

# Movies for Mental Health (Online)

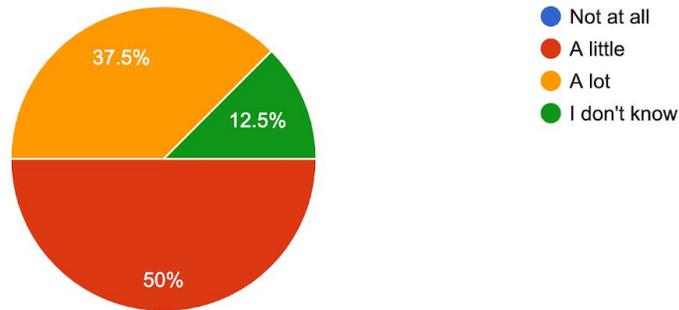
## Post-Workshop Evaluations

College of Marin  
October 20, 2020

Number of attendees: 28  
Number of evaluations: 8

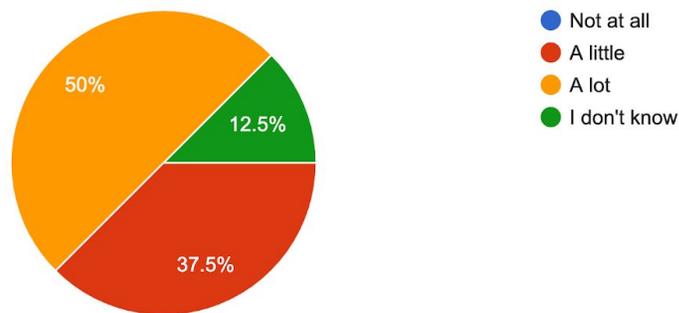
In your opinion, did this workshop increase your awareness of mental health issues?

8 responses



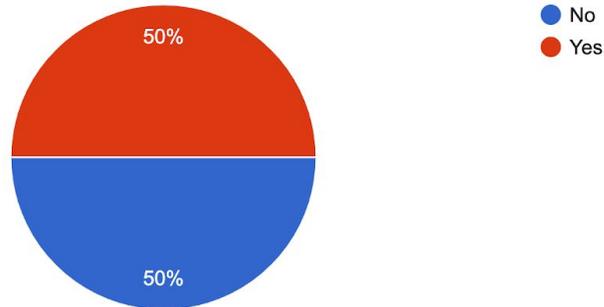
In your opinion, did this workshop help you confront and address stigma related to mental illness?

8 responses



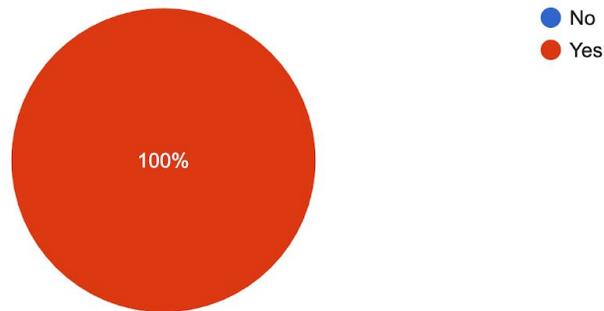
Did you know about the the Mental Health Services Act before this event?

8 responses



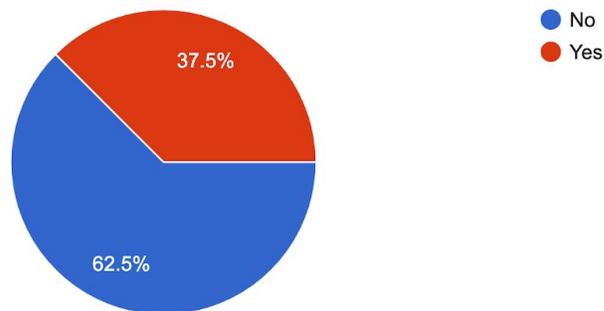
Did you know about your school's counseling services before this event?

8 responses



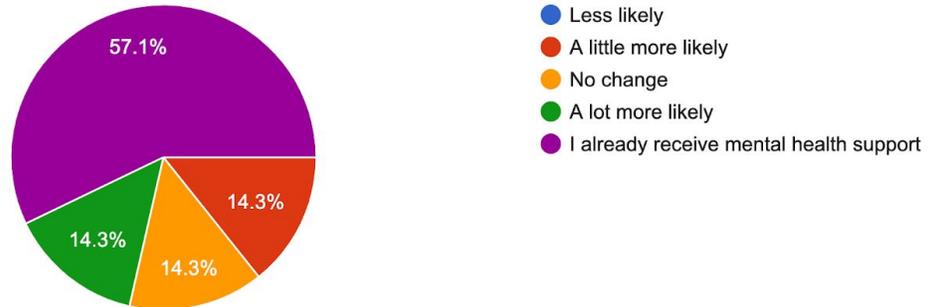
Did you know about the community resources before this event?

8 responses



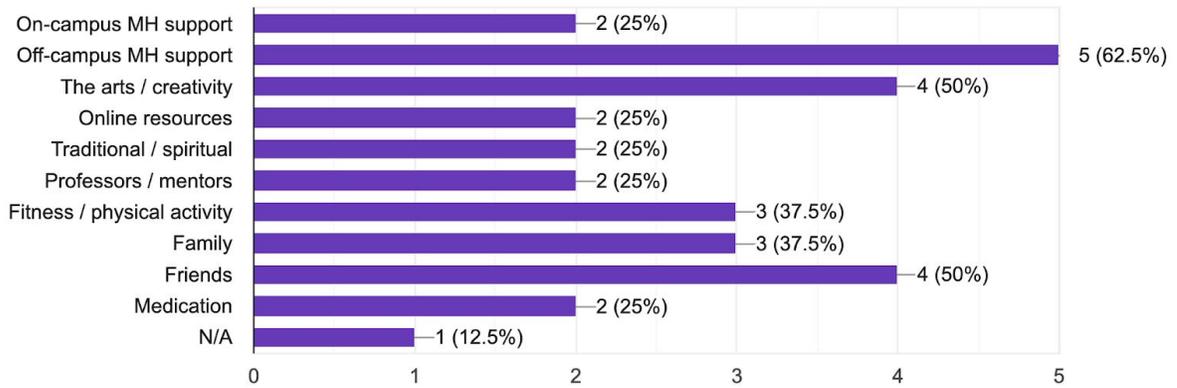
After this event, are you more or less likely to seek support for your mental health?

7 responses



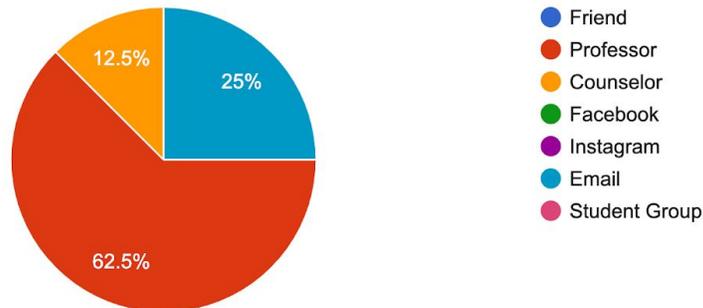
What type of mental health support do you think would be most useful to you?

8 responses



How did you hear about this event?

8 responses



### What was your main takeaway?

How to be supportive of my people who DO deal with stigma of mental and emotional wellness. I also really needed to remember to to check in with myself more often.  
The depth of mental illness in other cultures that suppress it  
I could not access the film because the Evite only opened Internet Explorer and the program only ran with Chrome and there was no link to click to open on chrome. Technical difficulties. After 15 minutes, my mental health was affected and I had to move on.  
Sharing experience is the best tool to destigmatize mental illness  
Although stigma exists, you do not have to define yourself by the preconceived thoughts others think you should live by  
More about mental health than just being sad and being depressed  
There is a lot of support at COM

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

Informational, and easy to participate in, without being too intimidating  
An informational workshop that dives into the different causes of mental illness but also strategies to acknowledge and build on mental wellness to improve our overall health  
Illuminating & uplifting  
Amazing and resourceful  
Told us about how we have mental issues  
Mental health information, discussion, and resources

### How might you use what you learned today?

The "fun and creative" support is more of what I need in my life. I've been feeling a lot of pressure to help others, but it's bad for both parties  
I feel more comfortable with reaching out to a professional to talk instead of continue to tell myself that I'm just being silly for not feeling good  
I'm going to try to integrate the body scan into my life more :)  
I am going to stay in contact with my therapist as well as not believing in the stigmas  
I like the breathing exercise and the body scan  
I would like to show this to other friends, who may benefit from this

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

Personal stigma, things I'm working through from my upbringing  
Stigma  
Perfectionism  
My own personal shame, the sadness that surround my need for help  
How to talk to someone?  
Finding time in my busy schedule

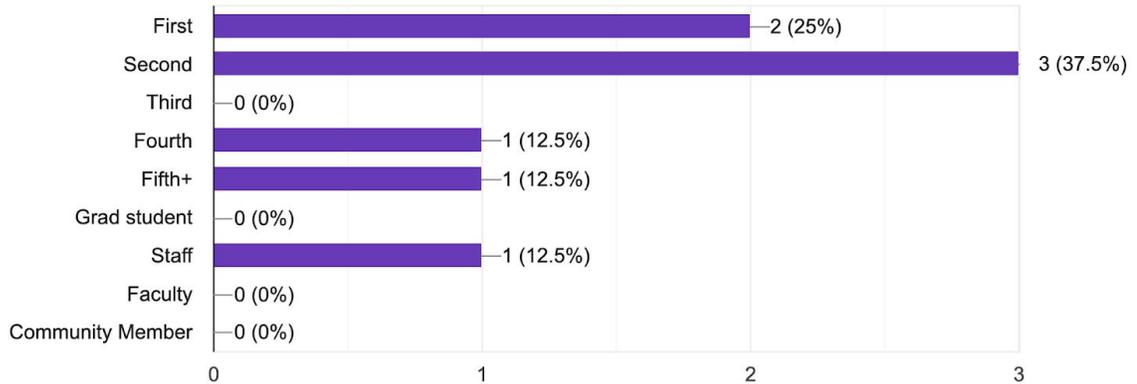
## How can we improve this event in the future?

I'm not sure?  
 If possible, a morning session would be great!  
 Have a link to click on  
 I loved it! Fantastic use of the virtual space!  
 This event went well and smoothly in my opinion  
 Nothing, it was great!!  
 Having multiple events for people that have evening classes

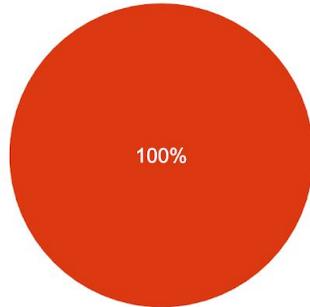
Major	
Psychology	<b>3</b>
Pre-nursing	<b>1</b>
Sociology	<b>1</b>
Occupational Therapy	<b>1</b>

### Year

8 responses



Gender Identity  
8 responses



- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

Race / Ethnicity		
Asian / Asian-American	0	
Black / African / African-American	0	
Hispanic / Latinx	2	25%
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	4	50%
Multiracial	2	25%
Other	0	