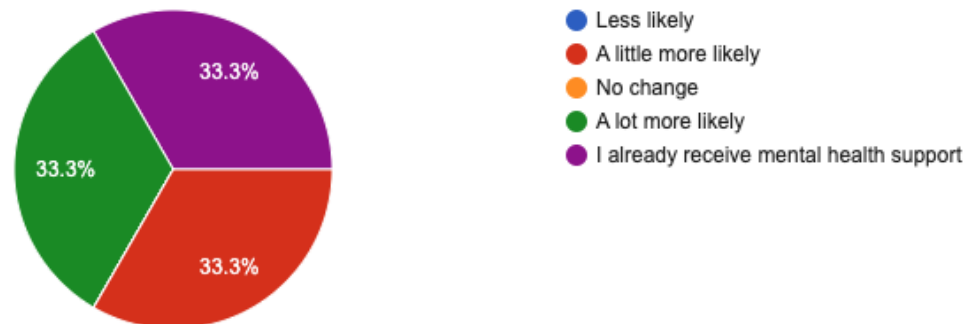
3 responses



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



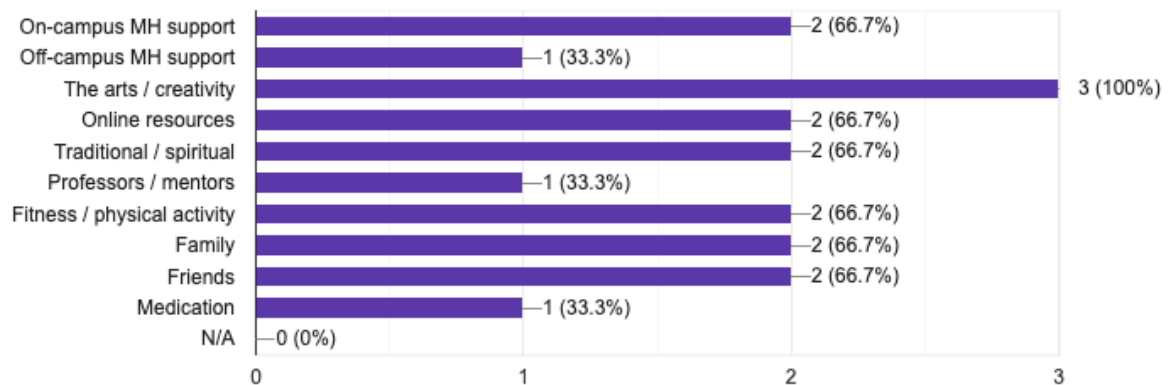
3 responses



### What type(s) of mental health support would you like better access to?



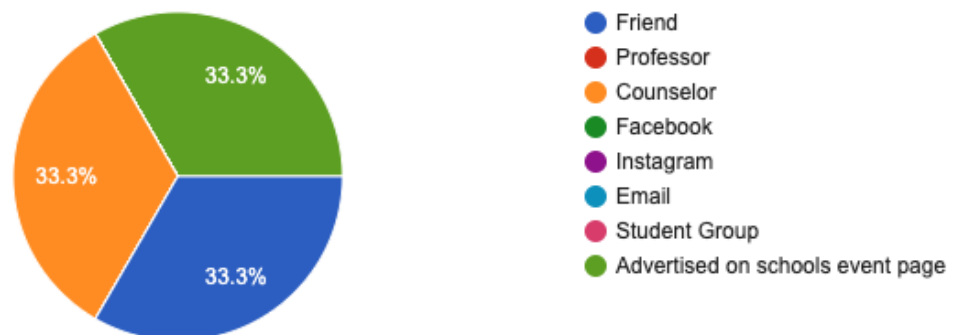
3 responses



### How did you hear about this event?



3 responses



### What was your main takeaway?

We all going through something

You are in control of your own destiny and if it's out of your hands then you just have to lean off it a little

Talking about mental health with others, helps stigma

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

(Highlights: see raw data for full list)

Insightful and informative

Therapeutic, eye opening, felt a huge relief and comfort

Transparent

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

Being kinder to myself

I am trying to get therapy for myself, I will work on getting help for myself

Continue looking for resources/talking about subject

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

(Highlights: see raw data for full list)

Time and energy

I feel like I would be seen as weak (not saying that those who get help are but I have a sense of pride and I am glad I have been advocating for myself more).

Money and time

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

More marketing leading up to the event to have a larger audience

I joined the last hour but I wouldn't change a thing it was beautiful.

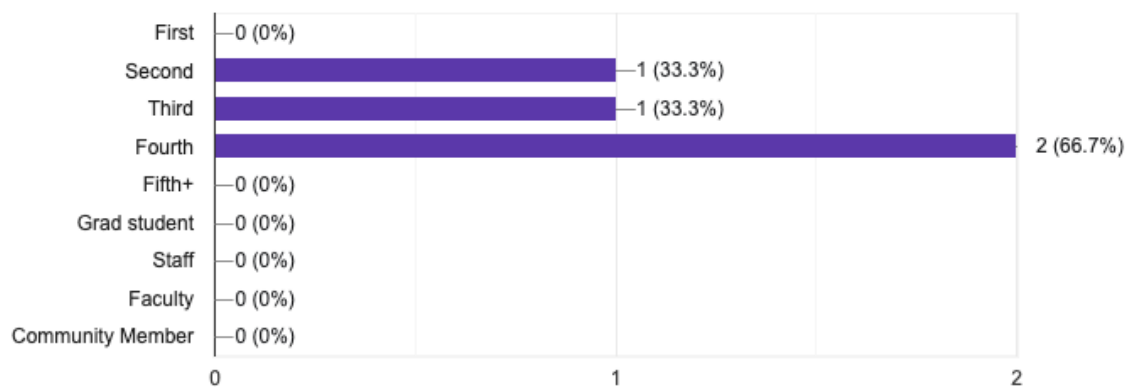
Possibly put out flyers , only saw it on events page of school site

Major
Psychology
Economics
Undeclared

### Year

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3 responses



### Ethnicity

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3 responses

