

# Movies for Mental Health (Online)

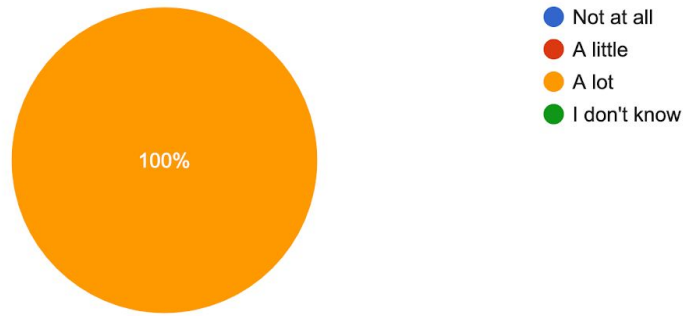
## Post-Workshop Evaluations

Guttman Community College  
October 7, 2020

Number of attendees: 28  
Number of evaluations: 6

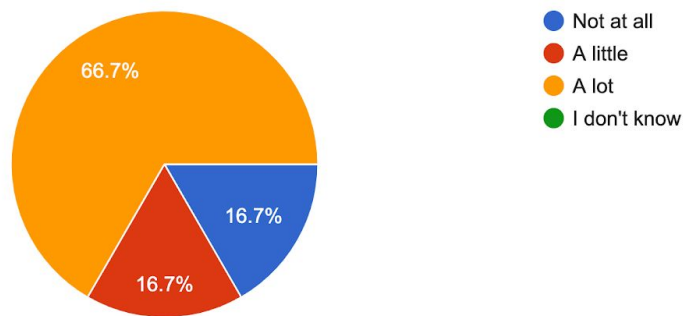
In your opinion, did this workshop increase your awareness of mental health issues?

6 responses



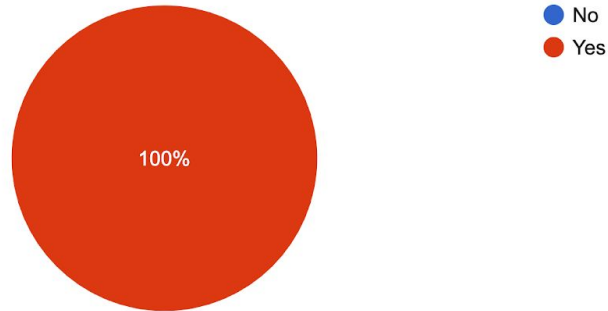
In your opinion, did this workshop help you confront and address stigma related to mental illness?

6 responses



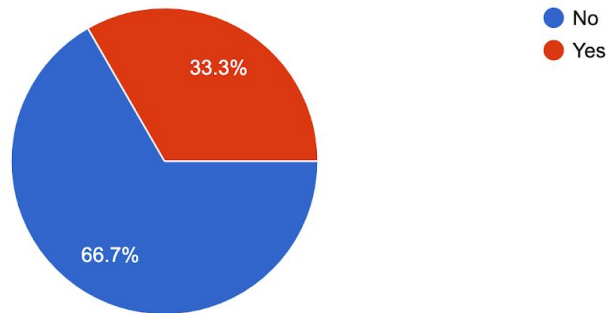
Did you know about your school's counseling services before this event?

6 responses



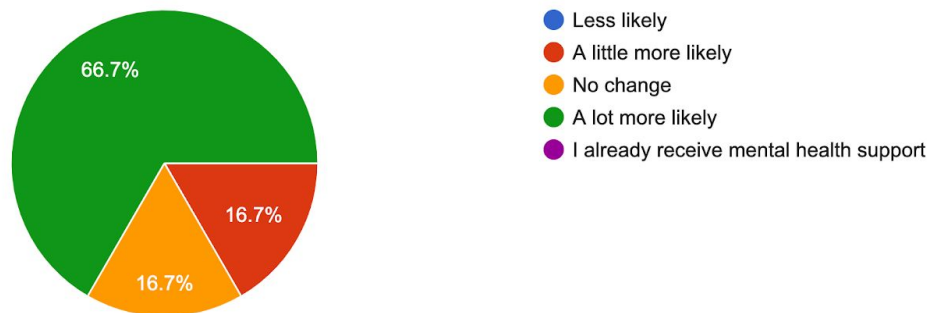
Did you know about the community resources before this event?

6 responses



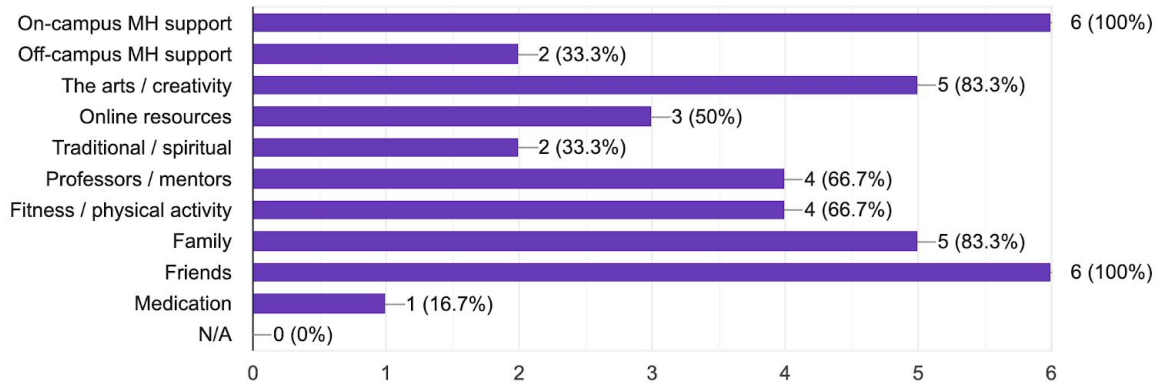
After this event, are you more or less likely to seek support for your mental health?

6 responses



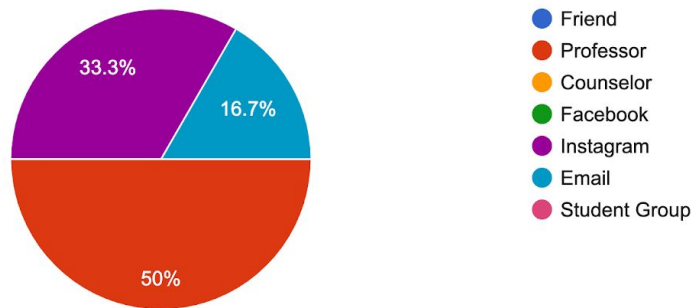
What type of mental health support do you think would be most useful to you?

6 responses



How did you hear about this event?

6 responses



**What was your main takeaway?**

Breathing exercise  
 Sharing our beliefs about the concept of mental health  
 Talking about stigma in our own community  
 Yes because I watched the second film was talking about the bullying

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

Mental health group  
 Refreshing  
 Something that will ease you up in a way that you'll rehabilitate  
 It helps with your own mental health and let's you understand it

### How might you use what you learned today?

To know that its okay to feeling things and step back sometimes  
 I will always remember how mental health is portrayed in shows or movies compared to real life today  
 Use it to help others in need  
 I learned today of the singing and dancing a lot

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

Not being aware of the resources  
 Trying to get over something that could bother me for a while  
 Yes. I am stress a little  
 Anxiety and overthinking  
 I sometimes do not feel too comfortable enough to share my issues. I'm also anti-social sometimes.

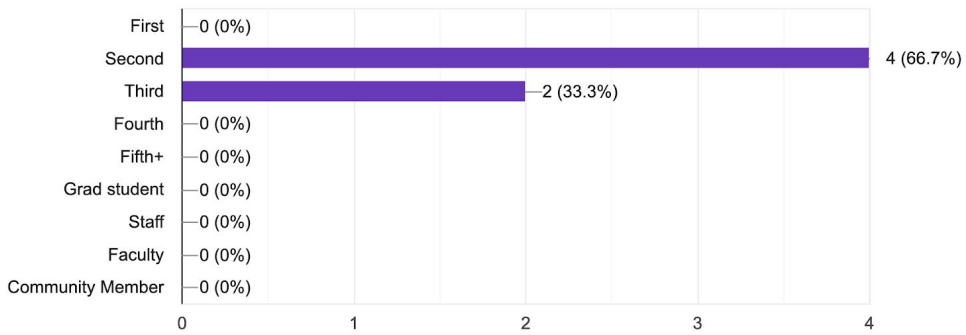
### How can we improve this event in the future?

Nothing you guys did great  
 Keep doing the same thing  
 Encourage more people to think about situations where they felt mentally ill and how they can challenge their mental illness in order for themselves to feel more happier  
 The event is okay as it is  
 I am feeling happy and I am doing for the empoweful

Major	
Liberal Arts and Sciences	3
Human Services	2
Information Technology	1

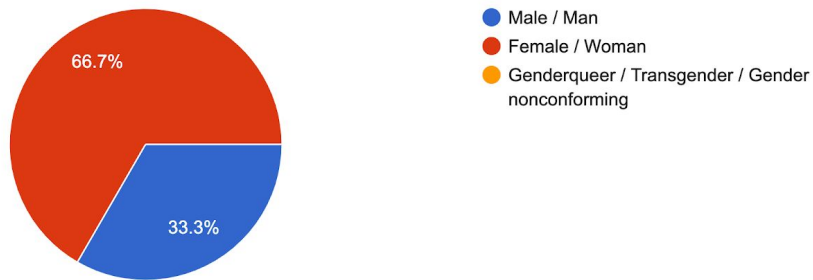
Year

6 responses



Gender Identity

6 responses



Race / Ethnicity		
Asian / Asian-American	3	50%
Black / African / African-American	0	
Hispanic / Latinx	3	50%
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	0	
Multiracial	0	