

# Movies for Mental Health (Online)

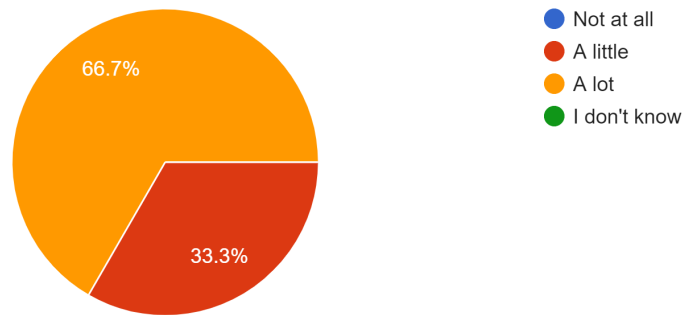
## Post-Workshop Evaluations

University of Pittsburgh  
April 12, 2021

Approximate maximum attendance: 29  
Number of evaluations: 6

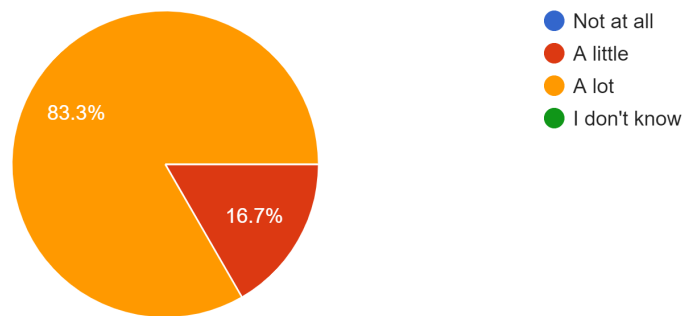
In your opinion, did this workshop increase your awareness of mental health issues?

6 responses



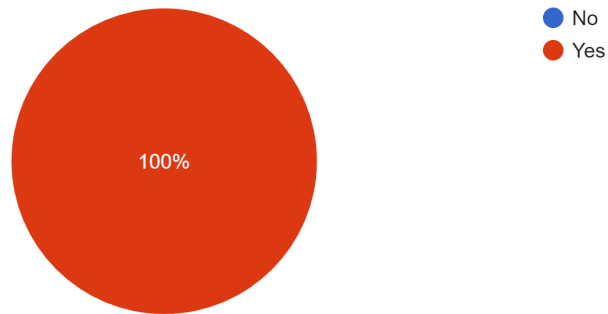
In your opinion, did this workshop help you confront and address stigma related to mental illness?

6 responses



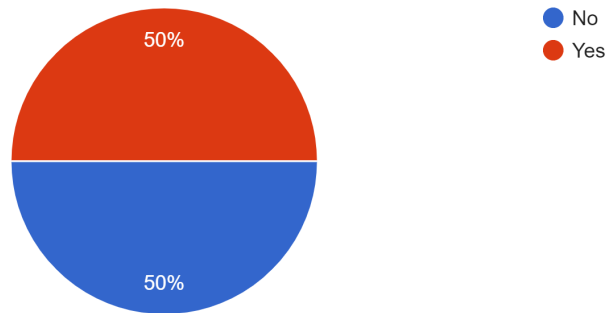
Did you know about your school's counseling services before this event?

6 responses



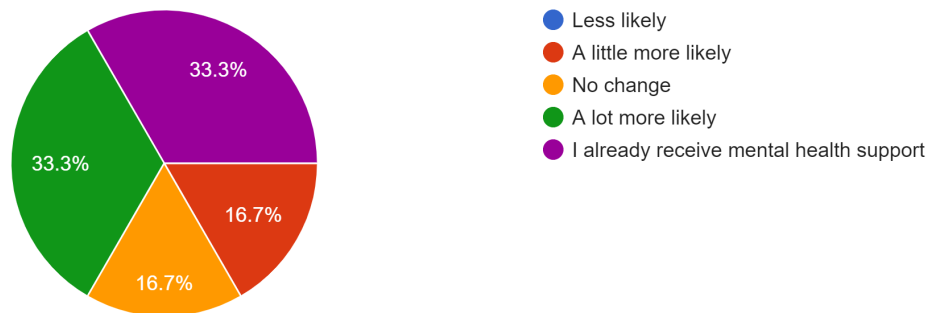
Did you know about the community resources before this event?

6 responses



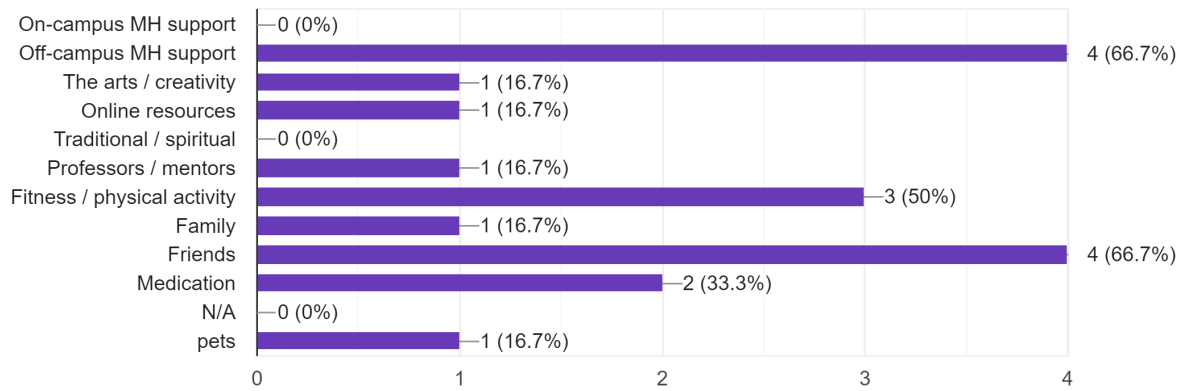
After this event, are you more or less likely to seek support for your mental health?

6 responses



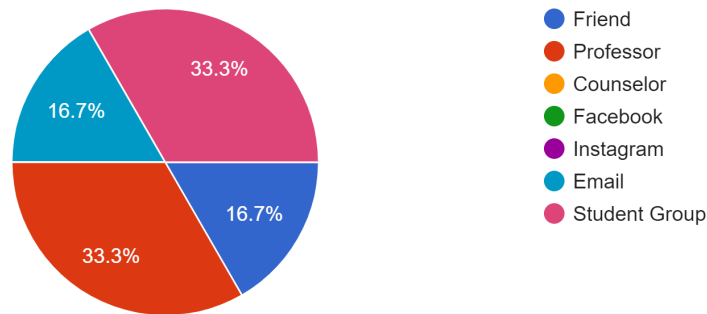
### What type of mental health support do you think would be most useful to you?

6 responses



### How did you hear about this event?

6 responses



### What was your main takeaway?

- The power of vulnerability, honesty, and community
- That we need to continue to de-stigmatize mental illness and receiving help.
- There are people willing to help
- tell your story
- Methods to manage stress and anxiety.

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

- Intersectional, thorough, and supportive
- An informational, interactive mental health panel discussion
- Timely
- impactful
- Interactive/Private

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

- Continue the conversation with others about mental health
- Use the somatic exercises to help ground and relax myself.
- Sharing
- seeing others like me
- Daily in my stress management and communication with others with mental health conditions/struggles

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

- Financial
- Breaking down the stigma within my family and making them understand the importance.
- fear of judgment; the stigma that surrounds mental illnesses
- Taking the time out of day to day demands
- stigma
- Wanting to avoid medications

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

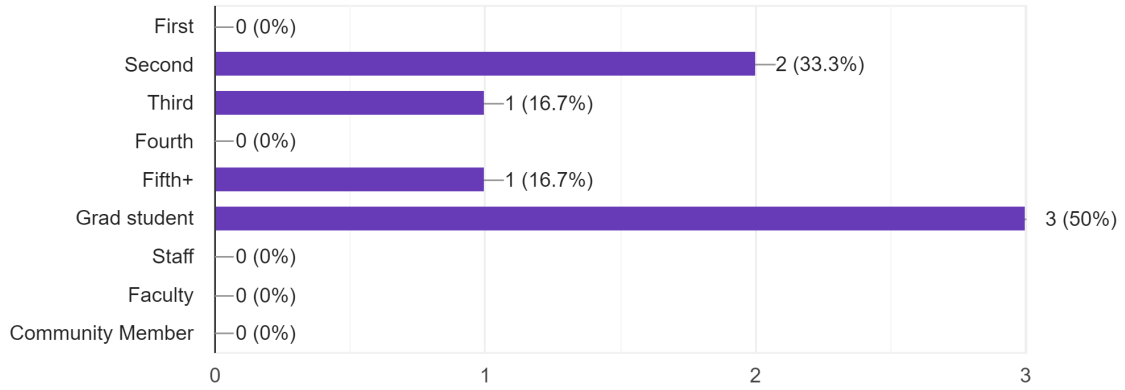
- Advertise longer to get more participants! This was excellent.
- The video platform is interactive, but some technical difficulties have room for improvement
- I can't think of a way to improve it other than to consider making it one hour in total (or 1 1/2 hours in total); I felt like this was a safe space, which is rare to find! It was great that with the speaker's words and actions, she made it feel like AWI was being proactive about inclusivity
- I thought it was very well done.
- maybe the platform

### Major

- clinical Doctoral student in Occupational Therapy
- Psychology (x2)
- bioengineering
- Occupational Therapy OTD

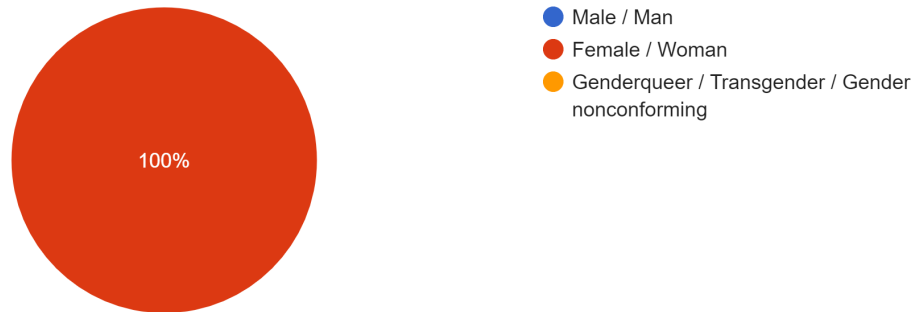
### Year

6 responses



### Gender Identity

6 responses



### Ethnicity

6 responses

