Movies for Mental Health (Online)

Post-Workshop Evaluations

| University of Southern Maine March 25, 2022	Approximate maximum attendance: 25 Number of evaluations: 19

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

8 responses

- Not at all
- A little
- A lot
- I don't know

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

8 responses

- Not at all
- A little
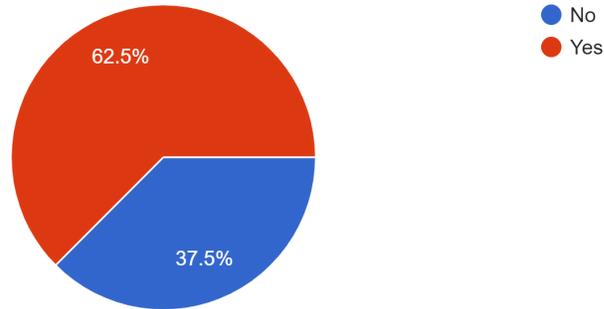- A lot
- I don't know
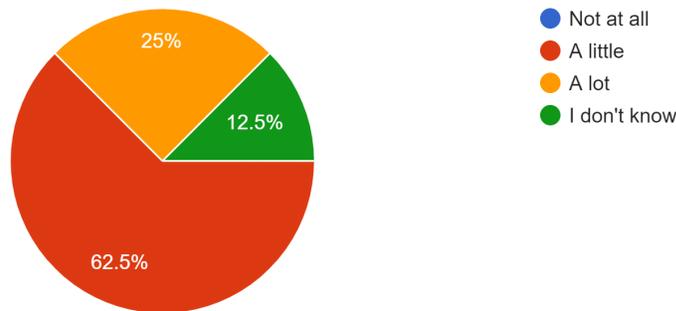
Did you know about your school's counseling services before this event?

8 responses

- No
- Yes
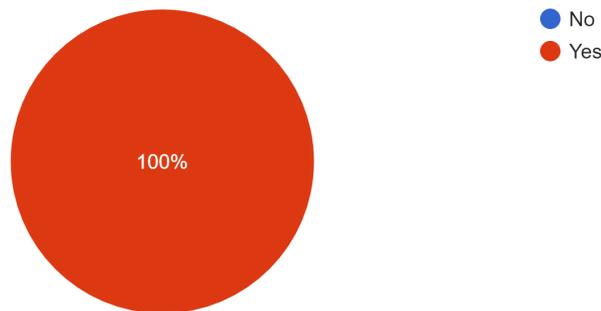
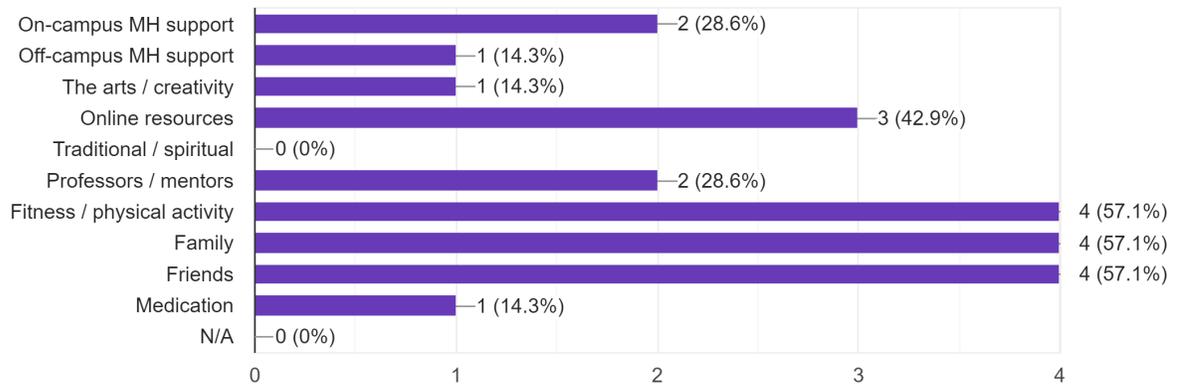Did you know about the community resources before this event?

8 responses

- No
- Yes

62.5%

37.5%

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

8 responses

- Less likely
- A little more likely
- No change
- A lot more likely
- I already receive mental health support

25% 25%

25% 25%
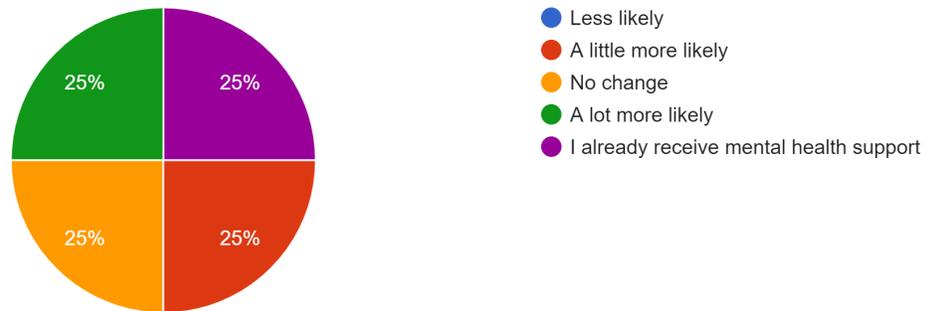
What type of mental health support do you think would be most useful to you?

7 responses

Category	Count
On-campus MH support	2 (28.6%)
Off-campus MH support	1 (14.3%)
The arts / creativity	1 (14.3%)
Online resources	3 (42.9%)
Traditional / spiritual	0 (0%)
Professors / mentors	2 (28.6%)
Fitness / physical activity	4 (57.1%)
Family	4 (57.1%)
Friends	4 (57.1%)
Medication	1 (14.3%)
N/A	0 (0%)

How did you hear about this event?

8 responses

- Friend
- Professor
- Counselor
- Facebook
- Instagram
- Email
- Student Group
- colleague
- staff member
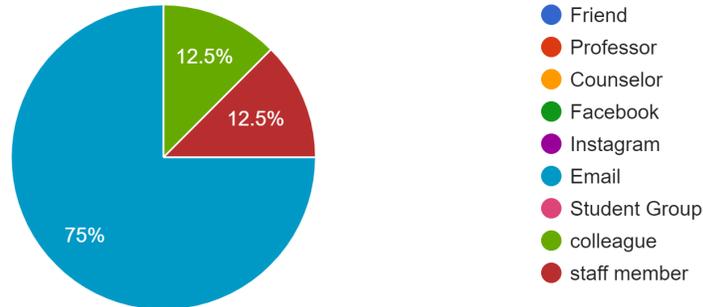
What was your main takeaway?
Events like this are good community builders
Prioritize mental health awareness for self and others
I learned how much race and racism can negatively affect mental health
That the university takes mental health seriously and offers a variety of ways for students/faculty to get help.
The phrase Amanda used to introduce themself: "recovering perfectionist"

If you were telling a friend about this workshop, you would describe it as: (Highlights: see raw data for full list)
Relevant films about mental health with discussion
Informative, interactive and fun
It was interesting to hear different people's stories
A visual approach to addressing various mental health issues of today.
Engaging, honest, and validating

How might you use what you learned today?
Downloaded a new app
Being kinder to myself
To slow down, I really liked that comment from the discussion
As a resource for my own, or someone else's, future need.
I'll be ruminating on this for a while. There were some key phrases and ideas; as a staff member though, this reinforced what is available for students in crisis--SO IMPORTANT!

3

What are the biggest barriers to your mental wellness and/or receiving mental health support? (Highlights: see raw data for full list)
Fear about being vulnerable
Money
Overthinking
My tendency to isolate in periods of illness
Time

How can we improve this event in the future?
It was great. I would offer that during the polling, when the box came up to choose a letter, it covered up the actual choices
I thought it was great, very interactive, maybe try to encourage more students to join, like in classes professors announce that it is happening
More participants for a broader audience / set of viewpoints. Use social media to get the word out. I didn't see this announced anywhere other than my email.

Major	
Adult and Higher Education	1
Psychology	1
Social and behavioral sciences	2
Nursing	1

Year
8 responses

First	0 (0%)
Second	1 (12.5%)
Third	2 (25%)
Fourth	0 (0%)
Fifth+	0 (0%)
Grad student	2 (25%)
Staff	4 (50%)
Faculty	0 (0%)
Community Member	0 (0%)
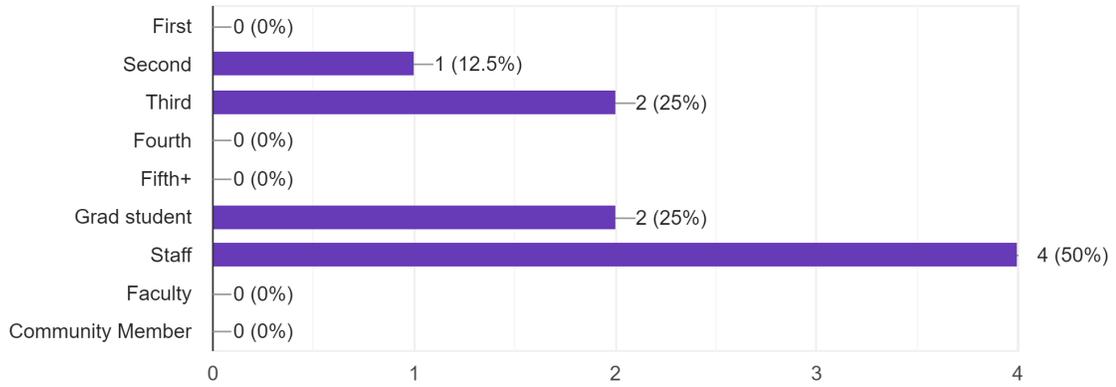
Gender Identity
8 responses

100%

- ● Male / Man (cis or trans)
- ● Female / Woman (cis or trans)
- ● Genderqueer / Gender nonconforming / Non-binary

Ethnicity
8 responses

Asian/Asian American	0 (0%)
Black/African/African American	0 (0%)
Indian/South Asian	0 (0%)
Middle Eastern	0 (0%)
Indigenous / Native American	0 (0%)
White/Caucasian	8 (100%)
Hispanic/Latinx	0 (0%)
Pacific Islander	0 (0%)