

Movies for Mental Health (Online)

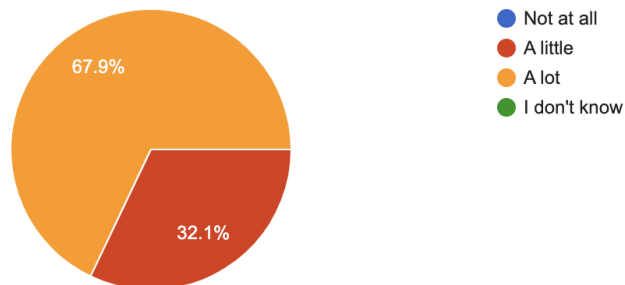
Post-Workshop Evaluations

University of Michigan - Flint
3.23.23

Approximate maximum attendance: 62
Number of evaluations: 55

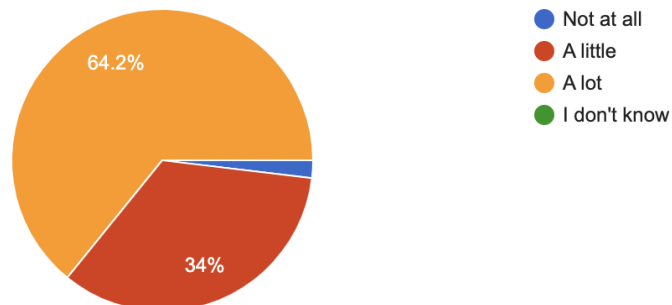
In your opinion, did this workshop increase your awareness of mental health issues?

53 responses



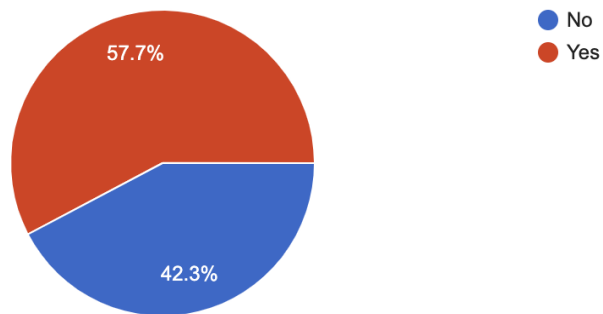
In your opinion, did this workshop help you confront and address stigma related to mental illness?

53 responses



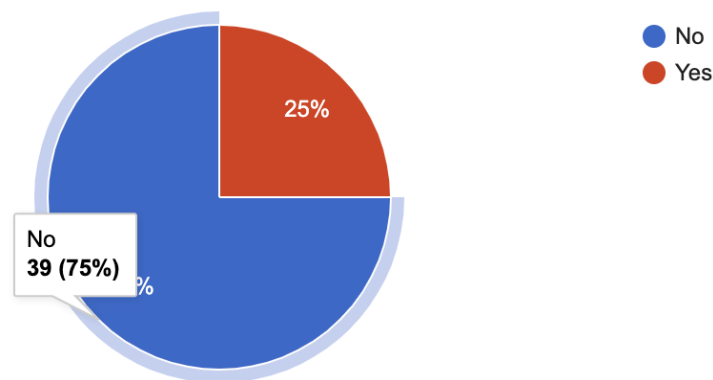
Did you know about your school's counseling services before this event?

52 responses



Did you know about the community resources before this event?

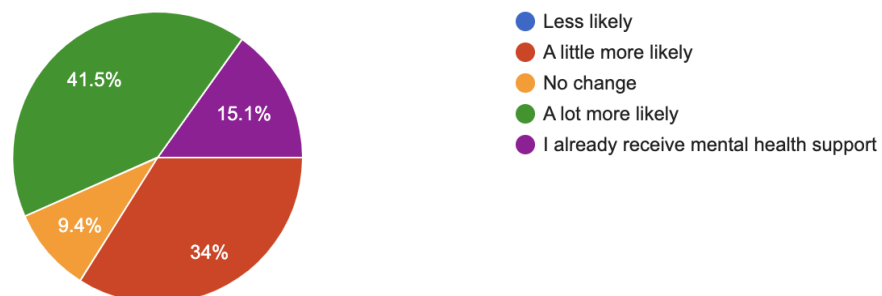
52 responses



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



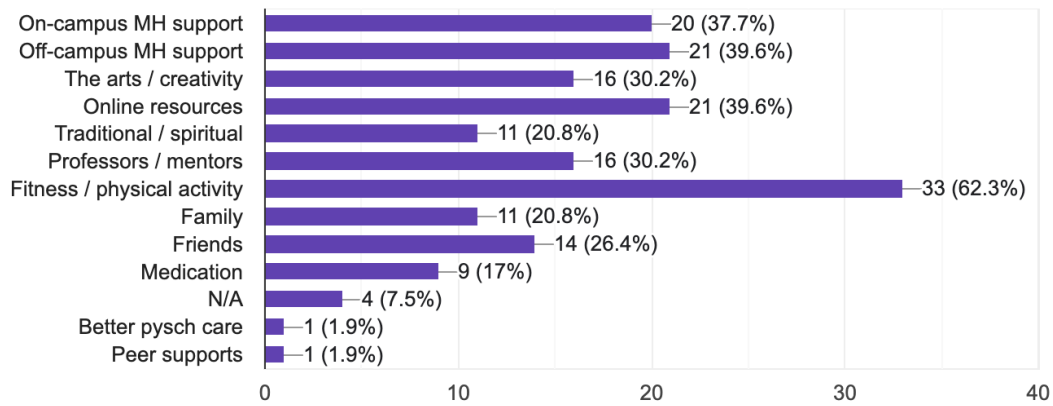
53 responses



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

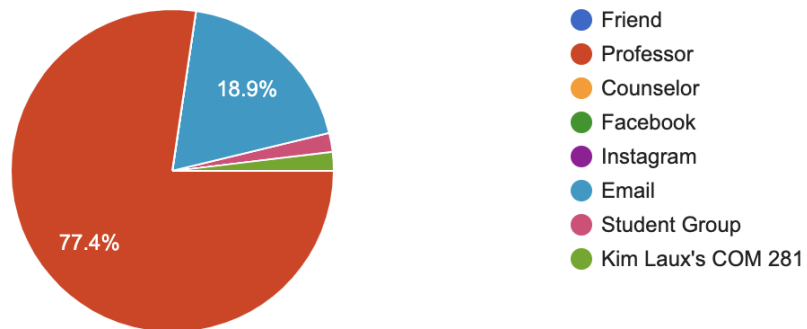


53 responses



How did you hear about this event?

53 responses



What was your main takeaway?

- It is okay to need help for mental health
- Focusing on my mental health more
- That we should not be ashamed to talk about mental health issues.
- There are so many more resources than I ever thought
- mental health is real
- Take care of yourself
- We are not alone when it comes to mental health struggles.
- Let's break the stigma surrounding mental health

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| there are resources available & to reach out for help |
| This was an incredible mix of media and personal stories. I enjoyed the content and pace immensely |
| Erase the stigma, promote wellness |
| mental illnesses look different for each individual. |
| Everyone deals with crises in their own way and it's okay to reach out. |
| Be an advocate for your mental health |
| We're not alone. |
| It helped reduce the stigma, it gave people voices, and let people interact in a semi-anonymous way to express their feelings on the subject. |
| mental illness is serious |
| If you need help, reach out because there are resources that are available. |
| To understand that patients often feel labeled and trapped by their diagnosis. |
| There are resources available and we can ask for help if required |
| Just recognition that I'm not alone in my mental illness |
| If I need help, I am not alone. I have so many resources and people who can help me if I am feeling sad or not myself. |
| That you aren't alone and that it is okay to get help. |
| Understanding that there is more below the surface. |
| Mental Illness is misunderstood |
| Everyone has something that they struggle with |
| reach out and ask for help. learning how to communicate about my feelings. |
| that i'm not alone in my feelings of mental health |
| The more we talk about mental illness, the less stigmatized it will become. |
| Getting help |
| Stigmas are huge when it comes to mental health |
| That it is okay to not feel okay and that you can reach out for help |
| University services |
| I am not alone! People struggle with mental health issues and it should not be stigmatized. |
| Never stigmatize someone with mental illness |
| That mental illness is experienced differently for each person and that it doesn't mean that a traumatic situation occurred for a person to develop a mental illness. |
| To reduce the stigma and that there are additional resources out there. |
| stop the stigma of mental health |
| That mental health isn't going away. There is always someone who needs to hear about these things so they can get help or help someone they know. Discussions make people more aware of the problems and needs. |

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| Advocating and learning how to do so is very important. |
| Everybody has very different struggles and experiences and all of these are valid. |
| mental illness is misunderstood |
| Movies to offer others to help them express their feelings, or understand their feelings |
| My main takeaway is to never be afraid to seek help when I need to and there are people and resources can help me out when I need them |
| Never stigmatize someone with a mental illness |
| That there are many people who feel the same way but do not always speak up |
| Ask for help and know that you're not alone and do not have to suffer in silence or alone. |
| I am not alone in my mental health fight and what I'm feeling isn't nothing. |
| You don't have to go through it alone. You matter and there are tons of people who you would shatter if something happened to you. People are not defined by their diagnosis. Stigma vs stereotype. |
| My main takeaway was that mental health is represented differently in every person. Diagnoses aren't one size fits all and after hearing the panelists' stories, you can truly understand that. |
| there's help available/reach out |
| So much emphasis on the diversity of those with mental illness and the strides being taken to reduce stigma. |

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

"Incredible, powerful, unifying"
 "A safe space to share experiences and engaging videos related to mental health."
 "That this is a great workshop to learn more about mental illness and how unique mental health is for everyone and that mental illness isn't expressed the same in every person."
 "A good starting place"
 "A really eye-opening experience that helped break stigmas around mental health. I would tell a friend to attend the event if they have the chance to."
 "Inspiring and raw"
 "Thought provoking"

How might you use what you learned today?

I will make sure to reach out to friends and family
 Slow down and process my emotions
 I will be more open to talking about mental health with my peers
 To better be an ally to those that are struggling and to not be afraid to reach out
 i have learned mental health is a real issue and everyone struggles with it in some way shape or form
 In how I interact with patients
 Remember to always reach out and check on friends and family.

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| During interpersonal communication |
| share with others |
| Enforce positive goals and take better care of myself especially through hard times |
| Recognizing abnormal behaviors! |
| stay connected to friends and always check in |
| It will be used in my everyday life. I learned new ways to cope and addressing my own stigmas towards mental Health |
| Knowing that so many people are |
| perhaps seek help myself |
| In my nursing care |
| If required, look for resources at campus or in the community. |
| Might reach out to school resources |
| I can help refer a friend who is feeling sad and I know where i can send them to for help |
| I copied the links for community and campus health to use as needed. |
| I will use it to better myself as a future nurse. |
| Be mindful and listen to others |
| address stigma around my in my community |
| I will seek help |
| the breathing exercises |
| I now have more information relating to campus resources and genesee county resources that I can tell to patients I may come across or students that I tutor. |
| Getting counseling |
| I will use the breathing techniques and body scan |
| Reach out for more help and not be embarrassed |
| Share with students |
| Reach out when my crisis comes |
| Listening |
| To realize you never know what people are going through and the personal struggles they encounter daily even though they may not express it. |
| I think I will be visiting CAPS. |
| be more open minded |
| I will take it for my own wellbeing but also my friends and family. |
| I will seek help and do everything i can to create spaces where people feel able to talk openly about their own struggles |
| listen and be patient be more mindful |

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| To remind people just because one doctor doesn't hear you doesn't mean there isn't one out there that will hear you |
| I will use to teach my family more about mental health |
| Listening |
| I will learn this to help with my practice and to teach friends and family members |
| Pay more attention to the emotions I experience. And check on others |
| I will definitely look into using some of the resources that were shared today. I copied the shared notes into a word document to keep a copy. |
| I am constantly worried about those around me harming themselves. I liked the point in the last video about making sure people know how much they are loved and how it would hurt others if they hurt themselves. Really listen to others. |
| After learning about the community resources we have I can take that and can recommend them to people that may need them. |
| share with family & friends |
| To reduce stigma with those who don't have much knowledge of mental health |

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

(Highlights: see raw data for full list)

"Outside communication/talk"
 "Feeling like I do not have the time to unpack or deal with my struggles"
 "Being shut down or being told that I am over exaggerating."
 "time and money"
 "Fear and anxiety/pride"
 "the stigma of "feeling sad" and being told to just "suck it up"
 "The fear of losing a job, being dismissed, and family looking negatively at the problem."
 "Thinking that I don't have time and that I can fix everything by myself"
 "getting access to free counseling and getting off waiting lists or waiting on the phone line for a while"
 "The possibility of a diagnosis blocking my career"
 "I worry that my problems are not as bad as others and I know the mental health system is flooded so why should my problems be heard when others cannot get through waitlists"

How can we improve this event in the future?

More videos!!
 Nothing, it was great
 Include different coping strategies
 More real people speaking
 N/A. This was a great event!
 Offer a video recording of the event

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| more people on the panel sharing their experience with mental illnesses |
| All users unnamed |
| Nothing. It was a great event! |
| more advertisement |
| It was amazing! |
| I thought it was fantastic. |
| more speakers and less videos |
| n/a |
| no way! |
| do more events |
| It was pretty good |
| improve the videos played. i had to go to the separate links |
| I can't think of any way. Maybe send a rough itinerary so the participants know what's in store before the event? |
| N/a |
| Nothing it was great |
| more coping exercises |
| you did an excellent job. |
| I would really enjoy more films. |
| Don't know. |
| I think it is really great the way it is |
| It was good |
| Make sure students receive Link... several shared their tickets with me but couldn't figure out how to connect to event |
| Possible in person sessions on campus. |
| Every time it was time to watch the video, it would freeze. |
| I think that the workshop ran smoothly. |
| Honestly it went so well. |
| offer an in person version, it's nice to feel support, and speak openly directly to people. |
| nothing it was great |
| not sure |
| It was a pretty good event and very helpful. I would like to watch more mental health movies because I found them very helpful to see what a person with mental health disorder is going through |
| Technology issues |
| I wish that this would have been more interactive between the host and the people who attended. Maybe the |

people who attend would like to share their feeling during this time without feeling judged

Make sure audio is working for everyone

I thought the panelists were well rounded and I liked the BigBlueButton platform. I've never used it before this event!

really breaking down videos a bit more. they are a little triggering and it might be good to dive deeper into what the videos are hoping to portray and how to use strategies to manage these things

Honestly, this event was great. It was engaging and interactive, I cannot think of anything to change really.

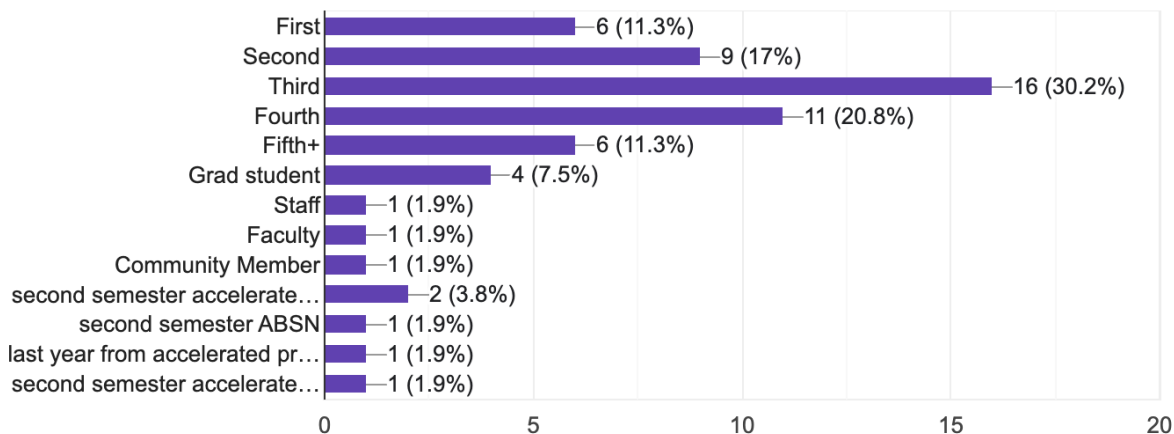
not sure

Always look for people who haven't been represented previously. People respond better when they can see themselves.

| Major | |
|----------------------|----|
| Nursing | 42 |
| Psychology | 1 |
| Occupational Therapy | 3 |
| Communication | 1 |
| Criminal Justice | 1 |

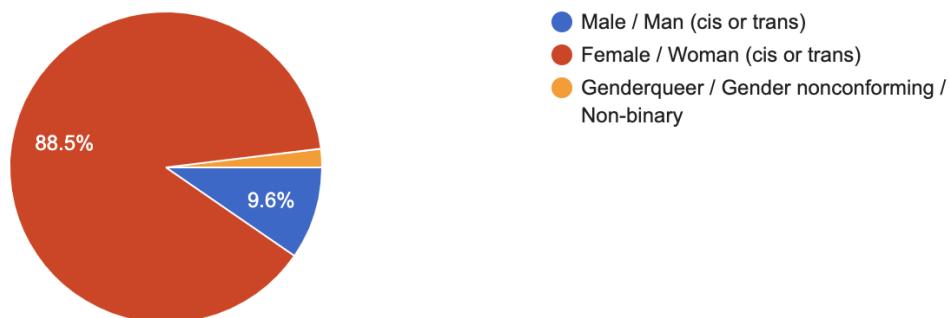
Year

53 responses



Gender Identity

52 responses



Race/Ethnicity

53 responses

