

# Movies for Mental Health (Online)

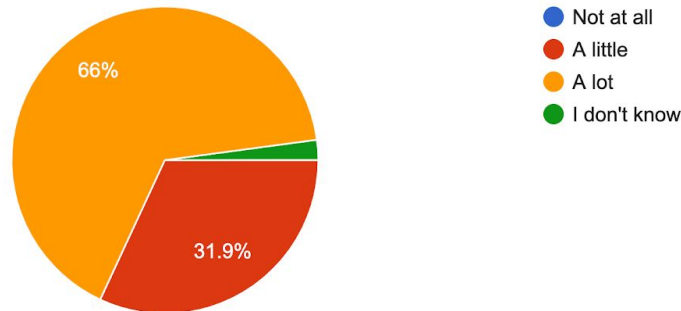
## Post-Workshop Evaluations

Gavilan College  
April 28, 2020

Number of attendees: 79  
Number of evaluations: 47

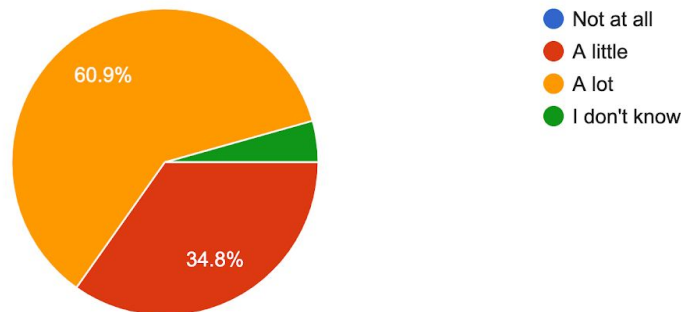
In your opinion, did this workshop increase your awareness of mental health issues?

47 responses



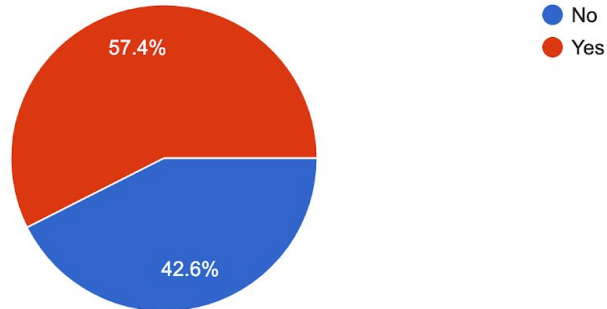
In your opinion, did this workshop help you confront and address stigma related to mental illness?

46 responses



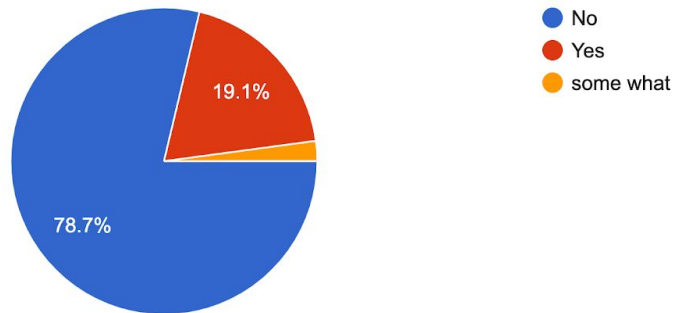
Did you know about your school's counseling services before this event?

47 responses



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

47 responses



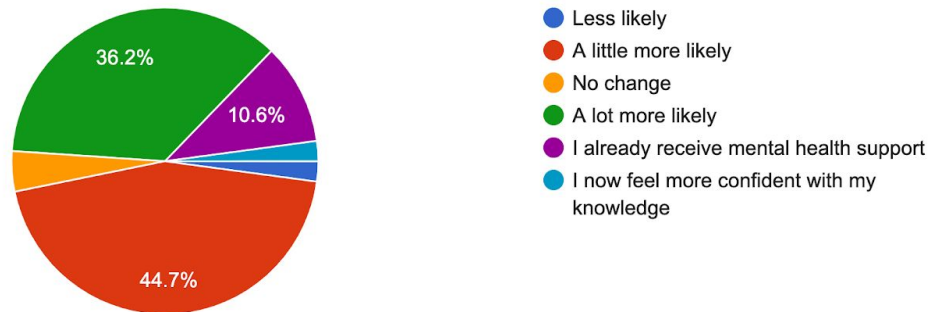
Did you know about the community resources before this event?

47 responses



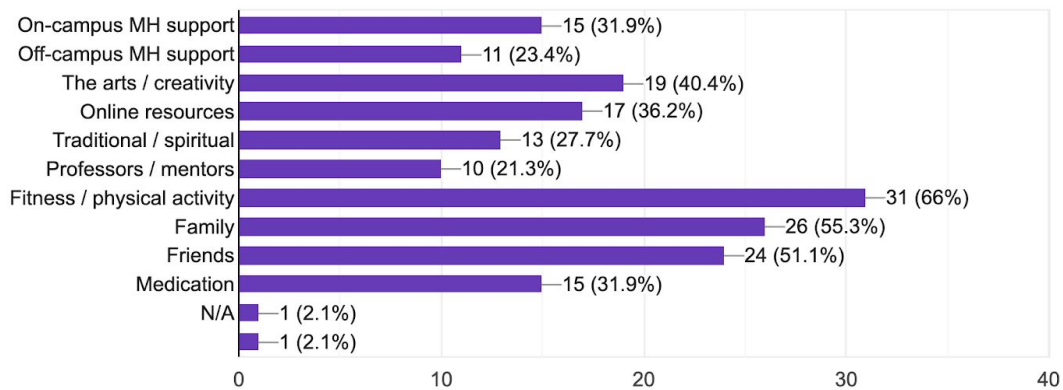
After this event, are you more or less likely to seek support for your mental health?

47 responses



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

47 responses



How did you hear about this event?	
Friend	1
Professor / class	38
Counselor / MH club / Peer Support	3
Email	4
Online / Facebook	0
Posters / flyers	0
Other	1

## What was your main takeaway?

(Highlights: see raw data for full list)

The importance of tuning in with yourself and mental health  
 You should not be ashamed  
 We need to become aware of our own feelings in order to help others  
 That a lot more people are understanding of mental health issues you might face, but we've all seemed to deal with stigma in one way or another  
 I really enjoyed watching the videos because they put everything into perspective  
 About how many people suffer of mental illness we just don't know it or don't want to accept it  
 Help is everywhere! WE NEED TO USE IT / it's ok to ask for help (x12)  
 Really opened my eyes to how people struggle with different types of mental health issues  
 Important to do daily exercises that will help increase your mental health for the better  
 I really enjoyed the purpose video and I took away to always try something new  
 My main takeaway was with how mental health is more commonly known as an illness rather than wellness. Before this I only knew mental health as something with mental illness and nothing to do with mental wellness as well  
 Awareness is the greatest tool. Aware of Mental Health Issues. Aware that everyone can suffer to any degree. Aware that there are resources. Just spread awareness. (x6)  
 My take away from this was very informational and it was presented very well  
 That I am not alone and that there are resources at Gavilan available (x2)  
 There are people out there that are going through the same thing as me. There are individuals who genuinely care about mental health and are utilizing it to reach out and help those in need (x4)  
 Many circumstances affect our mental health. Cultural stigmas have a huge impact on how we perceive ourselves and our mental state  
 My main takeaway was knowing about the support of the Gavilan Art With Impact team!  
 From the videos and conversations we had on mental illness my takeaway on this was not new because i know a lot about mental illness just because I feel I go through phases of feeling down, not having energy but I learned that being labeled as depressed or having anxiety is not such a bad thing because a lot of people go through the same thing so there is plenty of help and you're not alone  
 My main takeaway was that there are people here for me that I know and don't even know as well  
 It's okay to stumble just don't stay there! Be kind to yourself!  
 Many people are uncomfortable discussing mental health  
 My main takeaway was the video of sexual assault was something very powerful and sad to see all the stories were something that made me feel more aware of situations like that

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

(Highlights: see raw data for full list)

Helpful (x3)  
 Interesting and thought-provoking (X3)  
 A good listen  
 Insightful, eye opening, reality check (x8)  
 Mind opening  
 Very useful as I learned several mental issues and resources available  
 An excellent workshop for motivating you to do something about your mental health  
 Very interactive / A very well aware chat/panel (x2)  
 Very informative about mental illness and health (X2)  
 Tedious

A workshop that seeks to destigmatize many mental health issues  
 A community discussing an important topic  
 Helpful to opening your eyes and understanding of things happening around you. Truly helpful and mind-blowing  
 Awareness to mental health (X2)  
 Informative. Emotional. Thought Provoking (X2)  
 It was very informational and accepting of everyone / helpful and great to feel supported (x2)  
 Interesting and applicable to our lives  
 A chance to learn about others  
 I would say it was beyond awesome. I would honestly get up every morning and do this every day because I felt so much better after communicating with the people on it and observing what others were feeling and relating to those feelings  
 Something that will help you and make you want to change life around for the better  
 Open forum uses digital media to uncover stigmas  
 Inspiring  
 Knowledgeable & overall helpful  
 Very open minded does help you relax  
 It was fun and engaging. The host, Leyla, has a really kind personality, which made me want to stay. I don't think it was a waste of time.  
 Amazing way to learn to be okay!!  
 Good but basic. Private discussion gave me more insight to others' comfort level  
 Really helpful and that you're not alone. There are many resources given that can help you.  
 I would describe this workshop really helpful especially if I saw someone important struggling with mental illness that this opens your eyes and see the world differently like in a good way for example, the video of the guy that picked up the camera and is the world through the lens and changed his life of depression  
 Inspiring, comforting, and reassuring that we are not alone

## How might you use what you learned today?

(Highlights: see raw data for full list)

Applying it to myself  
 Look at the signs of friends and family feeling sad or anxious  
 By taking deep breaths to relax / by being mindful (x5)  
 I will definitely check out the resources to look for help / I may use the Gavilan services (x4)  
 I will definitely be using the "body scan" every day now, but also just knowing that there are people who won't judge me will allow me to reach out more if I need help (x2)  
 Share with friends and family / to help a loved one (x15)  
 Not be afraid to speak up and get help when needed (x7)  
 Will help me connect and talk to people about their mental health issues so they don't feel isolated  
 I'll be more aware of the people around me and their mental health (x3)  
 There needs to be more media bringing these conversations up. If I can spread awareness through my writing or share these important videos I'll be doing my part  
 I am actually going to try and join the Active Minds club and join more of these online things on my own not just for school credit  
 I would like to reach out to my husband and talk more, be more supportive  
 Always check in with myself and others, enjoy the small victories (x4)  
 Hearing and listening to people's life story is something I always consider to keep me more aware for myself or someone important to me is to ask for help if I ever feel that way (x2)

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

(Highlights: see raw data for full list)

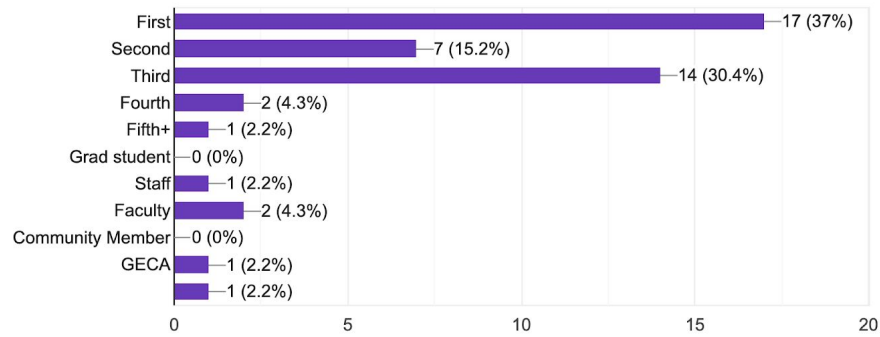
Fear and feeling ashamed (x3)  
The biggest barriers are stigma (x4)  
Some may feel guilty for seeking support or may not feel comfortable enough (x2)  
It would be the fear of disappointing my parents and being seen as "not normal" (x5)  
Being judged or being seen a type of way (x8)  
My insurance being in California (under my father's plan) and I am currently living in Utah with my mother  
My pride and my culture frowning upon mental illnesses like depression (x2)  
My biggest barrier would probably have to be time - needing more time to fit in what's best for me  
Feeling like I don't have anything to be depressed about (x2)  
Saying what is going on in my head, not just what I did today  
Knowing which resources to use (x2)  
My biggest barriers end up being relapses or fallbacks, basically I could be doing really good and then have another episode and be reminded that mental health is an ongoing challenge and there isn't a quick fix or cure and sometimes that's harder to cope with  
Before I kept things to myself but I see it's not good for my health (x3)  
I would say, my wellness needed to be set first before I help others  
In my family whatever happens, happens we don't really talk about a lot of stuff especially feelings. I live in a very controlling household so it is harder to find someone to talk to and understand me  
Having someone use it against you, I don't feel it's safe to share / being afraid to speak up and out (x3)  
Maybe embarrassment, shyness, or time (x2)  
Learning to give myself a break and realize I'm not perfect  
Current life situation - too much to list currently  
My barriers is talking to somebody when I am overwhelmed or stressed that I give up and don't believe to myself my family always there to support me so is my boyfriend  
Being misunderstood

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

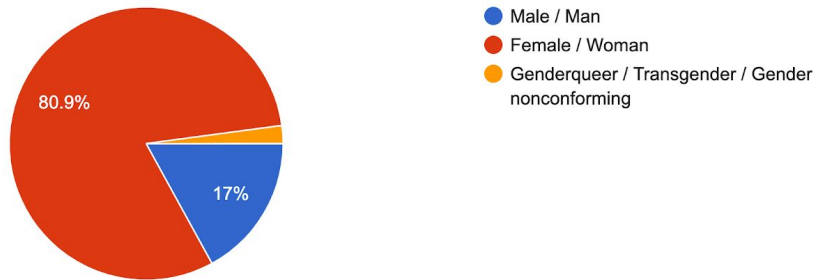
You can improve this event in the future by including more short films (x3)  
My only piece of advice to improve the event would be to be a little bit more interactive  
Send an email to every student (x2)  
Maybe cutting the discussions down a little  
We can improve audio issues! (x5)  
I'm not sure how, I thoroughly enjoyed it / no improvements needed (x10)  
Maybe a longer session  
Nothing comes to mind, it was a very unique and informative experience  
Give the speakers more time to share stories  
I'll start focusing more on how being well comes from within myself and not from others judgement  
A little more time in discussion groups (x3)  
Have the ability to copy and paste all the resources provided into another document. More time with panelists in between films, especially if they are specialists or counselors  
I couldn't see the 1st and 2nd movies. Didn't know how to get help  
What I experienced today was just wonderful / I think you did awesome (x5)  
By offering it more (x3)  
Maybe having people to actually experienced it and willing to share what they did to overcome it

Major	
Anthropology	1
Biology	5
Business	2
Communications	3
Communications & Cosmetology	1
Cosmetology	1
Criminal Justice	2
English	1
Environmental Science	1
Health Science	5
Liberal Arts	1
Midwife	1
Natural Science	3
Nursing	9
Psychology	2
Social Behavior / Social Work	2
Spanish	1
Spanish / Liberal Arts	1
Theatre Arts	1

Year  
46 responses



Gender Identity  
47 responses



Race / Ethnicity		
Asian / Asian-American	3	7%
Black / African / African-American	1	2%
Hispanic / Latinx	19	41%
Indian / South Asian	1	2%
Middle Eastern	1	2%
Indigenous / Native American	2	5%
Pacific Islander	1	2%
White / Caucasian	7	15%
Multiracial	11	24%