

Movies for Mental Health

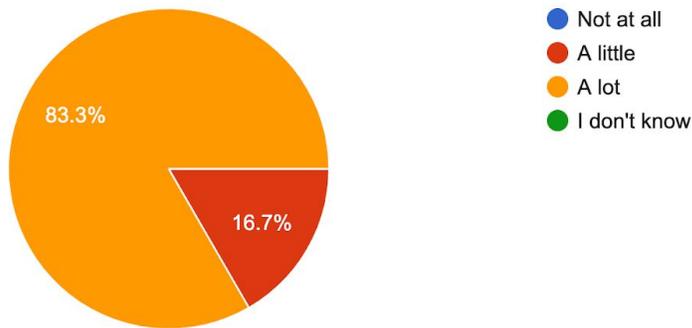
Post-Workshop Evaluations

Allan Hancock College
September 24, 2019

Number of attendees: 49
Number of evaluations: 30

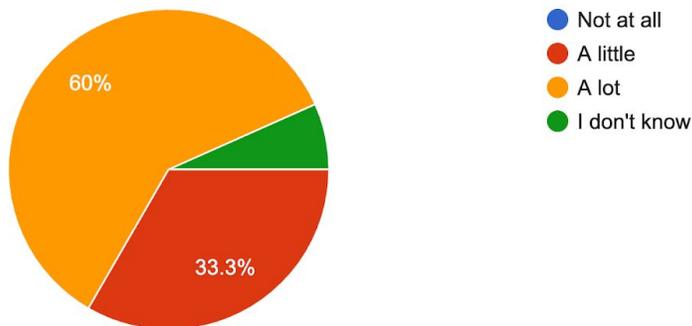
In your opinion, did this event create awareness of mental health issues?

30 responses



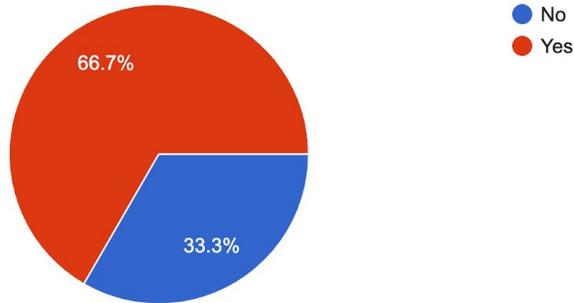
In your opinion, did this event reduce stigma related to mental illness?

30 responses



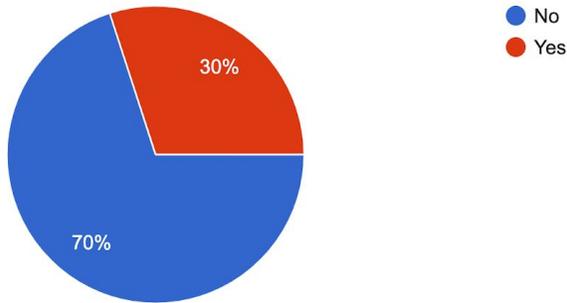
Did you know about your school's counseling services before this event?

30 responses



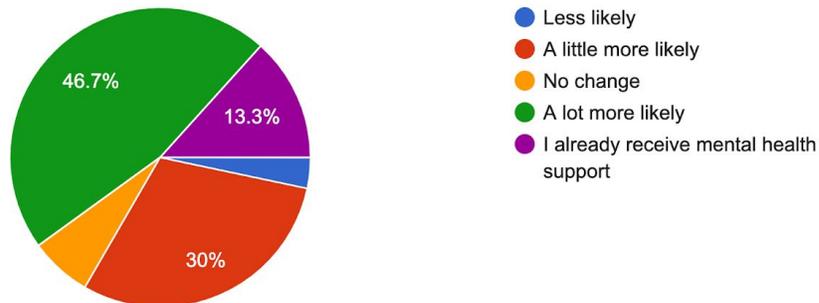
Did you know about the the Mental Health Services Act before this event?

30 responses



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

30 responses



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

30 responses



How did you hear about this event?

Friend	1
Professor / class	14
Counselor / MH club / Peer Support	2
Email	2
Posters / flyers	2
Word of mouth / friend	7
Other	1

What was your main takeaway?

(Highlights: see raw data for full list)

To inform others more
 Talking. Start the conversation
 So many folks experience mental health issues
 Resources I can use (x6)
 Not everyone knows what MI is like
 A lot of people have anxiety
 Be aware of what others might be going through

That issues with MH happen often
The amount of people also going through it
That MH is more than just negative
I learned more about myself
There is always someone who is ready to support you
Recovery is real

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

Agencies available. Go to AH and stay focused on life
Something extremely helpful
Supportive and compassionate
An amazing art and education initiative
An eye opening experience (x2)
Anxiety help. Mental health help
Helps you visualize and understand
Useful
Informational and resourceful
A great was to focus on little aspects of life
Helpful learning experience (x6)
It's very helpful in getting you to get help
A great experience
Informative and practical (x4)
A good place to get resources
Resourceful
Fun, entertaining and educational

How might you use what you learned today?
(Highlights: see raw data for full list)

Pass it on, share it with others (x6)
Starting conversations
In my profession
Possibly collaborate with our nonprofit
Teach each other
Use resources to help others and myself
Go get help (x3)
Suggest MH support to people
To help others and myself
Help friends
Apply it to my mental wellness
To help others
To know there is help if I need it
For my kids
Take action
Keep talking

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

(Highlights: see raw data for full list)

Judgement (x2)
 Feeling vulnerable
 Money
 Nervous to talk about it
 Not wanting to disappoint my father
 Talking to someone
 Accepting that you need help
 Being busy
 Actually deciding to go
 Myself, denial
 Shyness, scared of judgement, lack of resources
 Procrastination / busy / thinking I can do it on my own

How can we improve this event in the future?

Activities other than just talking
 It was great, no changes (x7)
 Make it during two times when you don't have class
 More advice
 Nothing, Natalie was so great (x2)
 Keep the participation level high
 Better movies
 Provide more tools to help with MH
 Have more guest speakers
 Notice of event. Enhance the lives of others. Family first

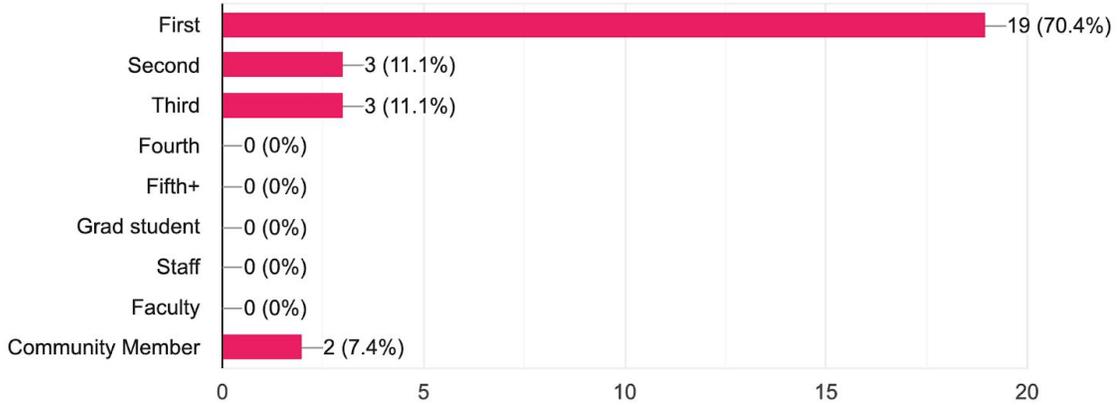
Major

Business	3
Communications	1
Dance	1
ECE	1
Engineer	1
Film	1
Film / Music	1
History	1

Human Services	2
Liberal Arts	1
Marine Biology	1
Music	1
Nursing	1
Psychology	3
Welding	1

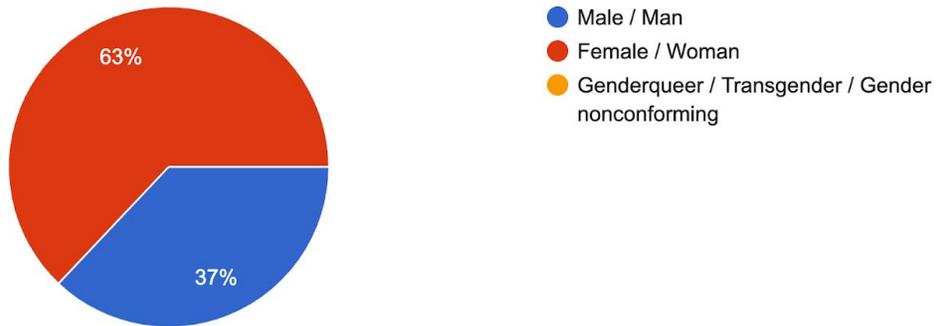
Year

27 responses



Gender Identity

27 responses



Race / Ethnicity		
Asian / Asian-American	0	
Black / African / African-American	0	
Hispanic / Latinx	13	52%
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	5	20%
Multiracial	7	28%
Other	0	