

# Movies for Mental Health (Online)

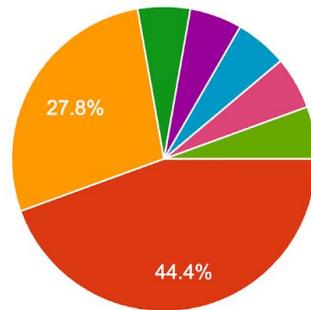
## Post-Workshop Evaluations

College of Marin  
April 28, 2020

Number of attendees: 59  
Number of evaluations: 18

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

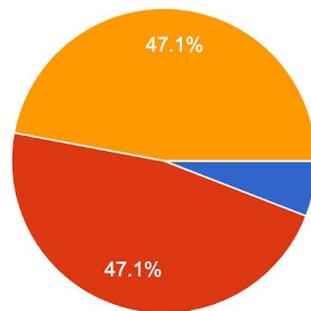
18 responses



- Not at all
- A little
- A lot
- I don't know
- No, I feel like I knew a bit about it but it always is good to remind yourself and...
- I am a clinician, so there was nothing new for me, BUT I am familiar with Mo...
- I already had known a lot about this to...
- im a healer so im well versed already

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

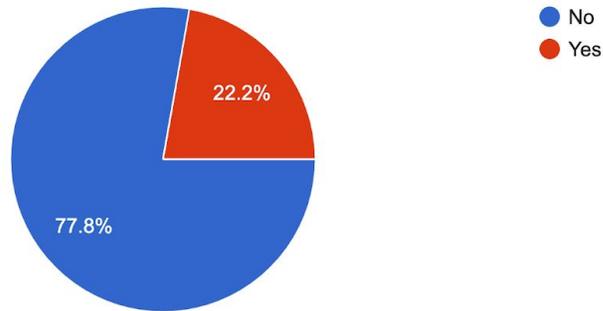
17 responses



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

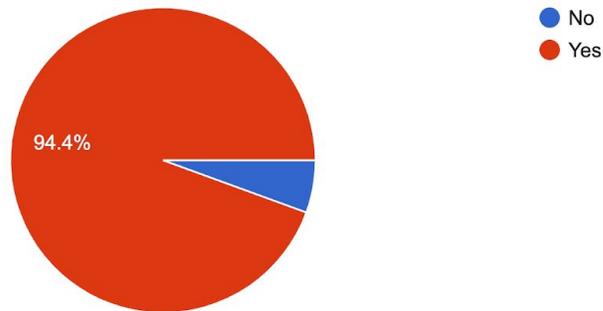
Did you know about the the Mental Health Services Act before this event?

18 responses



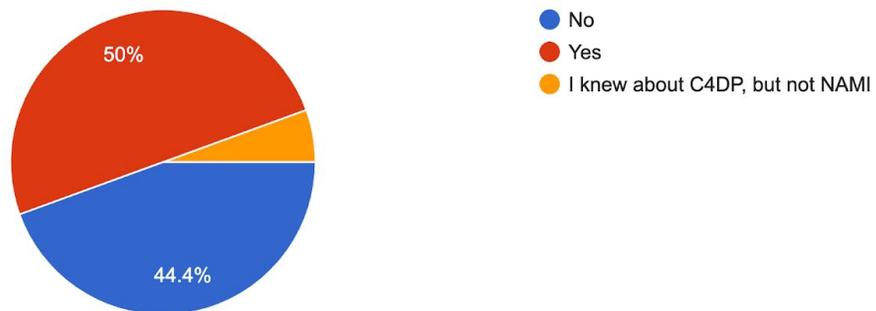
Did you know about your school's counseling services before this event?

18 responses



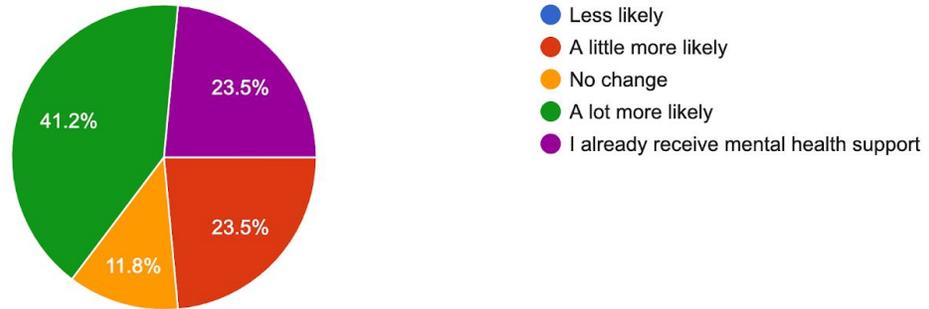
Did you know about the community resources before this event?

18 responses



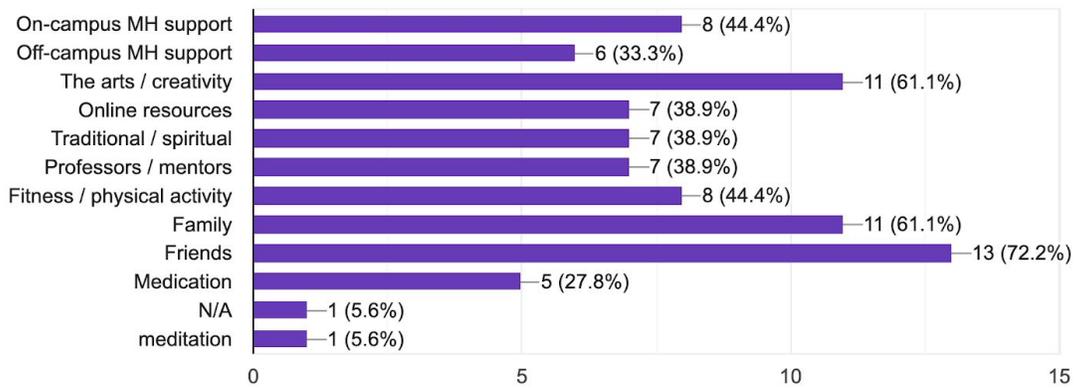
After this event, are you more or less likely to seek support for your mental health?

17 responses



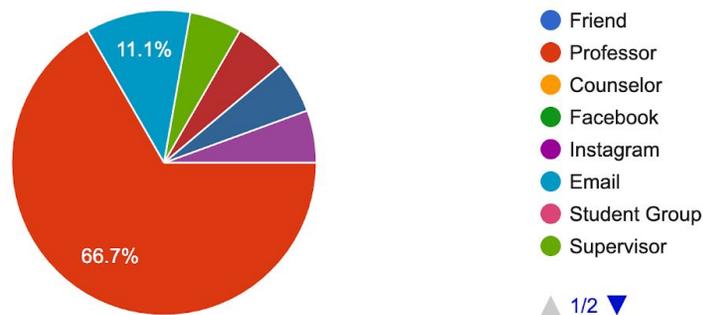
What type of mental health support do you think would be most useful to you?

18 responses



How did you hear about this event?

18 responses



## What was your main takeaway?

Mental health is not just about mental illness but wellness  
Mental Health Awareness is CRUCIAL  
How prevalent mental health issues are and the changing perspectives on people's individual experiences  
I really enjoyed this. Very informative and warm. Thank you!  
Don't be silent  
A lot of times mental health can be grossly romanticised and we need something that's real  
That everyone has issues and they don't make us  
There is support available  
I can remember other's mental health as well as my own  
At any point of time, I can reach out  
Stigma is bad  
That others have similar feelings about emotional issues  
A diagnosis doesn't define who you are. Also, mental illness and wellness are not 2 ends on a spectrum.

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

(Highlights: see raw data for full list)

Multimedia presentation with participation  
Warm and Insightful  
Impactful, and triggering  
An informative and interesting workshop on mental health (x2)  
Thought provoking  
A 3 short movies about stigma  
Helpful, engaging and supportive (x2)  
Nurturing, informative  
A need to do/attend  
Great information about mental health & wellness and resources (x2)  
Enlightening for those newer to understanding mental health

## How might you use what you learned today?

(Highlights: see raw data for full list)

The breathing and body scan were very helpful  
Advocacy, incorporating art in practice  
Remembering that I'm not the only one who struggles to manage anxiety and that I'm valid in my feelings  
I plan to use some of the resources  
Personally  
Seek out help if i need it (x2)  
When a friend is struggling, I can not only support them with my love, but also maybe help them look for appropriate resources!  
Reminder to stay grounded  
Meditate  
Refer resources who need it  
Be better at really listening to those I'm close to + be more mindful of not judging others

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

(Highlights: see raw data for full list)

Money, pressure to work really hard for a successful future, not disappointing my social circle when they expect me to make something of my smarts (x2)  
 I have a hard time prioritizing my own health  
 Personally I go to a therapist, but when I go I would rather say I have an appointment vs im going to therapy  
 Being in quarantine  
 Fear of not getting the help I need to overcome my issues  
 Being afraid people won't help me because I'm struggling with the same issues again  
 Burdened emotions  
 Time and energy of figuring it all out / finding a therapist (x3)  
 Understanding from others personally and professionally  
 Staying focused in the present when I'm overwhelmed

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

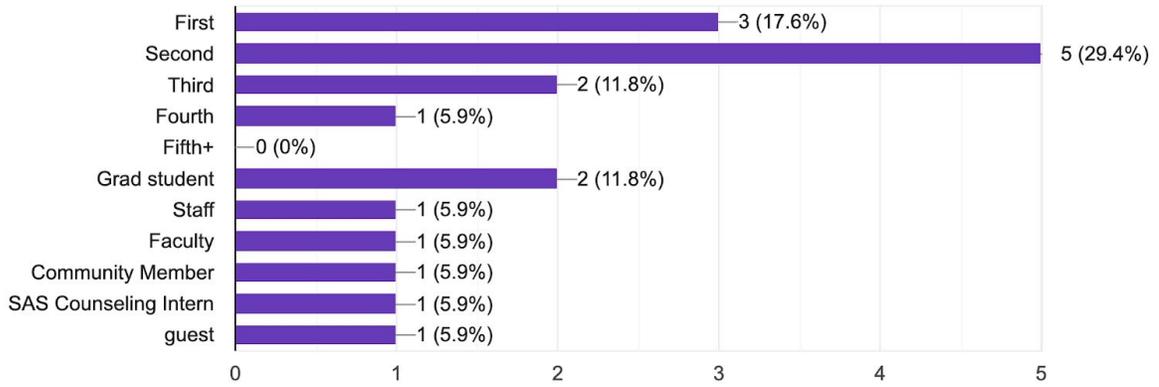
More videos  
 Access to share films with others  
 Checking in with people  
 I don't know (x2)  
 I think it was really well organized. No improvement needed  
 Direct speak  
 Shorter, and more panel discussion  
 It was good / it was great! (x2)

### Major

Biology	1
Clinical Mental Health Counseling	1
Communications	1
Early Childhood Education	1
Pre- Social Work	1
Psychology	5
Sociology	2
Spanish	1

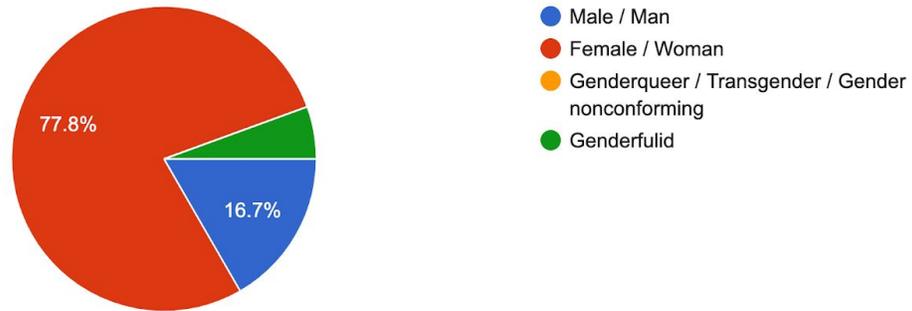
Year

17 responses



Gender Identity

18 responses



Race / Ethnicity		
Black / African / African-American	1	7%
White / Caucasian	11	79%
Multiracial	2	14%
Other	0	