

Movies for Mental Health

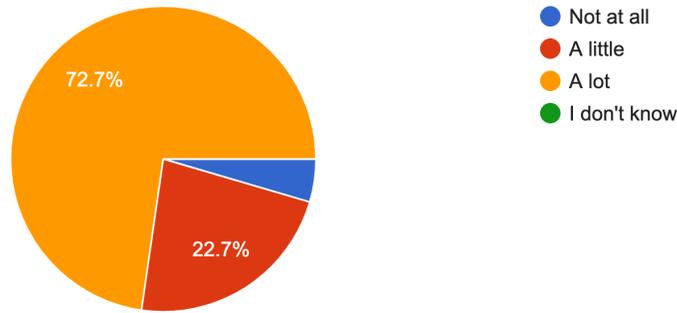
Post-Workshop Evaluations

Xavier University
March 21, 2022

Approximate maximum attendance: 28
Number of evaluations: 23

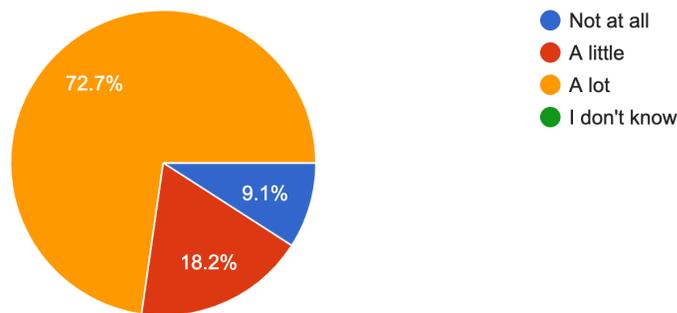
In your opinion, did this workshop increase your awareness of mental health issues?

22 responses



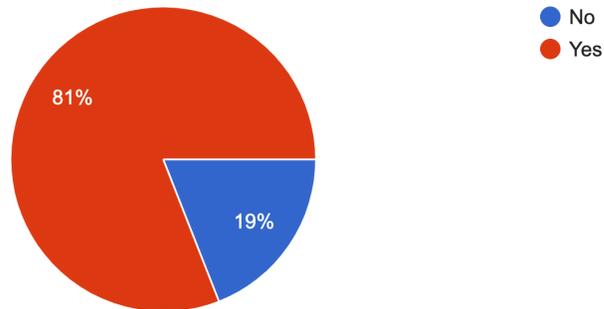
In your opinion, did this workshop help you confront and address stigma related to mental illness?

22 responses



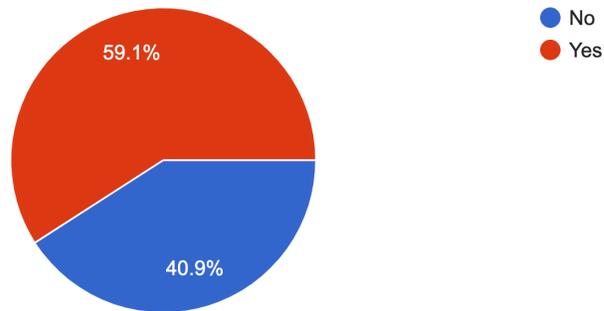
Did you know about your school's counseling services before this event?

21 responses



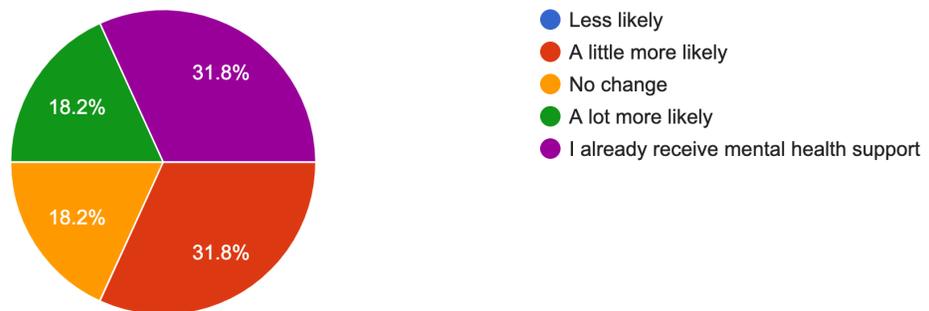
Did you know about the community resources before this event?

22 responses



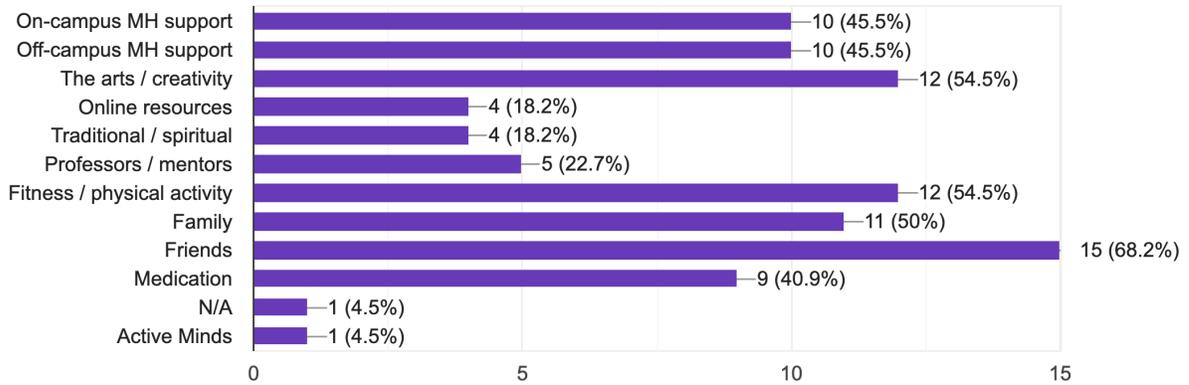
After this event, are you more or less likely to seek support for your mental health?

22 responses



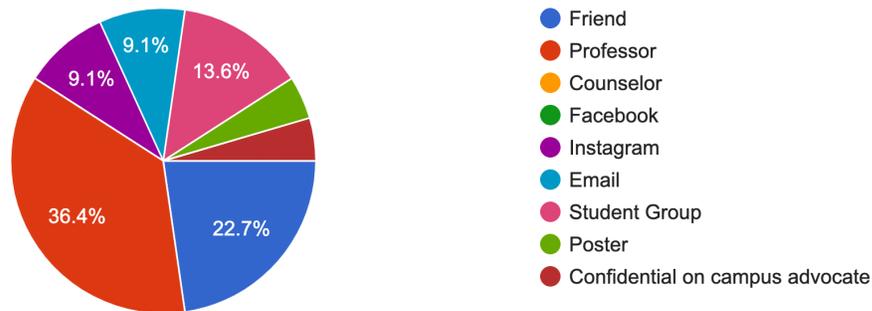
What type of mental health support do you think would be most useful to you?

22 responses



How did you hear about this event?

22 responses



What was your main takeaway?

- That there are other people here at Xavier that struggle with some of the same things that I do.
- To address my mental state as where I'm at before I try to push it to where I want it to be
- Mental health is different in everyone and it is in everyone no matter who they are.
- There are more resources than just therapy for dealing with mental health issues
- I want to look more into 1n5
- Asking for support is not weakness
- There's no shame in getting help

- Everyone has their own story and all of their stories are valid. My emotions are important for me to understand and that I can get help.
- Honestly I just feel validated for having a mental illness, it's comforting knowing that others around me struggle with some of the same thoughts and feelings as me

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

- A great reflection on the small ways to relearn and know when help is need/ ways to affect help for myself
- A short but creative look at mental illness and the support available for those who are struggling
- Engaging in important and insightful conversations
- Mental health issues are viewed too negatively, and it can keep people from seeking help. That should change, hopefully soon.
- Creative, interactive and interesting
- A very safe environment to talk about mental health
- An open free comfortable space that discusses mental health and it's awareness and importance
- I would describe it as informative and helpful to come to terms with one's emotions. You hear personal stories which help you understand how others in society are also fighting with their mental health.
- Beneficial, empowering, informational

How might you use what you learned today?

- To help educate others and reduce stigma
- Be kinder to myself, talk more openly to my peers about mental health
- I would use this to help my own mental health and to check up on myself with my own mental health.
- I may connect with the 1in5 organization as a result of hearing about them at this event
- If I ever may need the support in the future or know someone who does, I can find it myself or refer them.
- To finally get help
- I will use it to have more grounding experiences for myself when I get stressed or anxious.

- Remember to be patient with myself more
- continue to better my mental health in diverse ways
- I'm gonna check out more of the videos
- I am going to use this info in my journey of mental health as well as when I am a future counselor myself

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

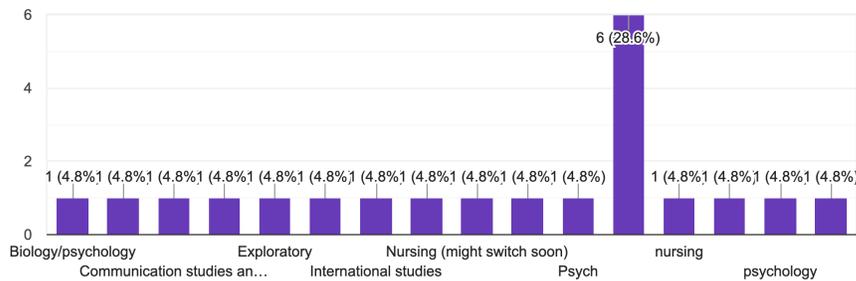
(Highlights: see raw data for full list)

- Personal stigma and low on time
- Cost
- Myself, I feel like I've failed when I ask for help.
- Not feeling like it's bad enough to get help
- The biggest barrier for me is telling my family that I feel like I need help.
- Not enough time, not knowing how to convey it, not feeling like they're as big of an issue
- Admitting that I need help is really hard for me because I grew up with four perfect brothers who are good at any and everything

How can we improve this event in the future?

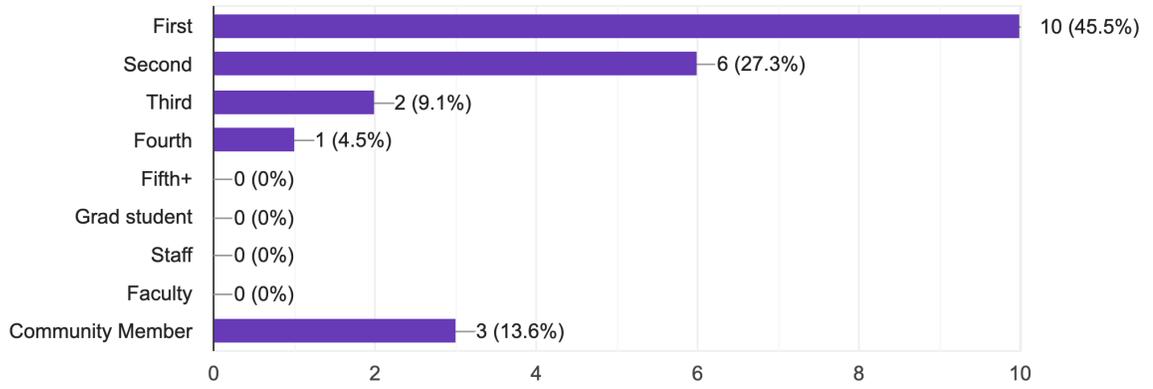
- I loved the event, to improve it I would maybe include more paired up discussion questions.
- I would've liked to see more than 3 short films
- Allow for more time for q and a
- Maybe a 5/10 min break in between
- More advertising to bring people to event

Major
21 responses



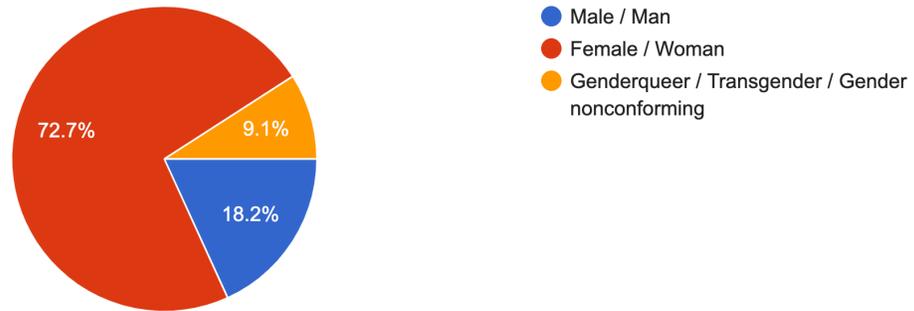
Year

22 responses



Gender Identity

22 responses



Ethnicity

22 responses

