

# Movies for Mental Health (Online)

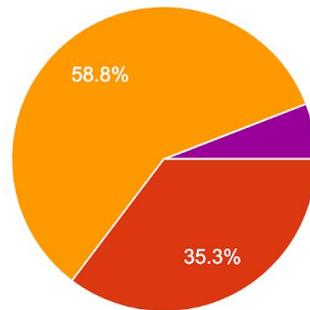
## Post-Workshop Evaluations

Los Rios Community College District  
May 7, 2020

Number of attendees: 43  
Number of evaluations: 17

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

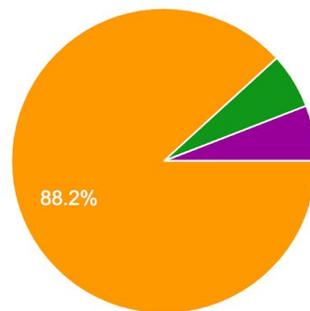
17 responses



- Not at all
- A little
- A lot
- I don't know
- I'm a college nurse so I'm pretty knowledgeable, great stuff!

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

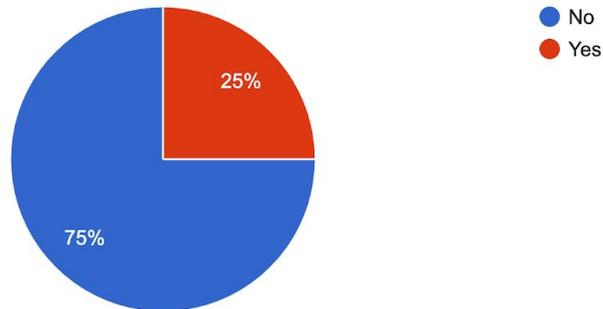
17 responses



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

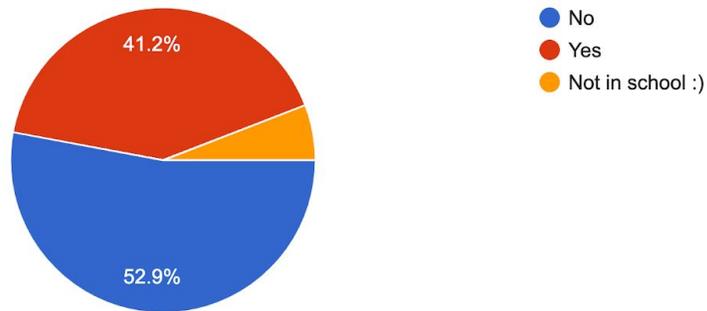
Did you know about the the Mental Health Services Act before this event?

16 responses



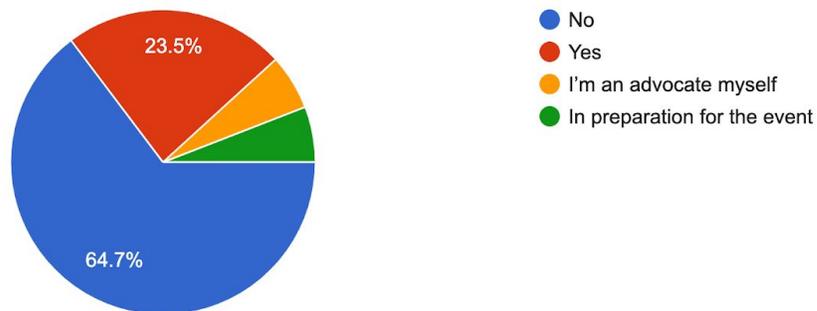
Did you know about your school's counseling services before this event?

17 responses



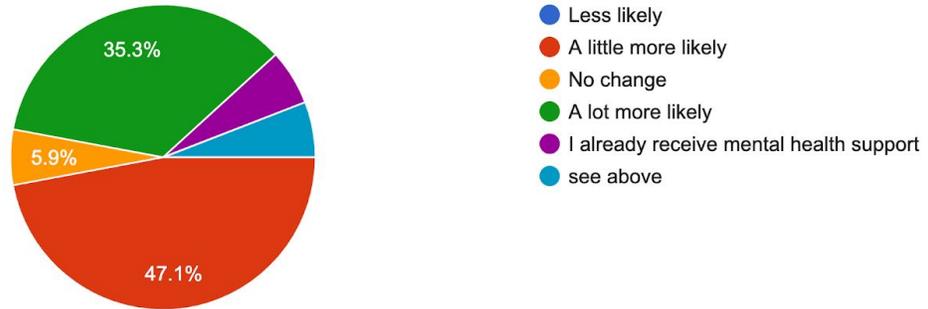
Did you know about the community resources before this event?

17 responses



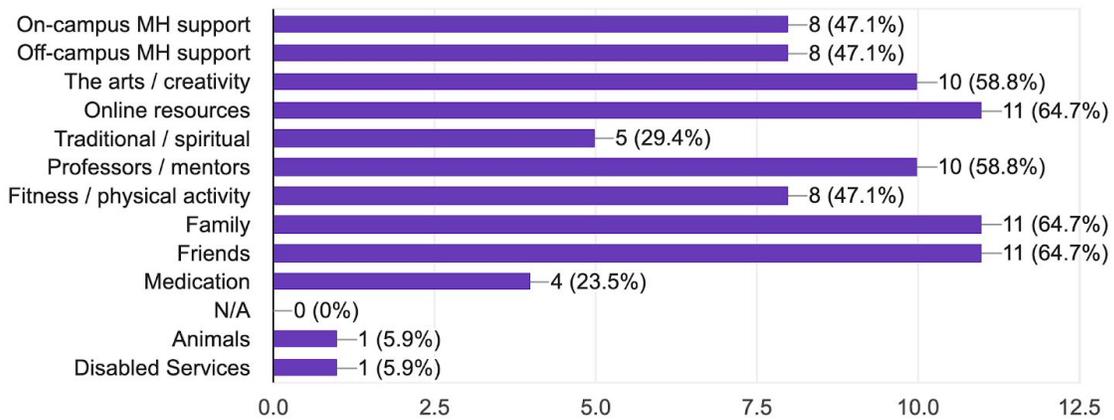
After this event, are you more or less likely to seek support for your mental health?

17 responses



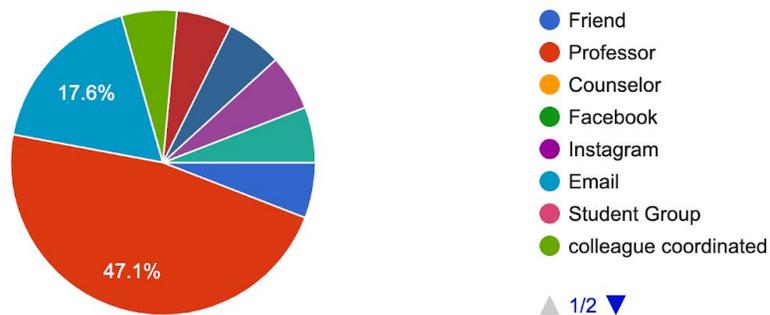
What type of mental health support do you think would be most useful to you?

17 responses



How did you hear about this event?

17 responses



## What was your main takeaway?

Learning more about coping with mental health  
 Be kind to yourself + others  
 There is help out there. I am able to also help others  
 Spreading awareness of mental health  
 Learned about OCD  
 This is a great workshop  
 That it is okay to feel your feelings  
 Be kind to yourself  
 There are so many people with the same experiences as me.  
 Art has amazing impact  
 Shining light on mental illnesses  
 There are a lot of people dealing with serious issues but are finding ways to overcome them  
 There is still a lot more to talk about so more people can have more awareness on mental health and the normality it is to be struggling with mental health.  
 This is the first time that I felt I was in a space that was understanding. It inspired me to continue to take care of my mental health and how important it is.  
 We are more connected than we think

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

(Highlights: see raw data for full list)

Relatable and beneficial  
 Helpful & real (x2)  
 Very informative and different perspective for mental health (x2)  
 Healing and meditation workshop  
 Impactful!  
 Amazing, eye opening / mind opening (x2)  
 Fun and informative (x2)  
 A great resource to talk about mental health without stigma or discomfort  
 A workshop that will help you cope with mental illness (x2)  
 Insightful, informative, hopeful and helpful  
 Supportive. This workshop allowed you to reflect on your mental health and reminds you that it is okay to not be okay but also to do things to take care of your mental health

## How might you use what you learned today?

(Highlights: see raw data for full list)

That there is help out there and that you're never alone  
 Being more mindful with myself / more self-care! (x2)  
 Share with others to support them / pass it on (x3)  
 Spread the awareness through my social media account  
 Allow anyone who needs to talk to express themselves  
 Find a person to talk to about depression  
 I plan on using it myself and sharing it with friends and family (x2)  
 Showing friends who don't fully understand mental issues the videos (x2)  
 I can use methods such as breathing exercises to calm my nerves

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

(Highlights: see raw data for full list)

Financial (x2)  
 The cultural barriers of not speaking on the topic  
 Lack of time and knowledge of places to get help (x2)  
 Feeling invalid / judgement (x2)  
 I was actually diagnosed with autism which is a learning disability, but I'm seeking support from my college  
 Not knowing where to seek, or how to start the conversation  
 My problems did not/ do not seem worth being so depressed about. "There are other people who have it worse" I felt that I was so upset over nothing. I had and have to continue to work on allowing myself to feel and address my feelings.  
 Overcoming stigma, both personal and from others (x3)

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

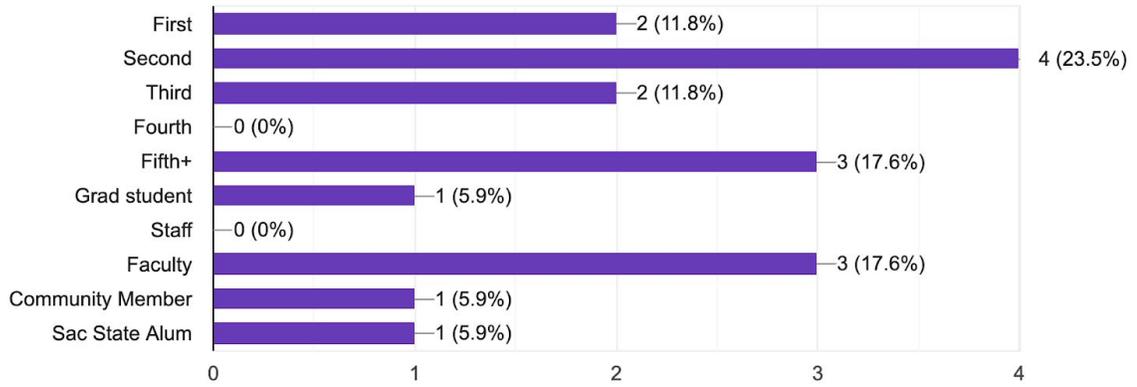
(Highlights: see raw data for full list)

It's fine so far / no suggestions (x2)  
 Being able to stop the movies and exit if necessary  
 Nothing. I thoroughly enjoyed every minute / it was awesome (x2)  
 Have more events like this  
 Make there an American Sign Language interpreter to open it up  
 Best online class/workshop ever  
 Spread the word  
 In the future, I would want to learn about more methods in dealing with mental health  
 A little more time so we can talk and learn about topics a little bit more  
 I loved this event and will recommend it to anyone who will listen. It was amazing to be a part of a community who was understanding and supportive.  
 I would love to be a panelist again!

Major	
Criminal Justice	1
Social Science	1
Nursing / Sonography Tech	2
Psychology	2
Education / Elementary Education	3
Library Technology	1
Theatre Arts and Film / Studio Art	2

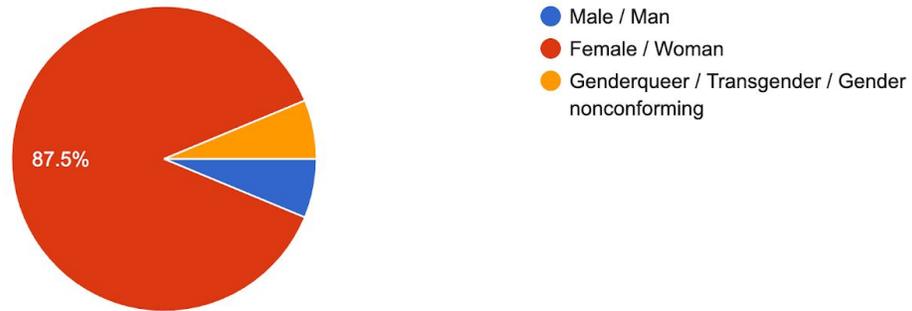
Year

17 responses



Gender Identity

16 responses



Race / Ethnicity		
Asian / Asian-American	3	18%
Black / African / African-American	2	12%
Hispanic / Latinx	5	29%
White / Caucasian	6	35%
Multiracial	1	6%
Other	0	0%