

Movies for Mental Health

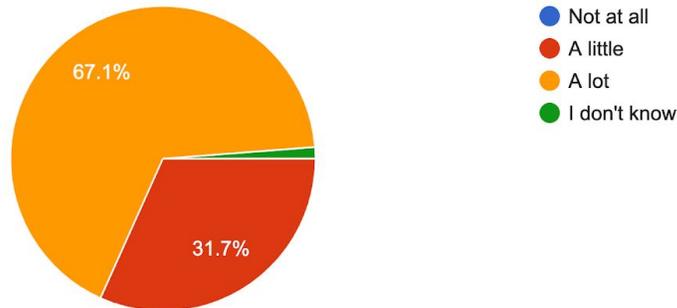
Post-Workshop Evaluations

School: De Anza College
Date: January 21, 2020

Number of attendees: 104
Number of evaluations: 82

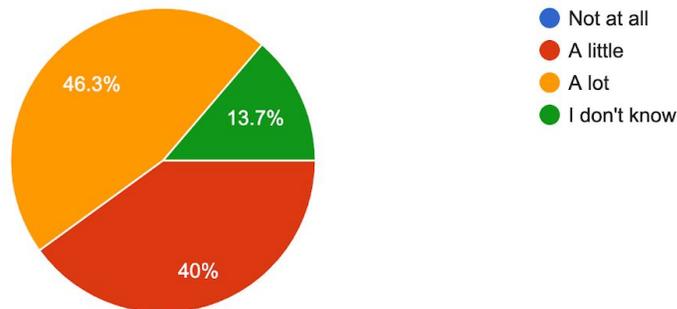
In your opinion, did this event create awareness of mental health issues?

82 responses



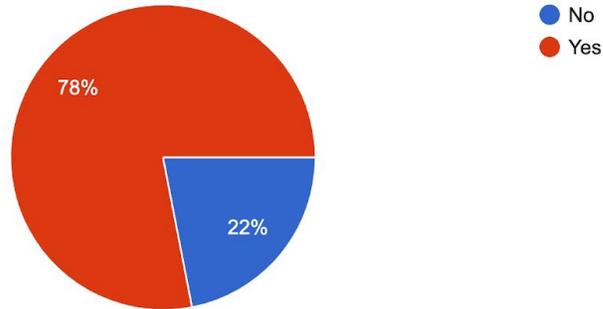
In your opinion, did this event reduce stigma related to mental illness?

80 responses



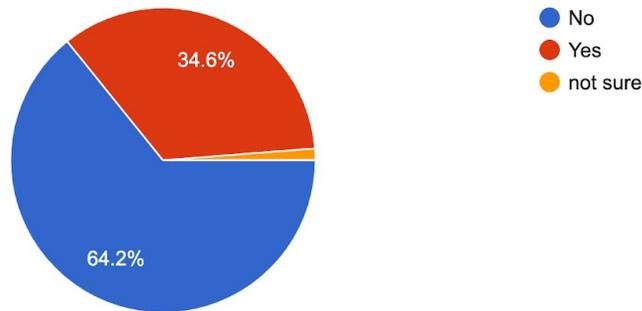
Did you know about your school's counseling services before this event?

82 responses



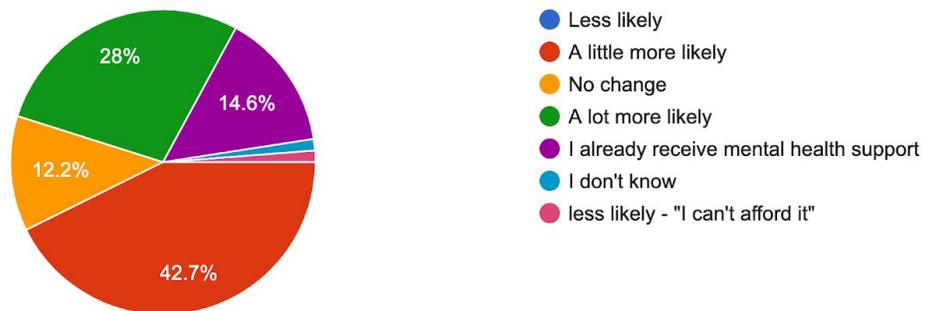
Did you know about the the Mental Health Services Act before this event?

81 responses



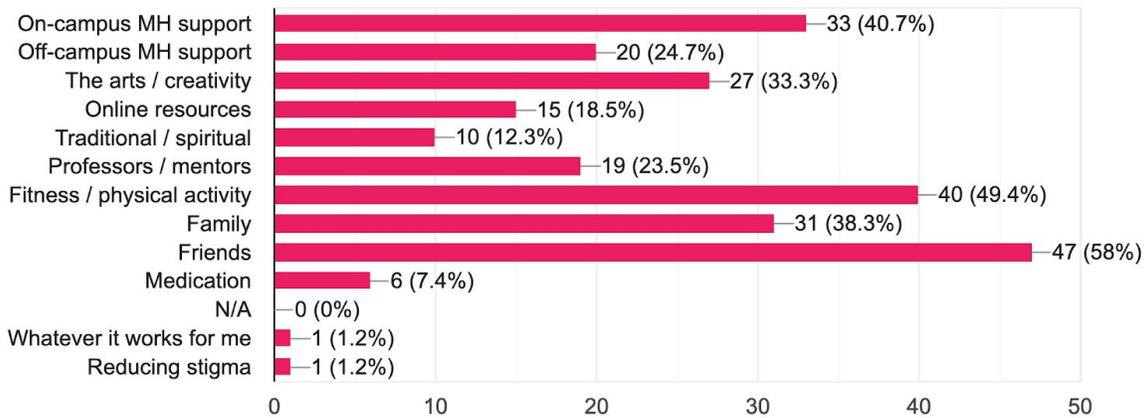
After this event, are you more or less likely to seek support for your mental health?

82 responses



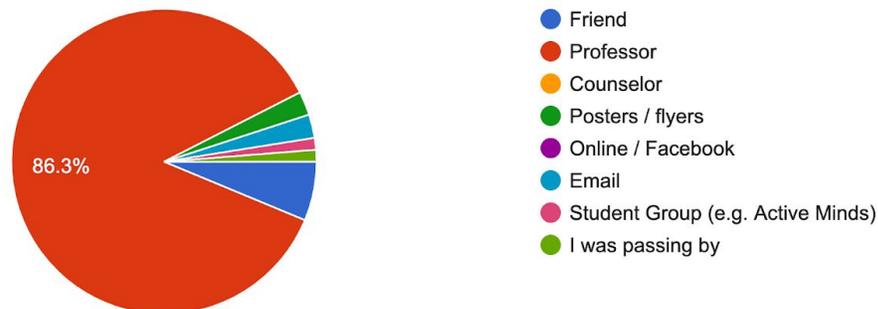
What type of mental health support do you think would be most useful to you?

81 responses



How did you hear about this event?

80 responses



What was your main takeaway?

(Highlights: see raw data for full list)

- Starting a conversation about MH is essential to improving stigma (x3)
- People are there to help you even when you don't there is
- Mental health can be devastating
- Respect others because we don't know what they're going through
- People/audience don't know that much about MH
- Gaining the knowledge / learning more about MH (x4)
- Mental health is more important than I thought
- The useful main points like depression, drugs, etc (what helped)
- To always ask for help (x3)
- That many people take different views from the videos
- MH shouldn't be as stigmatized and more discussed with others so people can get support they need

Speak

There is ALWAYS help. Mental health is important and mental unwellness is not the end of the world.
 We should be open to the possibilities to get support and help
 Understanding stigma, mental illness, and mental wellness
 Learning the difference between stigma and stereotype / learn more about stigma (x2)
 Stigma is not personal
 Mental health issues are more prevalent than people think (x2)
 To understand what mental illness is and all the different kinds of it
 At some point in our life, we will be sick
 It's very freeing to know you're not alone
 Mental health is real / important / should be taken seriously (x3)
 Video and real example of stories as in person (panel)
 To never let your mental health be a barrier
 Be able to aware of mental health problems (x2)
 The willingness of people to help
 The hardest part is having someone to reach out to
 The meaning of mental health / mental health issues (x2)
 We need to talk about mental health by raising awareness and having SAFE places to talk
 There shouldn't be a stigma on mental health disorders
 There is a lot I have not been able to realize until now
 Awareness that there are many who feel uncomfortable in their life
 Many ways to comfort
 We need to reach out
 A lot of ppl empathize and go through similar things
 You shouldn't be afraid about talking about your struggles / it's okay to talk to others / ask for help (x3)
 Self-care
 Mental issues don't go away after we meet someone new
 Understand as to why people don't get help and how you can get help / resources (x2)
 The film is educational
 The films saw the last two
 Mental health awareness with stigmas (x3)
 Reduce stigma regarding getting mental help --> this is the 1st step. You're responsible for healing yourself
 It's important to talk about mental health, for yourself and for others

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

(Highlights: see raw data for full list)

A compilation of channeling tough emotions into strong pieces of art
 A friendly place where you can talk about your struggles
 A good way to increase awareness of mental health issues (x3)
 A great way to become informed for personal benefit (your own health)
 A great workshop for ANYONE. Raises awareness on otherwise not talked about topics.
 A workshop to help get perspective in life
 A workshop where small things happen to bring people closer
 A workshop where you can learn/see/share more about mental health (x12)
 Amazing
 An interactive movie workshop - interesting and informative (x9)
 As opportunity into the mind of someone dealing with MH issues to understand from their perspective (x2)
 Discussion group and analyzing mental health
 Discussion, short videos, food!!
 Educational, supportive, open conversation (x4)

Eye-opening, helpful, seekful for those who need it (x2)
 Healing / help for mental health (x4)
 I would describe it as eye-opening (x2)
 If you are confused with mental health this can clear up any confusion
 Impactful and I am more aware than before / enlightening (x2)
 Innovative
 Insightful towards mental health / insightful, not too overwhelming (x2)
 Kick-ass
 Mind exercise
 One of these events that will help you understand your feelings and how to deal with them (x2)
 Open and expressive
 Place to get extra credit
 Practical, because it is really related to the real world
 Real talk about mental health
 Resourceful and open-minded; safe
 Respectful, decent and thoughtful
 Student driven presentation on mental health as expressed by films
 The simplifications of mental illness
 This is a good initial introduction to the subject of depression/MH
 Thought provoking (x2)
 Very inclusive, welcoming, would recommend

How might you use what you learned today?

(Highlights: see raw data for full list)

I would be more aware and empathic to others around me: be more understanding and helpful (x8)
 I think I may used what I learned to make sure I keep up with maintaining mental health on check
 Be more OPEN about feelings / be more open about my own mental health, and check up on people (x4)
 Talk to someone when needed / maybe see a counselor? I feel like I should (x3)
 I'll try to apply to my life / I learned how to think to myself in order to cope (x4)
 Be more aware of signs of suicidal thoughts / to help identify mental problems (x2)
 Be more patient and try not to judge people on their actions without knowing what they go through
 See the difference of what is mental health
 To inform others; family members, friends / educate others (x10)
 Speak out more / not hiding but show up (x2)
 Spread awareness (x4)
 Try to submit film for AWI / explore AWI (x2)
 Understanding that not everyone experiences the same things
 Understanding friends with similar problems more
 Stay open minded
 There's someone here to help (x2)
 Give people and myself space to speak / it's okay to talk about your problems (x6)
 Help other student who have mental issue, such as letting them know the program I learned today
 See the ways mental health takes place
 A greater understanding of mental health, substance abuse, etc. will definitely help me help others
 Dispel misconceptions about MH and its stigma
 I might contact NAMI
 Encourage myself, think about the positive side

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

(Highlights: see raw data for full list)

At first, it was being a male athlete. Now it's gotten easier
 Awareness of myself and what I might need help processing / I rather run than face my problems (x3)
 Being called crazy
 Being disregarded. Happens a lot more than you think. Even by Psych / won't be taken seriously (x2)
 Being judged (x7)
 Biggest barrier is that not enough people have knowledge about mental health
 Depression
 Emotional sensitive (x2)
 Friends / family not taking serious (x2)
 Feeling like it's not important
 Having money to spend on mental health support (x7)
 I already have support
 I don't know how to begin talking about it (x2)
 I fear that people would treat me differently (x2)
 Being able to accept that sometimes I can get overwhelmed and need a break
 Insecurity (x2)
 It's okay to seek help, I can rely on others (x2)
 Lack of progress on goals, lack of meaning, purpose, lack of love and companionship
 Lack of support from those who should care / lack of resources (x3)
 My ability to express how I feel / I don't have words but I do need help (x2)
 No time to think of myself
 Pride. Sometimes I don't want to admit my imperfections... / It reveals the weakness that I have (x7)
 STIGMA! Sometimes feel embarrassed to reach out for MH support b/c many people don't discuss it (x3)
 Time and convenience (x6)
 Toxic masculinity and expectations from an Asian family
 Trusting people (x2)
 Understand mental health is part of our life
 When you are down, it's hard to be proactive / doing the work (x2)

How can we improve this event in the future?

I came in late, but maybe an icebreaker so people are more comfortable speaking up (x2)
 Have some people who experienced mental illness talk about their story / bring in real experiences (x2)
 More facts and statistics on the different kinds of illnesses
 Less small group time or add table to enforce better
 Make it a widespread event, promote it time ahead
 More small group discussion / share more in groups (x2)
 Everything was amazing! No improvement needed (x12)
 Not really sure but most "PSA" types events like this seem too similar
 Put it out there more! get people involved for better understandings
 More events like this
 Promote more and maybe provide some online resources
 More unique discussion Qs
 Offer services longer like being able to see a counselor more than 10 times or so
 Possibly liven up the environment / make up some games regards MH facts (x2)

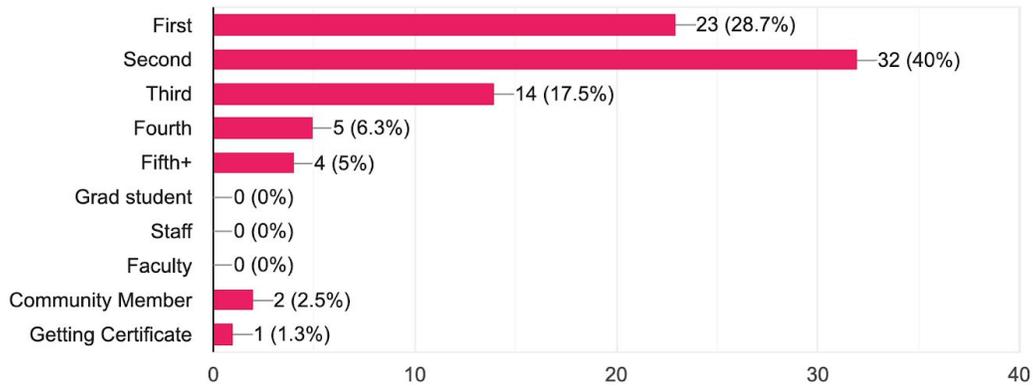
Maybe turn the mic volume a bit / speak louder! (x2)
 Cut the speaking time and play the movies :) / start the videos right away (x2)
 Trying to get counseling here
 Multiple times throughout the day or week because of class / more time slots (x2)
 Maybe little more structure and time-table
 Come in late but maybe having circle discussion
 Increase public exposure/spread the word for future events (x9)
 More of them, more intimate room
 More relationship to real event
 Less student driven, awkward when students don't speak
 Good enough! Thank you. Maybe have more hosts to make conversation more interesting
 I didn't know about the event until my professor told me so maybe more publicity
 Be more clearly and fast

Major	
Administrative Justice	1
Biological Science / Biology	5
Business	2
Child Development / Early Childhood Development	3
Cognitive Science	1
Communication / Communication Studies	2
Computer Science	2
Economics	1
English/Literature	1
Film	1
Graphic Design	3
Interior Design	1
Liberal Arts	1
Marriage and Family	1
Mathematics	1
Nursing	7
Nursing + Psychology	1

Political Science	1
Psychology	27
Public Health/Global Disease	1
Sociology	10
Statistics	1
Veterinary Science	1
Undecided	1

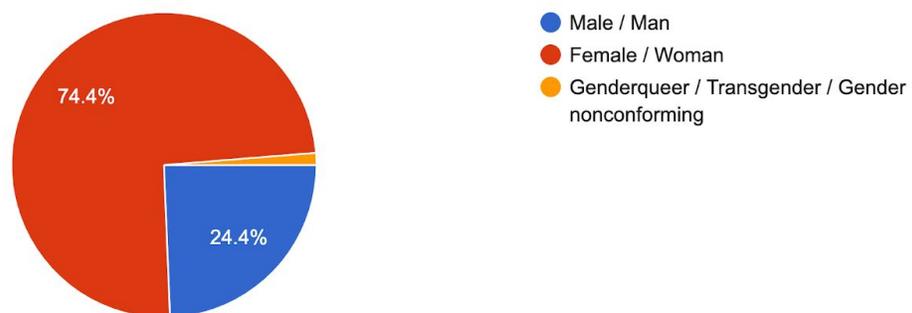
Year

80 responses



Gender Identity

78 responses



Race / Ethnicity		
Asian / Asian-American	33	42%
Black / African / African-American	4	5%
Hispanic / Latinx	20	25%
Indian / South Asian	3	4%
Middle Eastern	3	4%
Native American / First Nations	0	
Pacific Islander	1	1%
White / Caucasian	3	4%
Multiracial	12	15%
Other	0	