

Movies for Mental Health

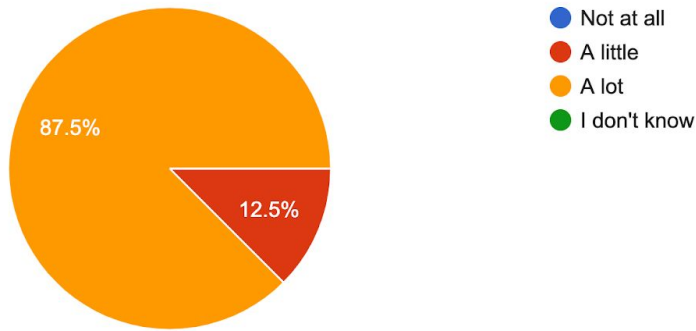
Post-Workshop Evaluations

School: Butte College
Date: November 18, 2019

Number of attendees: 16
Number of evaluations: 8

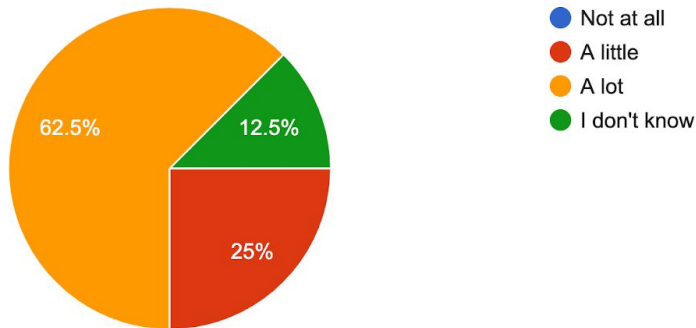
In your opinion, did this event create awareness of mental health issues?

8 responses



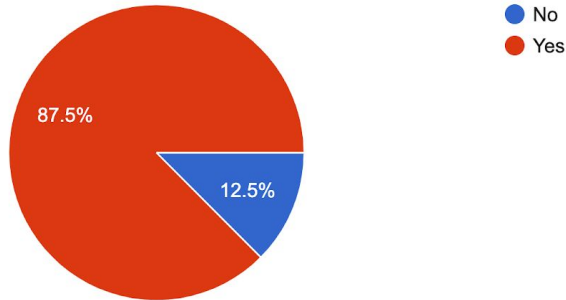
In your opinion, did this event reduce stigma related to mental illness?

8 responses



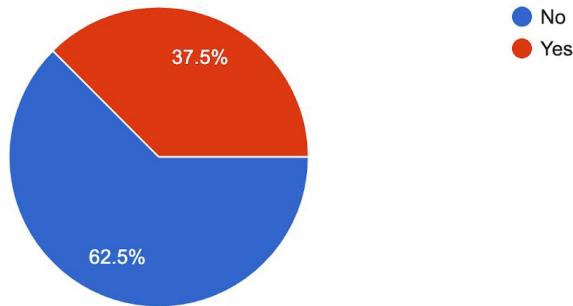
Did you know about your school's counseling services before this event?

8 responses



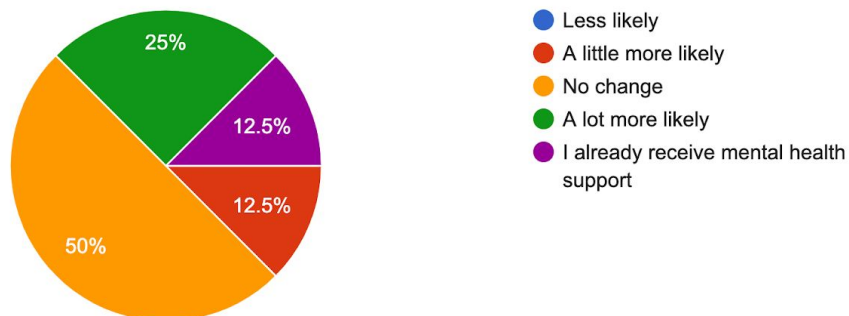
Did you know about the the Mental Health Services Act before this event?

8 responses



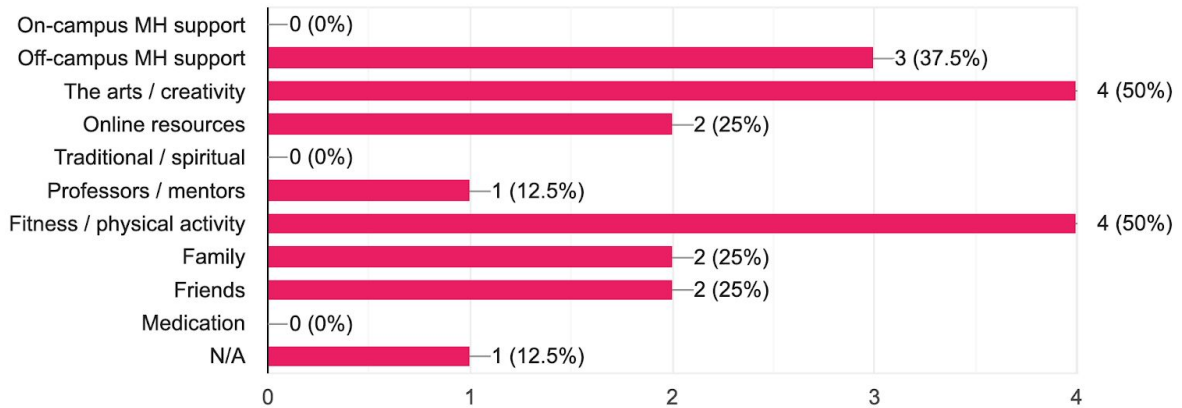
After this event, are you more or less likely to seek support for your mental health?

8 responses



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

8 responses



How did you hear about this event?

Friend	0
Professor / class	1
Safe Place and/or Queer Resource Center	2
Email	4
Online / Facebook	0
Posters / flyers	0
Campus Announcements	1

What was your main takeaway?

Open up space to share
 Mental health takes many forms
 People care
 More awareness of our area's issues
 Don't get a diagnosis
 I am responsible for my mental health
 Need for more mental health awareness

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

How to talk about mental health
 Educational & realistic
 Increasing awareness of mental health issues & resources
 Yes informative
 Interactive

How might you use what you learned today?

I would use short films to work w/ students
 Discussion w/ friends & family
 Increase compassion
 Where to get help

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

(Highlights: see raw data for full list)

Time & money
 Money
 Time carved out to go, not the time yet (x2)
 Seeking support
 Life pressures
 Stigma

How can we improve this event in the future?

Students on panel?
 More movies since it's about art & less small group discussion
 Not sure
 Invite people
 More publicity

Major

Social Work

2

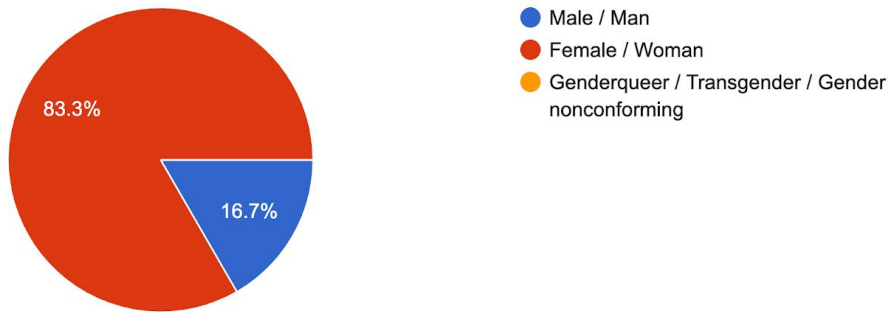
CDE

1

Year	
First	1
Fourth	1
Fifth+	1
Staff	1
Faculty	5

Gender Identity

6 responses



Race / Ethnicity		
Asian / Asian-American	0	
Black / African / African-American	0	
Hispanic / Latinx	0	
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	1	20%
Pacific Islander	0	
White / Caucasian	3	60%
Multiracial	1	20%