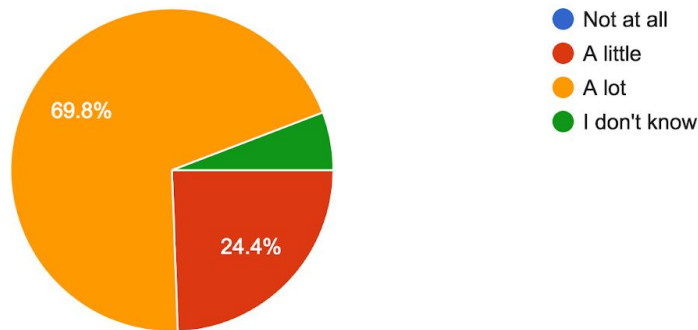# Movies for Mental Health

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Post-Workshop Evaluations

De Anza College
March 12, 2019

Number of attendees: 96
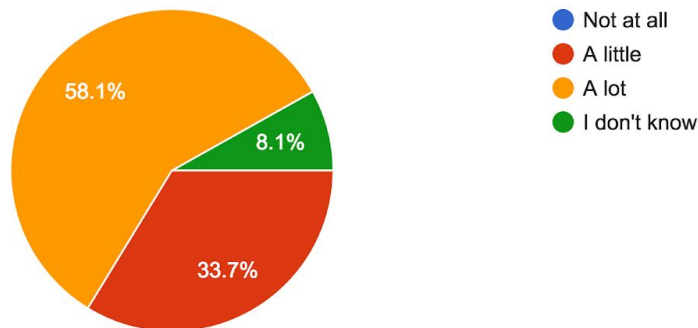Number of evaluations: 87

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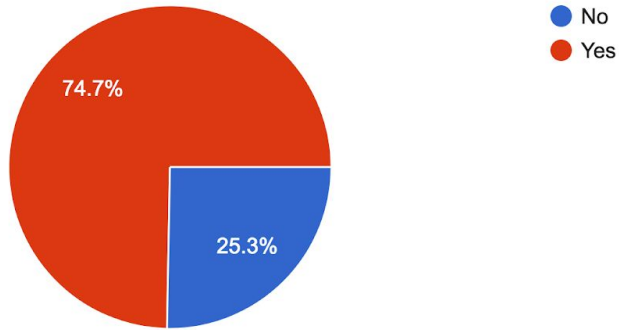86 responses

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

69.8%
24.4%

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

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

58.1%
8.1%
33.7%

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

87 responses

- No
- Yes

74.7%

25.3%

Did you know about the Mental Health Services Act (Prop. 63) before this event?

85 responses

- No
- Yes

91.8%

8.2%
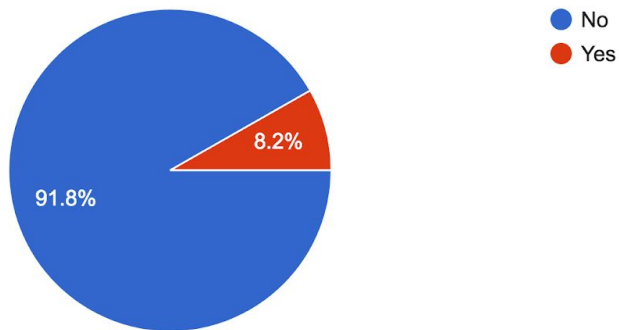
After this event, are you more or less likely to seek support for your mental health?

86 responses

- Less likely
- A little more likely
- No change
- A lot more likely
- I already receive mental health support

38.4%

11.6%

17.4%

31.4%
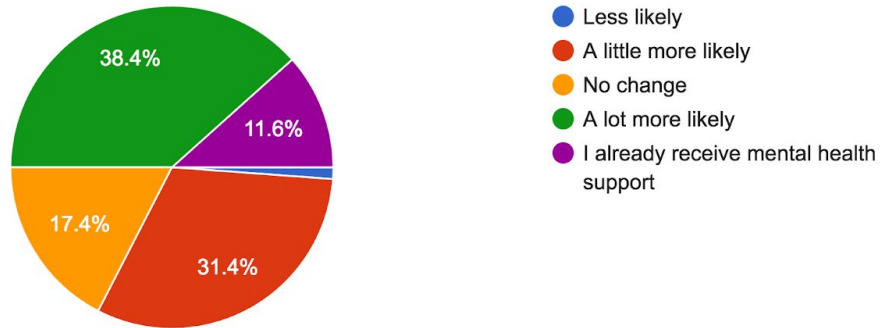
*78% of attendees, *who are not already receiving mental health support,* are more likely to seek mental health support after this event.

What type of mental health support do you think would be most useful to you?	
On-campus MH support	29
Off-campus MH support	23
Traditional / spiritual	12
Family	32
Friends	41
Professors / mentors	17
The arts / creativity	20
Fitness / physical activity	29
Online resources	14
Other	7

How did you hear about this event?

Friend / Word of Mouth	3
Professor / Class	74
Counselor / MH Club	0
Online / Facebook / Email	2
Posters / Flyers	6
Other	1

What was your main takeaway?

- Easy to seek help for mental health with variety of resources
- Getting more knowledge about mental health
- There are a lot of issues with illnesses
- Everyone has an illness/wellness they are working on
- Understand myself and other people's struggles, feel related, Get help and treatments
- I didn't know there is mental illness support on campus.
- Each person has their own relationship and struggles with mental health and is fighting their own invisible battles that we must respect
- Getting help from your mental health is important
- Stigmas prevent people suffering from mental illness from getting help
- Mental illness is not a crazy thing, we just are who we are
- People are not their disorders they are people first
- Mental health is a broad topic
- Mental health is so serious and it is an important issue that everyone should care about
- People are different that's ok
- For extra credit
- Mental illness not always negative
- Everyone is an expert in their own experiences
- Be more confident in seeking help
- Introduction in taking control of your mental health - also film discussions
- Being an spectator of a person's schizophrenia trauma
- Mental illness affects everyone, and be destigmatized
- That people should get help no matter what
- Recovery is just one choice away
- The thoughts and feelings about mental health of others
- Seek help
- There is no shame on having a mental illness
- Mental health is a serious issue
- There are many people out there who may struggle with mental health and even hide it.
- The importance of being aware of mental health issues and ways to help
- That mental health is a very important topic that should be discussed more frequently
- Mental illness is a real illness that should be taken seriously.

- Ask for help if you have mental problems.
- Mental illness is hidden and internal and the people who suffer from it also are humans we need to support.
- Feelings can be a constant struggle that is never understood.
- There are a lot of other people with different mental illnesses
- Though you can't physically see it, mental illnesses are very real and we all need to be aware of this.
- Sometimes we all can make the mistake of seeing things at the surface
- Art can give us a window into experiences of mental illness and help reduce stigma
- Love yourself and your flaws
- To be empathetic
- Compassion
- Mental health is more of an issue than I thought it was
- Mental health is a long and hard journey
- Stigma is not good
- Awareness of mental health issues
- Mental illness does exist; there are resources to receive help
- I learned a lot about other people's different thoughts and opinions on mental illnesses
- How to feel empathy and what to do to those who suffer from mental illness
- Everybody needs to pay attention to their mental health
- What they look like during their episodes
- A lot of people have the same struggles
- Some of the videos put a visual perspective on some the mental health diagnoses
- Nice
- Awareness of mental health
- The difference between stereotype and stigma
- Increased support; taking people whose income [up arrow] 1mil
- The videos
- Mental health
- Have empathy for people who are struggling
- To give others a chance and not judge others
- That everyone should seek for mental health, you are not alone
- The data provided in the clips
- Mental health problems exist and should be talked about; mental health care and awareness is crucial
- Definition about mental illness
- Comments after the films
- The mental disorder is curable as long as you turn to others for help
- Mental health is very prevalent
- Mental illness is very serious
- Mental illness isn't all that bad
- It is important to help people with a disorder around us

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

- Information on mental health
- Interesting

- A helpful event for knowing mental health
- Interesting. Stay woke Free points for a good time
- Informative
- Great, interactive, fun
- Mental health awareness, group therapy
- The workshop where you can know more about mental illness
- A series of short films with discussion and insightful, engaging Commentary in between
- Insightful if you are looking for help or want to help someone close to you
- Interesting
- Enlightening
- Knowing about borderline personality disorder and mental illness
- Very empowering, inspiring, and mind-opening
- Go to see, that it's ok to seek help when needed
- Creates awareness and get counseling services
- Interesting and such a cool event about mental health
- Great learning
- It's good for both educational and fun
- A very helpful event
- Educational
- Interesting
- Friendly environment open to mental health conversations
- I will describe it as communal-learning workshop
- An enriching learning experience encouraging people to be vocal about Mental health
- Very interesting and you will get a lot of info from it
- A mental health awareness conference
- A meeting to share feelings
- A way to understand mental health
- Learning about mental health
- Helpful, it is awareness, educated
- Amazing eye opener
- Informative, brings awareness about anxiety, depression, suicidal Thoughts, etc.
- An event that brings awareness to mental health issues
- Very informative, and emotional very connected to the workshop
- It will help you a lot, very emotional
- Eye-opening experience that changes the way I look at people with Mental health issues.
- As event shows movies of people about mental illnesses and the ways That we can help them.
- Enlightening.
- An interactive presentation about disorders and emotions.
- A workshop talking about mental illnesses
- Mind-opening, educational, emotional
- A workshop on mental health education
- Movies and panel about mental health
- Mental health awareness film screening
- Informative
- Informative
- People sharing their experiences
- Enlightening and melancholy but uplifting

- Understand mental health
- How can we improve our awareness about mental health issues
- Informational; shows on the surface difficulties someone with mental Illness has faced
- Films that make you think and very well organized discussions
- Something that many people suffer from and that there is always help
- Very informative and inclusive
- Missing treatments and other important information
- A great supportive program
- Informative in a visual context
- The workshop is talking about mental health issues. it will be a good experiences.
- Very helpful/informative
- The event that helps us to gain more insights about mental health
- Informative
- A window into the world of mental illness/wellness
- Helpful
- Informing
- It is a mental health workshop maybe can support for your mental health
- Eye-opening with videos to help visualize what it is like
- An excellent workshop regarding mental health
- As informative and useful for future
- Informative
- Moving, eye-opening, helpful, resourceful
- It's important to know about mental problems
- Informing
- It can bring you new ideas
- depicts what mental illness entails, tries to reduce the stigma of mental Illness
- Eye opening
- Informative
- It is good and tell you about the mental illness
- It's a great experience. Great to learn more about mental health.

How might you use what you learned today?

- Inform friend of resources
- People have problems and we might not be able to help
- Be confident
- Spread the word on this event
- I will be more aware of mental health
- Tell a friend with mental health help to get
- Be opened and understand people more
- I can tell my friends there is MH support available on campus
- I can try to be more sympathetic and compassionate to all people around me, because each person has obstacles they are facing
- specifically mental disorders and and how to help people who have these disorders
- no

- Tell friends and family and spread awareness
- I will be able to understand students who have mental illness
- I will be more mindful about the stigma that society has for mental disorders
- Observe and be aware more
- good to think about and reach out to friends
- by spreading
- learn more about characters of mental illness and how does they feel
- have sympathy
- know the importance of getting help from others
- Pay more attention
- Be more empathetic
- If I or a friend encountered difficulties I would better know who to go to.
- Help others get mental health
- I will use it for animation purposes
- To really be an advocate for promoting mental well-being
- try to get my friends to seek help
- I now know that there are people whose stories I can relate to and learn from
- to improve myself and help others
- to help others
- don't know when to ask help
- I will reach out to others and help them seek help if needed
- It makes me want to be more aware of how my friends/family feel on a day to day basis.
- help others
- encourage people to talk about their mental health
- encourage us to talk about our emotional mental health
- Reduce the stigmas surrounding mental health with myself first then others around me.
- Listen and help friends who might need my help.
- Exercise my capabilities to communicate.
- Learn to accept better and to not read on emotions alone
- To be educated about others and be more sensitive to others
- to be more consciously kind to myself and others through my words and actions
- Being more attentive to other people's need
- In talking about mental health in my own club in the future
- spread the love
- I'll be better more empathetic
- practice it and try to be helpful
- I would help and support those with mental health issue
- I don't know
- IDK
- We should open up more for these issues
- When having a conversation about mental illness/comforting someone who's struggling with mental illness
- I would use these skills that learned today to help those who need help with mental illness
- I may use these methods to fix my mental health
- Spread the word or help those who don't have support
- being there for others
- Gives me a better understanding of what people go through

- Be able to help people who are suffering
- I may explain what's the borderline personality disorder
- approaching people with mental illness with gentleness
- I learned about concepts which is always helpful
- talking to a friend about mental health
- some kinds of mental health
- have more empathy for others
- go to therapy
- I will meditate to see if I need to seek for help
- I learn many problems about mental health and how to improve my mental illness
- Not very sure
- I might use it to promote awareness through discussion
- I'll share and help people I know with mental issues!!
- care more about others
- I will talk to others about my feelings more
- To better control my mental health
- when dealing with someone with a mental health problem, I will be more considerate and understanding of their situation
- open platform to talk about mental health
- Treat people with mental illness better
- More meaningful
- Have more empathy with people who have mental illness

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

- I actively seek professional help but don't seek much help from friends
- N/A
- Some animations and what I want to do, and photography
- N/A
- Stress and no sleep
- N/A
- Nothing...stigma
- Feeling that I cannot explain my symptoms in a way that gets me as much Help as I need
- When to decide if I need to seek help
- Trust
- Stigma, not being able to
- Language
- My Asian culture and the stigma I don't want to be vulnerable
- Lots of stigma associated
- Culture
- Feeling embarrassed
- Ashamed and shy when talking about mental wellness
- Don't have such issues
- Shame

- Self confidence.
- N/A
- The biggest barrier between my mental wellness is stress
- Feeling vulnerable and disclosing personal information to strangers
- Being ashamed to get help
- Money and competent trans healthcare
- People have spent to much time putting up walls before getting help. It Slows the recovery
- Myself
- Fear of no one understanding
- Judgement and people not understanding
- N/A
- Knowing that what I'm feeling is okay and to not be afraid to talk about it with someone
- Labels
- They keep changing my therapists and somehow have given hope and Looking for a new one
- Not be strong enough to speak with someone. I rather keep it secret.
- Taking what others say too seriously.
- Not talking about about it, being scared of people's reactions.
- Bridge and insight to initiate connection to human resources (priority)/digital resources.
- Fear, embarrassment and being judged
- Talking about it and growing the courage to get help
- The stigma that mental illnesses are not important or valid
- N/A
- Not seeing my problems as legitimate compared to other peoples'
- Repressed feelings due to family expectations
- Time
- Unwanted people outside interference
- Money/family
- I take on too much at once and overwhelm myself
- I don't want to have a mental health problem
- The biggest barriers is cannot express ourselves completely
- Self-stigma/feeling embarrassed to talk about my problems
- Always being by yourself never seeking help
- Time/school
- Nothing
- Whether what I feel is just
- Through wrong methor [???]
- I don't think I have a problem asking for help but expressing what I feel Can be hard
- People around may hold implicit stigma
- Insurance, time
- Father
- I have no biggest barriers to my mental health
- Getting help
- I am lazy sometimes
- Society
- Don't really have any barriers
- Family, stigma
- None

- Stress relief and emotion controlling
- Afraid from being judged
- Time. Money. Resources.
- Stigma
- The stigma from society

How can we improve this event in the future?

- More of a hook at the start
- More food
- More activity with audience, and game to let us more experience
- More than 1 slice
- Do the exact same thing :) -Maybe put the presentation in full screen?
- N/A This was a great event/very fun
- This event explained about stigma well, I liked it, and real experiences (voice) from students
- Assigning groups/sitting in groups so people cannot be left out during Discussion sections
- Advertise to non psych students
- No
- No improvement needed
- No its good
- Ensure we are able to hear during the large-group discussions
- N/A
- Big emailing for all students in school
- I can't think of any. I think the event today is perfect to me.
- More videos please
- Longer/more videos
- Perhaps a more accessible time slot.
- Nothing, great event?
- I can improve it by receiving support and not remain silent
- This event was very good all-around
- Show more videos
- Competent trans healthcare training
- Make it 12:30 to 2:30
- More discussions
- It's good
- Advertise more!
- N/A: You did great!
- N/A Loved the videos
- Having people talk on microphones, couldn't hear some people talk
- No improvement needed, everything's good and informative
- Everything is good. don't have any suggestion.
- Not much to improve.
- It was great!
- Use a streamlined design for powerpoint
- Mics for the crowd to speak should be more easily accessible

- By adding more information about the health issues
- Briefly introduce the creators with their pronouns
- Get the word out sooner
- Intersperse resources between video and speaker
- I thought it was very well
- Speeding up the pace
- Make it later in the day maybe or have people interacting [?] more
- IDK
- Showing real-life case studies or interviews w/ a psychological disorder (like how they show in abnormal psych)
- It would've been better if more mics were prepared
- By posting video and reaching out to those mental hospitals and help those who need it the most
- Better food
- Variety of food. Also treatments and other info would be good.
- It's all good
- I think I will appeal people who are around me to pay more attention to this kind of people
- Maybe more seats?
- More videos, less socializing
- It's pretty good already
- Talk more about how to support and reduce people who have stigma Related to mental illness
- More videos
- Make it shorter
- It was good and interactive
- More interview in real life about mental illness
- N/A
- Improve the slide, something is hard to read
- It was good! I learned a lot!
- Some of the cases are too serious. I think it will be more relatable to most of the people if the case will be more common
- Pizza with more toppings
- The beginning was sort of slow
- Different time! I couldn't attend the whole event b/c of class.
- Different time (class)
- NONE
- The event is excellent

Major	
Accounting	**1**
Animation	**1**
Architecture	**1**
Biology	**1**

Business	6
CIS	1
Communications	1
Computer Science	20
Criminal Justice	3
Engineering	1
English	1
Health Science	1
Kinesiology	1
Liberal Studies	2
Marine Biology	1
Math	1
Nursing	6
Philosophy	1
Psychology	17
Physics	1
Sociology	11
Undeclared	1
More than one major	2

Year	
First	22
Second	30
Third	21
Fourth	4

Fifth +	4
Staff / Faculty	0
Other	5

Gender Identity

77 responses

Legend:
- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gend…
- Jackhammer
- Questioning
- enby trans man
- Straight
- fluid

△ 1/2 ▽

48.1%

42.9%
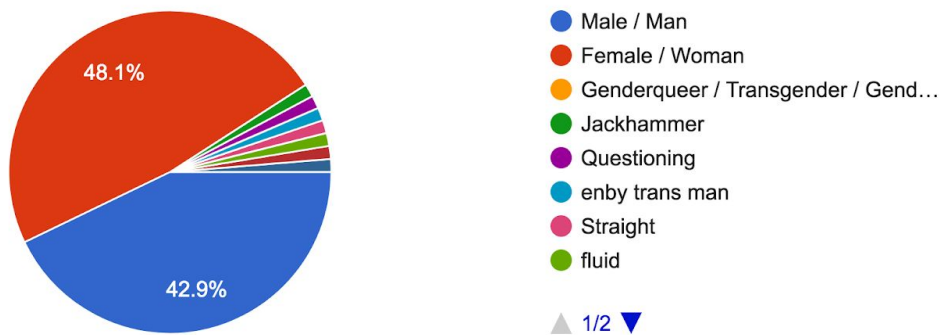
Race / Ethnicity	
Black / African / African American	3
Hispanic / Latinx	15
Indian / South Asian	10
Asian / Asian American	35
Asian/Asian American, Pacific Islander	3
Middle Eastern	2
White / Caucasian	6
Mixed Race / Ethnicity	14