

# Movies for Mental Health (Online)

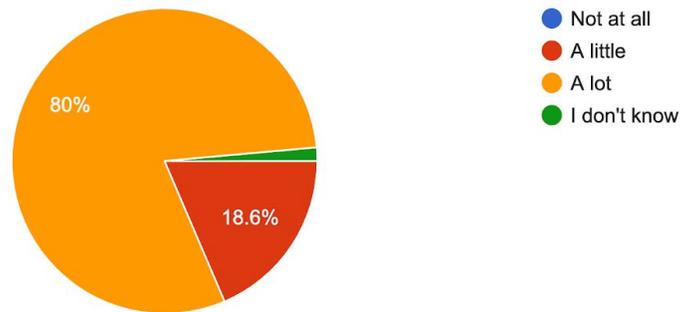
## Post-Workshop Evaluations

College of the Sequoias  
November 4, 2020

Number of attendees: 102  
Number of evaluations: 70

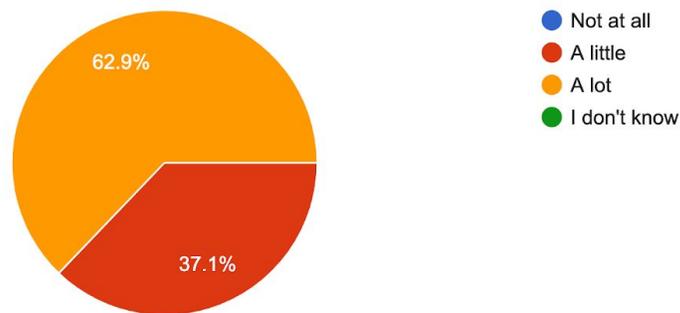
In your opinion, did this workshop increase your awareness of mental health issues?

70 responses



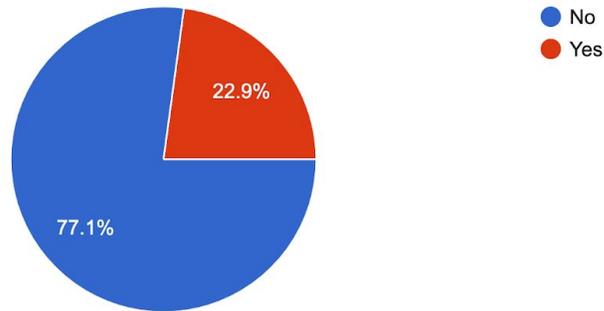
In your opinion, did this workshop help you confront and address stigma related to mental illness?

70 responses



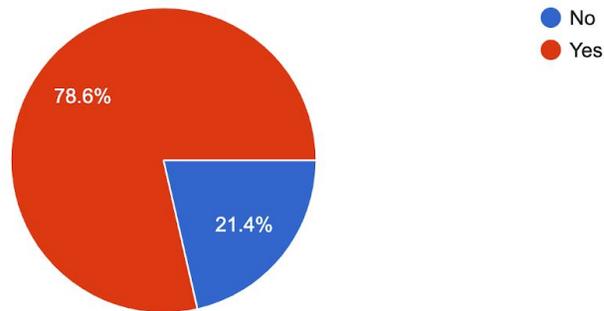
Did you know about the the Mental Health Services Act before this event?

70 responses



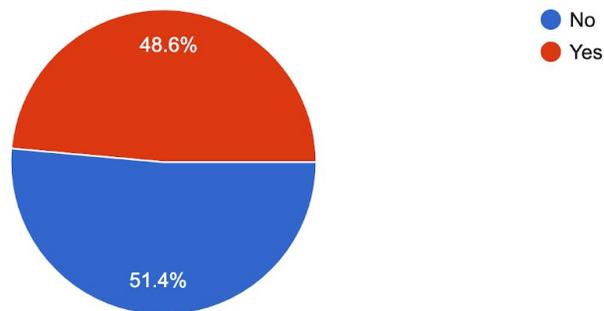
Did you know about your school's counseling services before this event?

70 responses



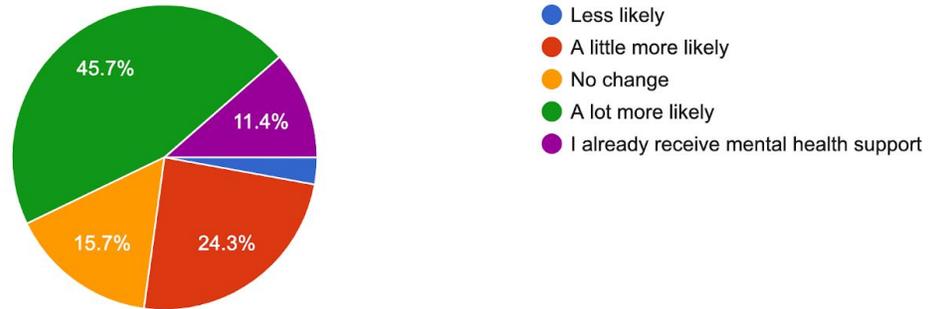
Did you know about the community resources before this event?

70 responses



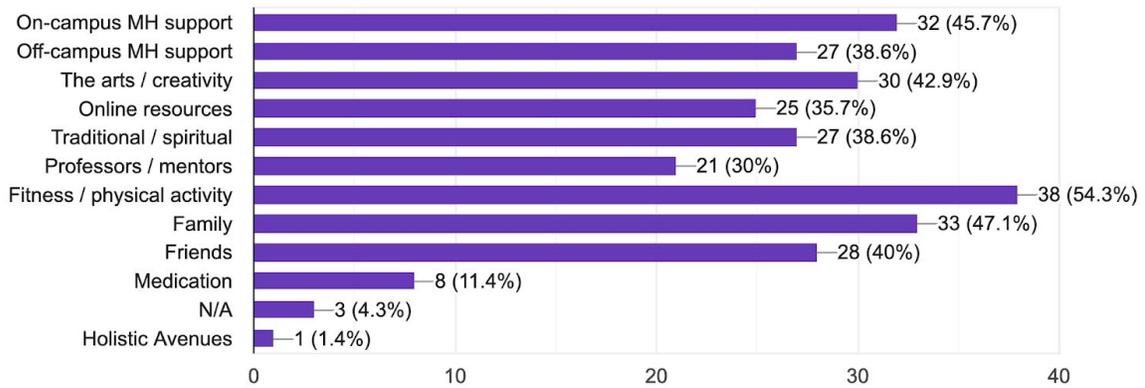
After this event, are you more or less likely to seek support for your mental health?

70 responses



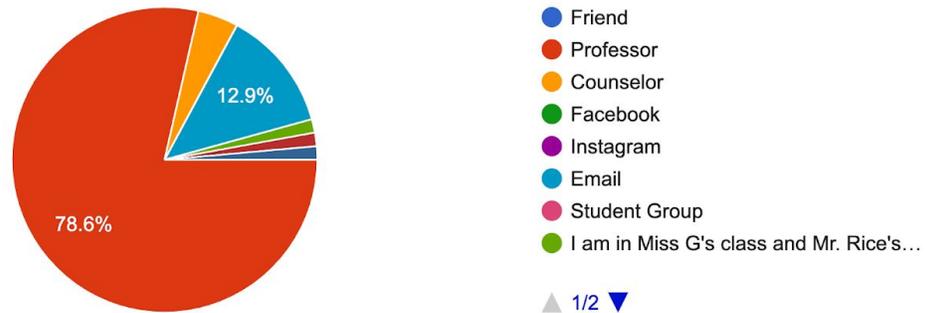
What type of mental health support do you think would be most useful to you?

70 responses



How did you hear about this event?

70 responses



## What was your main takeaway?

(Highlights: see raw data for full list)

My main take away was that there are many there to help and to not be afraid to seek for help  
How many people are struggling  
Listen to your body, everybody experiences triggers - and being able to recognize them in your own body  
I can be open to getting help for my mental health and my emotions are valid  
Everybody should love each other and support each other as family, friend and etc.  
There is a lot of ways to improve my mental health, not only provided by my school, but other ways too  
I can get help/my feelings are valid  
It's important to ask for help when you need it  
Check in on friends and family members  
Mental health is what everyone deals with. It is a normal thing to happen (x2)  
Perhaps I might need to seek some help  
Mental health is a serious issue that should not be downplayed and taken seriously  
The resources available at the end of the workshop / information on mental health (x12)  
That this is in fact a real world issue that everyday people deal with  
Accepting people for who they are  
Don't be ashamed of what you're feeling. Never be afraid to ask for help (x7)  
I loved it all. Great time I had.  
Our mental health needs to be taken more serious  
Language is important when speaking about mental health  
How to take care of myself mentally and how to seek help when I need  
The breathing exercises were very helpful. Also just discussing the mental health issues.  
Mental Health is very important, I loved all the resources that were available in this workshop (x4)  
That I should not suppress and denying my feelings  
My main takeaway from this video session was how important it is to confront your mental health. There are way too many resources so ignoring to confront any problems should not be an option.  
Mental health is a focus for the younger gens  
We are not alone! We have several resources available to help us! We don't have to suffer by keeping it all to ourselves and most importantly we should take care of ourselves.  
It's important to get help  
Take care of yourself and others  
Our campus does care about mental health issues and are open to talking about it  
Depression and how to handle it  
That everyone goes through mental struggles  
Such great resources available to students at COS  
That I'm not alone as I thought I was (x3)  
That I need to take care of myself first (x2)  
The addiction video / Gladys's movie clip (x3)  
That it is ok not to be ok especially in times like this, it was an effort to help bring awareness and end the stigma surrounding mental health  
To be ok with who you are and if you ever need to talk to someone about anything reach out, their are people to help you very  
I was so impressed with our turnout. I feel very lucky to have had a chance to share my experience and what has helped me find relief. I benefitted from learning about other people's stories, especially those who have lost a loved one to suicide or drug use.  
We are the most aware of our mental health and the only ones who can seek and understand what we need  
I know that there are a lot of people also fighting with their mental health everyday and I am not on my own  
It's totally valid to feel anyway you feel and no one can say other wise

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

Amazing and important (x5)  
A wonderful way to learn more about mental health and what's best for you when having to deal with it  
Engaging and real / a reality check (x2)  
It's really good workshop tells you about mental health  
Emotionally moving  
It's great workshop to learn about mental health  
It helps you a lot in life / helpful and useful (x14)  
Relatable  
It's a good training  
Powerful and very informative  
An open friendly place to talk about all your problems  
Well presented. Very interesting and helpful (x2)  
Great information to get mental health awareness  
As a great place to gain new knowledge about MH and by having a community to share and relate to  
Lots of community collaborations  
A creative and informative event  
A very informative and entertaining event  
Really helpful and emotional  
Great support , no judgement at all.  
A helpful insight to mental health problems  
Eye opening (x2)  
Very educational and validating  
An interactive workshop that shows short films on MH, but also includes students in the conversation  
I tell them that this is a great way to learn more about MH and that other people are going through it too  
This workshop will be a safe base where it's okay to share your story  
Very Organized, Amazing  
Very supportive information  
Awareness Enlighten  
Awesome. It is nice to know others are trying to do good things instead of putting down others. There is a  
Lot of good services out there to help yourself or others  
A helpful 90 mins about mental health. I wish you'd seen it.  
Student counseling  
I would describe this as an informational and comforting event. I loved how everyone was involved and  
everything mentioned was something many of us could relate to.  
Great learning experience  
Great! Interactive, honest and real  
Very knowledgeable and amazing  
Practical, warm and inviting  
A talk and teach session focused on Mental Health  
Information life changing first step  
Interactive, interesting, a pleasure  
very motivating and educating  
A joyful space, even if we are talking about sometimes painful experiences. The workshop felt like a breath  
of fresh air, reinvigorating me & it felt good to connect with others  
Very useful. So many people suffer from MH issues and there are so many resources out there to help.  
Powerful  
A safe environment and you feel welcomed.  
Eye opening

## How might you use what you learned today?

(Highlights: see raw data for full list)

I might use what I learned today to inform my friends and family what actions can be taken to help with their mental illness / share it (x14)

To go get help when you need it

Create

I will be doing the breathing exercises and body scan to help me relax (x3)

I might use the techniques that I learned today to let go of stress (x3)

Not to let it get so bad before looking for help (x2)

I learned that it's good to support a lot of people the good and the bad day, and help them when they need it and

I would use this to help a friend and need

Being more mindful and helping others more

I will try to learn more about myself and do self-care / I will make time for myself (x3)

Going to contact counseling services / I will reach out for help (x5)

Share this important information with students

Knowing that services are available to me since we all struggle with some type of mental health

I am going to implement this into my own mental health journey

If I come across anyone having issues with mental health I now know how to help them and where to send them for support (x3)

There are a lot of services on campus and Visalia that when I was going through something a year ago I could have went during my breaks at school to talk to a professional

I would try to talk to my parents about my mental health. Hopefully to get them to understand more about what I'm going through.

Definitely going to use the mental health resources

Being more understanding

Sharing it with my peers and definitely starting and continuing discourse on the topic

I will definitely use the mental health services being offered

Recommend people to get help if it is needed.

I'd seek guidance without fear

Useful

Tell anyone that goes to COS about all the avenues of help at COS

I will definitely use the exercises that we experienced in the session. It's important to pause and acknowledge self-care.

I will use the relaxation technique demonstrated in the event. From now on, I will try to do it daily and most importantly I will remember to put my care first. Mental illness is not a joke and something to be embarrassed of. I will keep the resources mentioned and possibly reach out to them in the near future.

I would like to use the breathing exercise to help me fall asleep on the nights where I feel like I have insomnia

I will continue to stay connected with these services

Tell or talk to a friend about how important taking care of ourselves is and mental health

to learn to listen to myself, and start taking care of myself, the self care is not my biggest thing to do and I need to learn how to better do this

One thing that really stuck out for me was someone sharing that you don't have to feel really bad or low to get some help. I have learned that in the future if I am fearful that I will spiral down, I will seek out help before it gets worse, and maybe I will be able to stop from crashing down all the way.

Seek help for myself.

Maybe with family members, or friends that seem to be struggling and they don't want us to know what they're going through

Schedule counseling

I'm my daily life

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

(Highlights: see raw data for full list)

My biggest barriers to my mental wellness or seeking for support is that they actually help you cope  
Not enough counselors - wait too long  
Parents telling me that mental health is not real and that I do not need help / family (x5)  
Pride get in the way / myself (x4)  
Well for me I usually get depression, but I am always thinking positive stuff because I always think to myself  
Most definitely, what is happening throughout the years. 2020 just down right sucks.  
I have taken part in counseling. I realize the importance of caring for self.  
My close friends and family don't live in this state  
The stigma within my culture and family beliefs  
Don't seem very severe, overall in a good place and have a good partner to talk to (x3)  
meeting with a correct professional and feeling comfortable with them  
I've been afraid to feel my emotions because I have been made fun of because of them  
Been judged, anxiety and support (x4)  
Finding a therapist, with no money and not finding people that understand or sympathize with my experience, it has been very difficult  
Availability and insurance coverages  
I don't currently have insurance and I'm running out of medication refills  
I don't have barriers, I'm open to getting support (x6)  
Well it was finding support with my income  
Motivation to take care of myself and getting on the same page as my husband.  
The biggest barriers to my mental wellness and/or seeking mental health support would be being too shy and having trouble explaining how I feel  
Time & money. I have the desire.  
I would say that my biggest barrier to seek support is actually being able to share my feelings. I carry this feeling that no one will understand me or judge me instead. I am so used to keeping things to myself that actually speaking to someone may be difficult. However, I will reach out and take care of this.  
Getting up and seeking help. I feel embarrassed (x3)  
Child care while seeking mental health services  
Resources  
I tell myself it is lack of time / waste of time (x2)  
Paying for services (x3)  
Feelings of loneliness, self care, taking time and listening to my body and mind, overthink to much and overwhelms me alot  
My biggest barrier is cost. I have sought counsel 3 times in my past, and it is expensive. But, it is worth it.  
Right now, I am very thankful to be able to receive therapy at my college campus (currently virtually) without cost.  
Time. I feel like I have so many responsibilities and things going on but not enough time (x4)  
Negative self-talk  
Time and my family worrying  
I have a hard time opening up to people  
The fear of speaking out and being judged or told something I don't want to hear

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

(Highlights: see raw data for full list)

Maybe allow a little more people to join since I do feel that this topic is very important and space shouldn't be as limited (x2)

I was very impressed

I really enjoyed it how it was! I loved this event! (x15)

Realize that it can happen to anyone

Everyday I got to think positive and help others.

I am not sure

I think this was great and well organized

I really enjoyed this. Everything was amazing. More guest?

It was difficult to get into the event. Tech problems

I think everything was very helpful

Make this in person! Sadly we are in a pandemic but honestly I really liked this a lot, wouldn't change a thing

Maybe more breathing exercises

I honestly liked all the topics that were discussed.

Coincide all the tips and methods into a document we can easily access

More advertisement to farthest locations it can reach

Maybe have one more short film

I really don't have anything. You guys did a great job!

This event was so well organized that I honestly didn't want to stop watching the videos. I honesty with more people where able to join.

More time

Just sound issue. I am sure that is a unpredictable thing from it happening.

Offer more of them. It was a great event.

I would like for there to be more audience interaction or story telling. Maybe notifying and allowing students to sign up as presenters to share their story. Completely voluntary of course!

Offer more sessions like this

Make it shorter

Great can't wait for it to be in person

Making it a weekly support group

Longer videos

Everything was good and ran smoothly (x2)

I really loved this event exactly how it was. I think it was a great amount of time, I think the movies for mental health were interesting and touching, and I really loved our facilitator. She was funny and bright and well spoken.

Is there any events on weekends?

Having the sources have more detail

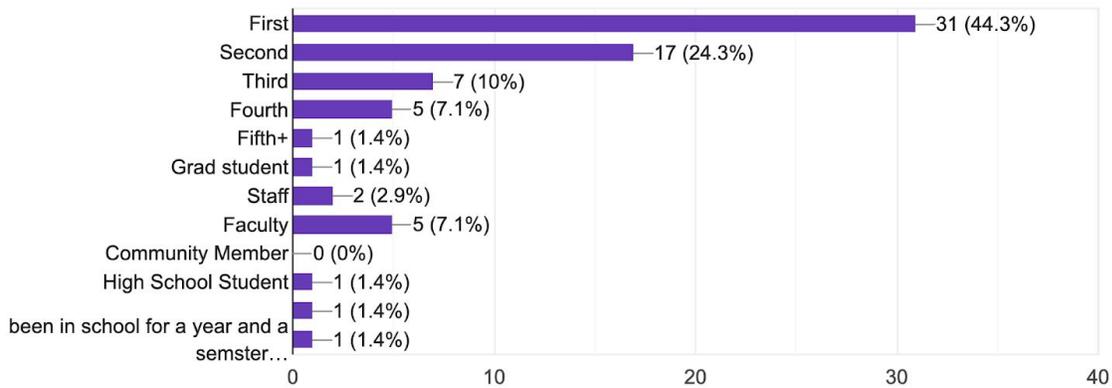
### Major

Animal Science	<b>1</b>
Biology / Biology & Chemistry	<b>4</b>
Business Administration	<b>2</b>
Child Development	<b>17</b>

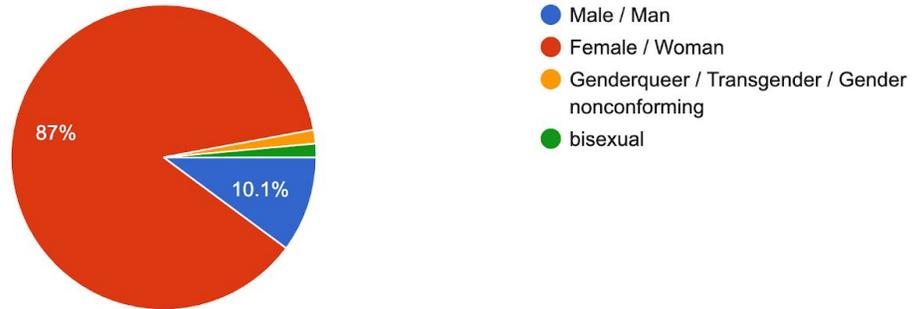
Communications	2
Criminal Psychology	1
Dance	1
Teaching / Elementary Teaching	7
Film	1
Social Work	2
Human Services	4
Liberal Arts	1
Math & Science	1
Nursing / Pre-nursing	3
Psychology	8
Sociology	2
Undecided	1

Year

70 responses



Gender Identity  
69 responses



Race / Ethnicity		
Asian / Asian-American	1	1%
Black / African / African-American	2	3%
Hispanic / Latinx	38	55%
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	18	26%
Multiracial	8	12%
American of Mexican descent	1	1%
Portuguese	1	1%