

# Movies for Mental Health

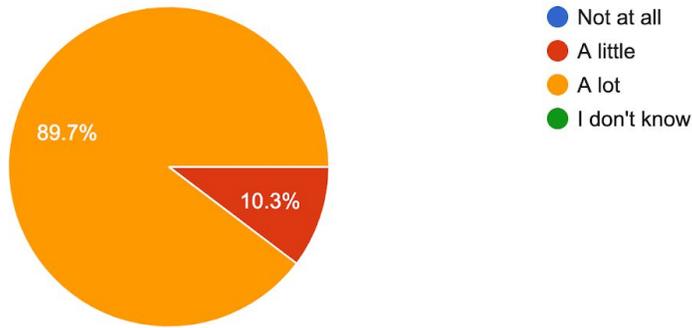
## Post-Workshop Evaluations

School: East Los Angeles College  
Date: November 7, 2019

Number of attendees: 90  
Number of evaluations: 68

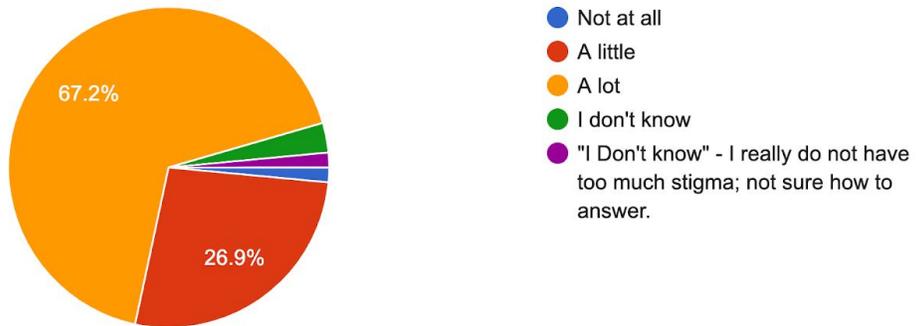
In your opinion, did this event create awareness of mental health issues?

68 responses



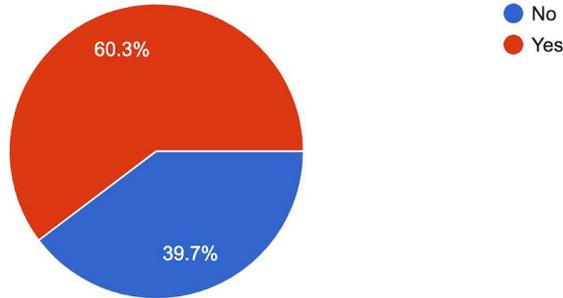
In your opinion, did this event reduce stigma related to mental illness?

67 responses



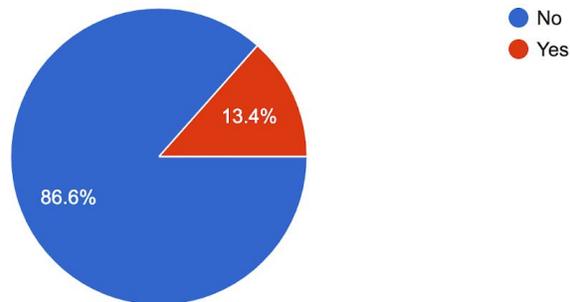
### Did you know about your school's counseling services before this event?

68 responses



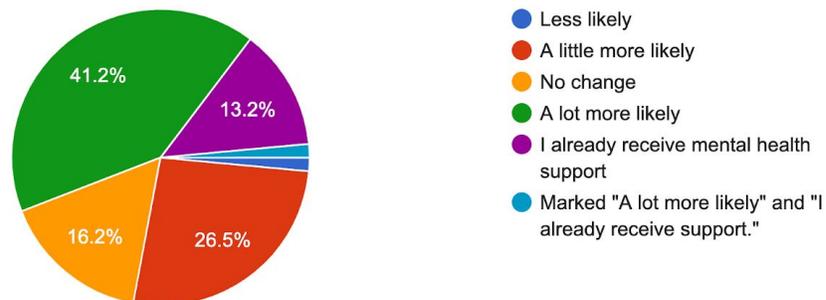
### Did you know about the the Mental Health Services Act before this event?

67 responses



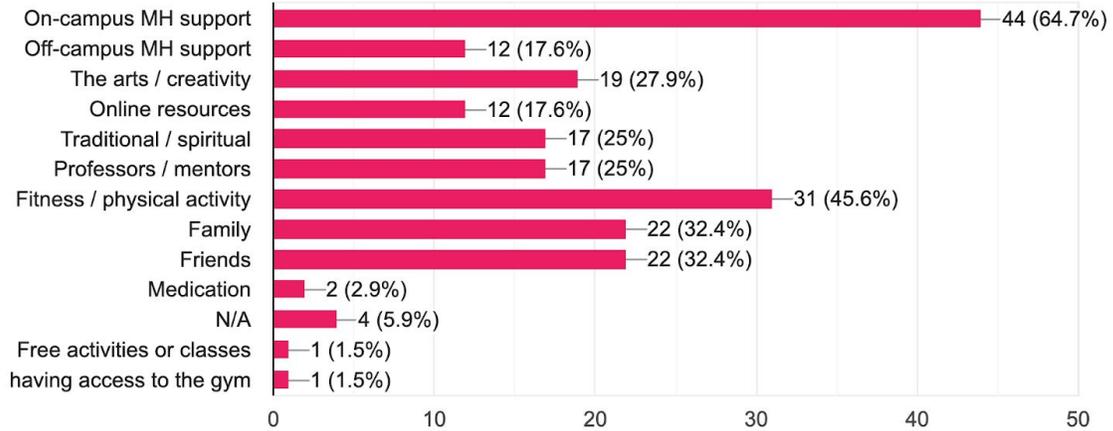
### After this event, are you more or less likely to seek support for your mental health?

68 responses



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

68 responses



How did you hear about this event?	
Friend	11
Professor / class	34
Counselor / MH club / Peer Support	6
Email	0
Online / Facebook	2
Posters / flyers	11
Other	2

What was your main takeaway?  
 (Highlights: see raw data for full list)

Interesting  
 I was interested watching the movies and being able to talk about what we understood  
 Many people suffer from mental illness  
 Mental health should be talked about  
 Reaching out for support  
 It was helpful to learn about this  
 All the resources available to the students (x3)  
 Self care can help MH  
 The amount of students who suffer in the same circumstances  
 Depression  
 Know yourself & get help when needed  
 To share  
 It takes time for people to get help  
 I am not alone  
 Self-care is important & you're not alone - resources are out there (x2)  
 Interested  
 It's okay to not be okay  
 Films, student panel  
 More awareness is great (x2)  
 The videos (x2)  
 Saying you need help when you need (x4)  
 Say yes, I need help and not being embarrassed (x5)  
 Talk about MH, even if you are in a good place  
 MH affects everyone  
 Help can be affordable and accessible  
 Listen  
 Understanding the severity of mental illness  
 Seek help regardless what others may think  
 Importance of MH  
 Ways to support others  
 Depict, evaluate, express the insides we can't describe with words  
 Be aware of yourself and others  
 The impact → you are not alone  
 Breaking mental health stigma (x3)  
 Thoughts and feelings are highly undefined

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

A great way to normalize mental health  
 Informational, uplifting  
 If you want change and want to be comfortable  
 A resourceful event regarding mental health  
 Interesting / giving different perspective  
 A workshop to feel comfortable sharing  
 Informative, necessary education  
 Very informative / informative (x9)

Friendly environment where you can openly talk about mental health  
 As a safe haven to know that people go through the same thing  
 Helpful (x9)  
 Helpful, interesting  
 Informational & resourceful (x3)  
 Very supportive; informational  
 Information - knowing what mental health is & to seek help (x2)  
 Eye opening  
 Relaxing and informed  
 Part of a mental health awareness campaign  
 Support and resource option  
 Helping yourself with mental health, encouraging (x2)  
 A deconstructed panel on MH, and how different it can be  
 A lot of talking  
 Mind opening  
 Wonderful  
 Reflective of personal need  
 Something that can show the person's side of what a mental illness can do or affects someone  
 Very influential  
 Incredible; I love it. It helps a lot with your mental health  
 An interactive workshop on mental health awareness (x4)  
 Something to look into  
 Empathetic  
 Interesting  
 Very enlightening and educational (x2)  
 Pretty cool

## How might you use what you learned today?

(Highlights: see raw data for full list)

I advocate for mental health & will continue to knowing there are more students w/ the same mindset  
 Seek mental health help (x3)  
 Share with others (x3)  
 Reach out to people / help others (x4)  
 To be confident and fearless  
 Inform other students, look into it online (x2)  
 Learn more about the centers / resources offered here (x2)  
 Take advantage of my health fee and seek counseling  
 By being more aware of MH and not just brush it off  
 To reach out for myself and others (x3)  
 They have a lot of resources  
 Apply it to my own self-care  
 Make art & be open  
 Use my resources / visit health center (x6)  
 Resource on campus  
 Incorporate it and internalize it and use it to get rid of stigma  
 I can use it with other people  
 A place to refer a friend in need  
 Doing more for my mental health (x3)  
 Move forward knowing that there are people that actually care and are willing to help  
 I'll check out MHSOAC

Do not judge too quick  
 Promoting mental health issues  
 As a checklist  
 To find help more often  
 Continue courses in Indian Cultural Studies and Major to Counseling  
 Through different perspectives of life  
 To reduce the stigma put on others by considering what others have/are going through  
 As guidance  
 Be more open to discussing current mental health issues is okay  
 A lot more enlightened  
 More understanding

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

(Highlights: see raw data for full list)

Time (x2)  
 The stigma of getting help (x3)  
 Being laughed at or not listened to  
 Money. I do not have money to pay for the services  
 Shame, pride, guilt, thinking you can do it yourself  
 Sharing and telling others  
 Not being sure what certain thing might help my mental health  
 Myself, feeling ashamed  
 Time for self-care and not knowing where to seek help (x3)  
 Motivation and seek help  
 Having a hobby  
 Accessibility (x2)  
 Money, time, bad "help" in past  
 Building up courage to seek help / feeling scared (x2)  
 Pride  
 Time & Money (x2)  
 Being judged for seeking help (x2)  
 Personal control, anger management, cognitive understanding, information in self control and tolerance  
 Build-up with minor stresses and triggers  
 When thinking you need no help when you really do (x2)  
 Family not understanding of why I need help / family backlash / family stigma (x3)  
 Knowing I have a problem, fear  
 At ELAC, the backlog of help. All the paperwork involved w/ receiving help  
 Embarrassed, scared  
 I don't really have one myself, but the thought of vulnerability  
 Time; often the health center's therapists tend to be limited on hours. I feel that way (x2)  
 Toxic masculinity  
 Judgment and loneliness  
 Culture and feeling like I'm not deserving of my want for help (x4)  
 Traditional norms  
 Actually speaking up about it (x3)

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

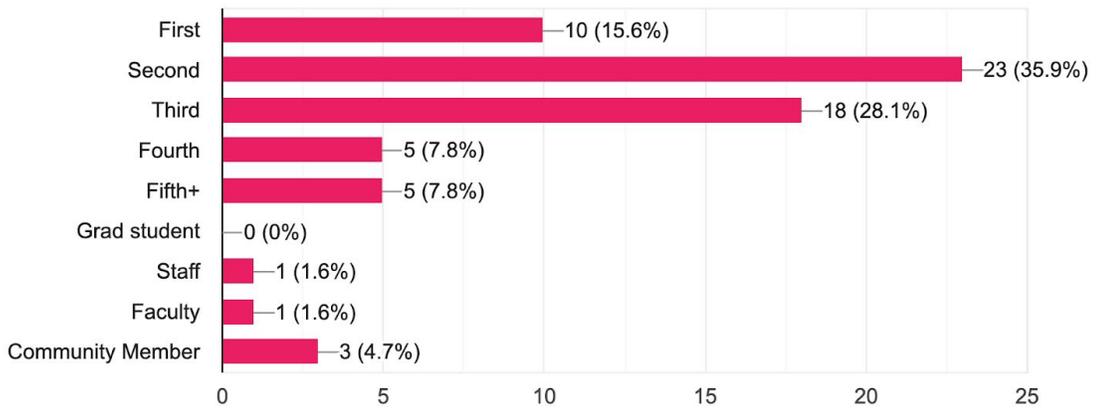
Overcoming these stigmas  
 I wouldn't know about this event if it wasn't for my professor, maybe have more flyers about the event  
 Have more energetic speakers  
 Reach out to professors to see if they would bring their classes over  
 Address different types of mental illness  
 Do more events (x2)  
 More exposure, it is great and more people need to know about this information  
 Making more excited, having activities - including standing up  
 Maybe a filmmaker to talk as well  
 Maybe have student go up and share their story if they want to  
 Have a therapist here to ask questions  
 Reaching out to more students  
 Personal control, anger management, cognitive understanding  
 Activities and besides that, everything was perfect!!  
 Overall I think it was well structured  
 Not this or, but for ELAC to advertise this event more  
 More people speaking on behalf of personal experience (x2)  
 What specific resources are used for  
 Everything was great / perfect (x3)  
 Dim the lights  
 Less Q's to the audience  
 Maybe RSVPing  
 More of a workshop day in smaller groups on Fri or Sat  
 More promotion, otherwise very amazing (x4)  
 Talk with someone  
 Better videos  
 Everything ran smoothly, no improvement needed (x3)  
 Make it a little shorter

Major	
Audio Technology	1
Psychology	5
Criminal Justice	3
Sociology	20
Computer Applications & Office Technology	1
Liberal Studies	1
Social Worker	1
Journalism	1
Childhood Development	2

Asian American Studies	1
Social Services	1
English	3
Gender Studies	1
Political Science	1
Engineering	1
Anthropology	1
Communication	1
History	1
Film	1
Education	1
Business	1
Nutrition	1
Nursing	1

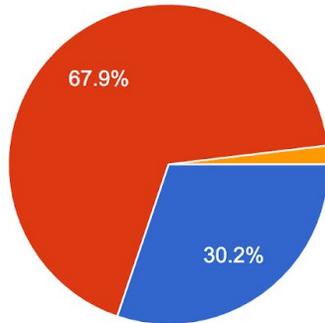
## Year

64 responses



## Gender Identity

53 responses



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

Race / Ethnicity		
Asian / Asian-American	3	4%
Black / African / African-American	0	
Hispanic / Latinx	52	81%
Indian / South Asian	1	2%
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	1	2%
Multiracial	6	9%
Prefer not to answer	1	2%