

Movies for Mental Health (Online)

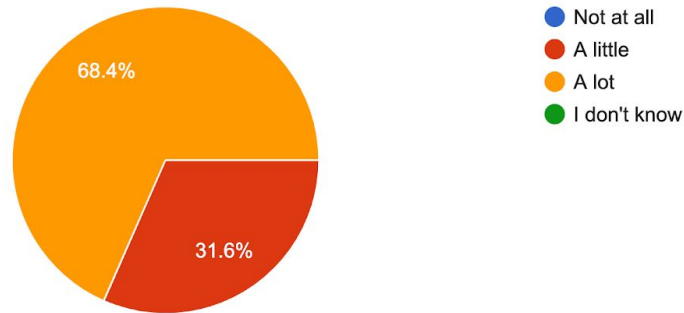
Post-Workshop Evaluations

University of Mississippi
November 10, 2020

Number of attendees: 61
Number of evaluations: 19

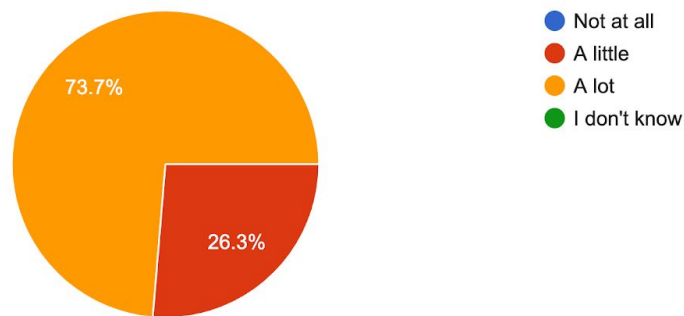
In your opinion, did this workshop increase your awareness of mental health issues?

19 responses



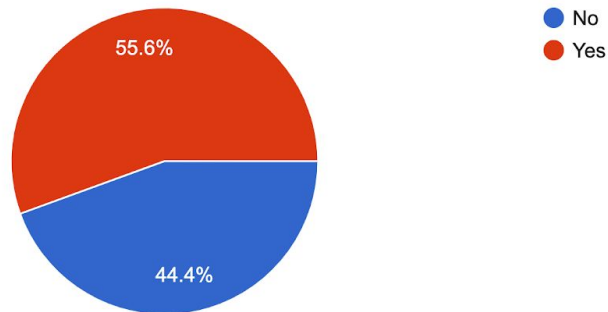
In your opinion, did this workshop help you confront and address stigma related to mental illness?

19 responses



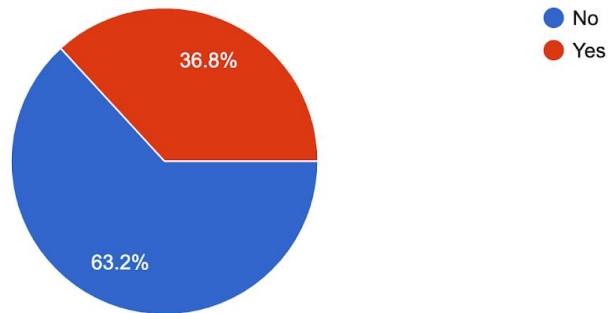
Did you know about your school's counseling services before this event?

18 responses



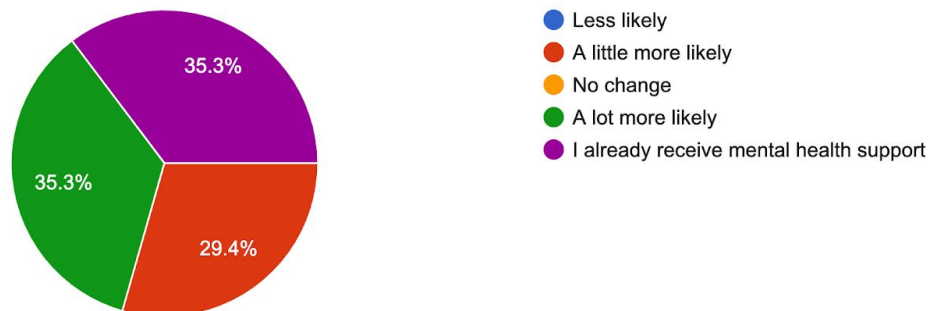
Did you know about the community resources before this event?

19 responses



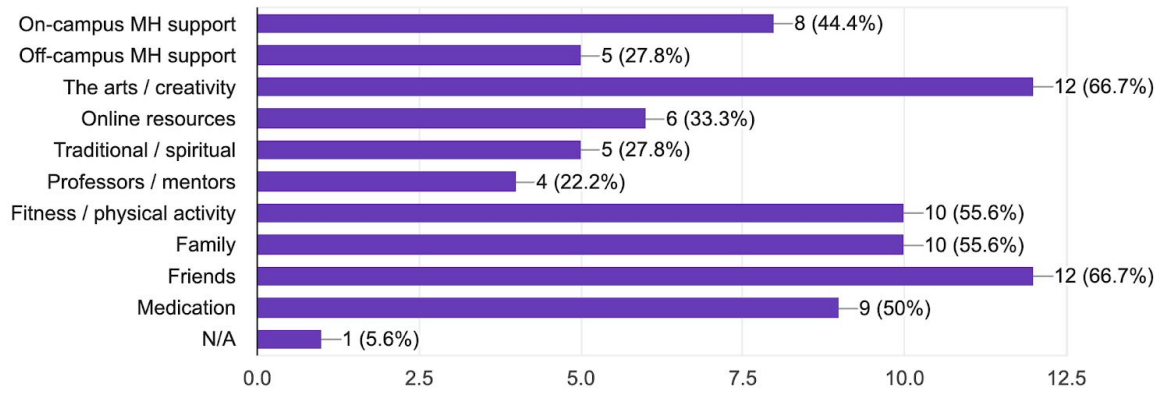
After this event, are you more or less likely to seek support for your mental health?

17 responses



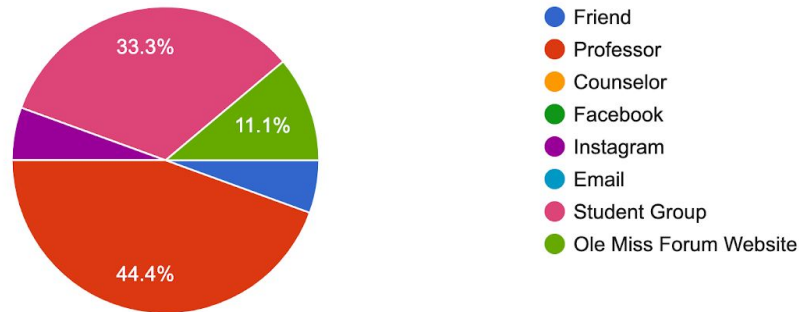
What type of mental health support do you think would be most useful to you?

18 responses



How did you hear about this event?

18 responses



What was your main takeaway?

It is important to understand mental health
 Anyone can experience mental illness
 Talking about mental health is really great and something more people experience than you think!
 That mental health is not defined by the stigmas that surround it
 How many people can relate to the films; feel the same way
 Caring about yourself and not just others is important too
 That many people are experiencing the same things in regards to mental health but may be hesitant to talk about it with people
 To ignore the stigmas behind mental health
 There are people out there who can support me through my mental health journey and none of us are alone
 Mental health is extremely important and there are so many others like myself who struggle!
 I need to take more time to reflect on my current MH to become a more successful student and person
 Everyone deals with mental health
 The stigma around mental wellness

To acknowledge my mental health
It is okay to not be okay
I really felt like the ladies on the panel who shared their stories helped destigmatize mental health disorders by sharing and using language like "my mental health disorder" or "taking my medication" in a normal realm really helped me

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

Informative
So useful
Enlightening and enjoyable!
Educational
Emotional but eye opening
Super informative and engaging
Really informational and a great experience
Mesmerizing
One of those things where I was kind of dreading attending, but ended up being exactly what I needed
Very chill and enjoyable. I did not really know what to expect and how it would go but I really enjoyed it and glad I participated!
Welcoming, informative and creative
Inclusive, exciting, and informative
I would describe this workshop as being very informative and helpful
Eye-opening
An informative workshop that advocates for mental health and decreasing the stigmatization
Uplifting and eye opening
Extremely uplifting and helpful
I would describe this workshop as being very informative and helpful

How might you use what you learned today?

To help friends/family
Seek healthy communication
Be more willing to listen to others
I will use what I learned to help friends!
To better my own mental health by seeking out help
To fight against the negative stigmas of mental health
Take a moment and breathe
I can use it to tell my friends about the counseling services if I think they can benefit from it. I think casually bringing it up like its no big deal helps to destigmatize it
I would like to get together with my friends and talk about ways we can support each other maybe have a zoom chat check in where we talk about our struggles and resources.
To become an ally for others!
I will use what I have learned to better myself and to help others
Listen to other people a lot more
Use the resources if a friend needs
I would definitely talk about what I am struggling with to someone who is safe and would help me, and I would strive to be that person in return.
I liked the breathing and I think I will use it to calm myself down in the future
I will use what I have learned to better myself and to help others

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

Resources and money
Feeling alone
Stigma/fear
Telling my parents
My own pride
Embarrassment
Feeling like a burden to others and come off like im giving bad energy
I think mainly the stigma and breaking that first barrier of talking about it to people is hard for some people
Time commitment
Depression often makes me want to isolate myself and therefore not seek the help I need
Just going and doing it - first step
Feeling ashamed or judged
I am very stubborn and I hate feeling pitied by others. I don't want people to worry about me and I don't want to annoy them with my issues.
The stigma from others

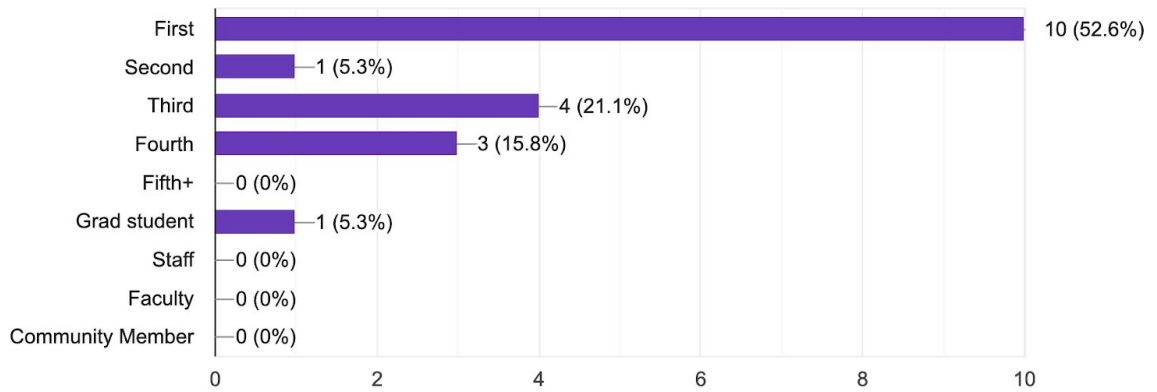
How can we improve this event in the future?

Maybe get out the word sooner
Shorter breathing exercises
More advertisement
Maybe make it a little more clear on how to join. I had some trouble figuring out how to get into the event after registering but other than that it was great!!
No improvements!
Make the event available for those who haven't registered prior
I can't really think of anything!
Nothing, great event
Honestly, everything was so good. Maybe more questions to involve everyone because I liked seeing how what I feel is similar to others
I did not connect with one of the videos even though I had the disorder the video was talking about. I just think there could have been a better video on anxiety.
I would like it to be longer! It was awesome!

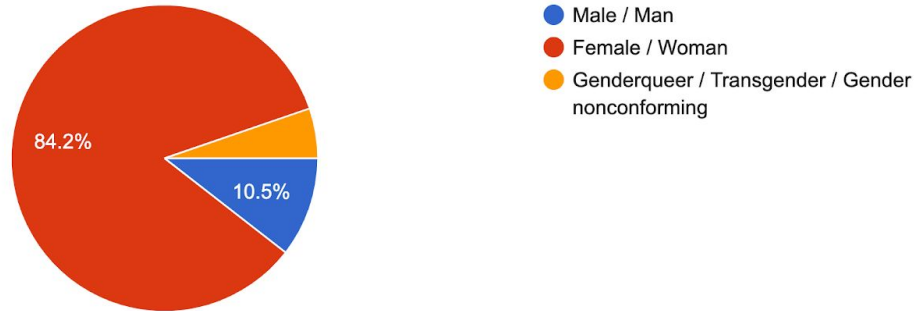
Major	
Art	1
Broadcast Journalism - Specialize in Sports	1
Communication Sciences & Disorders	1
Counseling	1
English & History	1
Exercise Science	1
Hospitality Management	1
IMC & Business	1
International Studies	1
Pharmaceutical Science	3
Psychology	2
Public Policy & Business	1

Year

19 responses



Gender Identity
19 responses



Race / Ethnicity		
Asian / Asian-American	0	
Black / African / African-American	2	11%
Hispanic / Latinx	0	
Indian / South Asian	1	5%
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	15	79%
Multiracial	1	5%
Other	0	