

# Movies for Mental Health

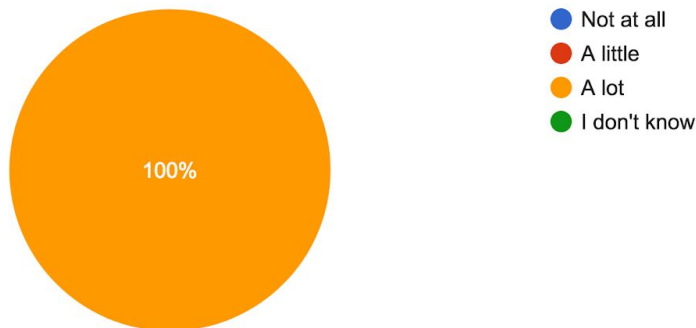
## *Post-Workshop Evaluations*

Los Angeles Harbor College  
February 26, 2019

Number of attendees: 45  
Number of evaluations: 16

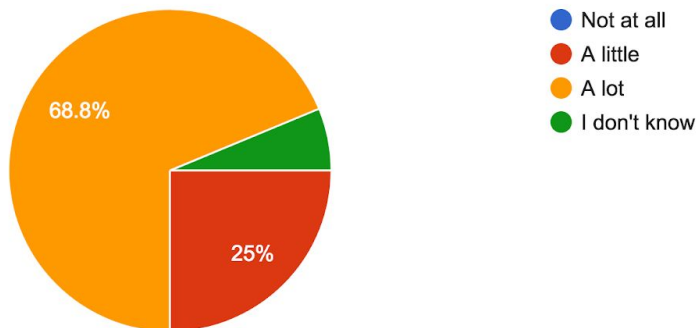
In your opinion, did this event create awareness of mental health issues?

16 responses



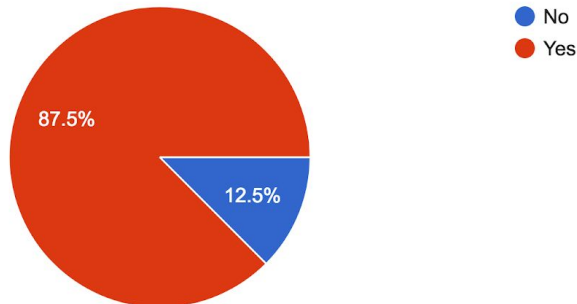
In your opinion, did this event reduce stigma related to mental illness?

16 responses



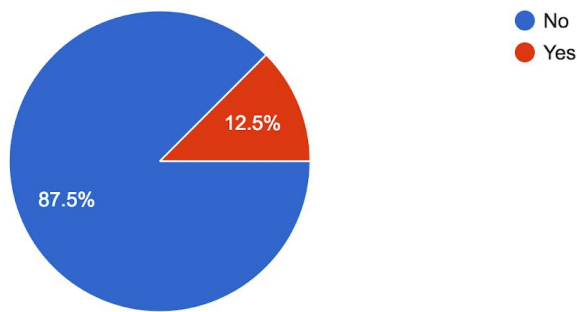
### Did you know about your school's counseling services before this event?

16 responses



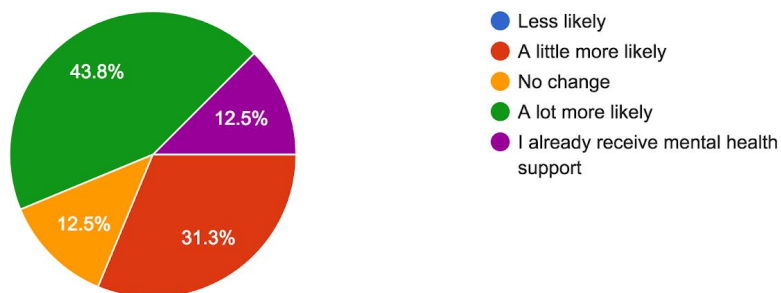
### Did you know about the Mental Health Services Act (Prop. 63) before this event?

16 responses



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

16 responses



\*85% of attendees, who are not already receiving mental health support, are more likely to see 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	9
Off-campus MH support	4
Traditional / spiritual	1
Family	4
Friends	4
Professors / mentors	3
The arts / creativity	7
Fitness / physical activity	7
Online resources	0

How did you hear about this event?	
Friend / Word of Mouth	6
Professor / Class	0
Counselor / MH Club	1
Online / Facebook / Email	0
Posters / Flyers	3

What was your main takeaway?
<ul style="list-style-type: none"> <li>● Take care of self</li> <li>● Everything (illegible) out yours</li> <li>● The many people to talk to about issues.</li> <li>● That it's okay to be struggling with issues, and important to seek help or Talk about it.,</li> <li>● Mental Health are unseen struggles. Don't judge.</li> <li>● Self love and self forgiveness</li> <li>● No Stigma</li> <li>● Understanding</li> <li>● The video film</li> <li>● I want to overcome my stress and anxieties.</li> <li>● Not sure</li> </ul>

- There's support out there & you are not alone.
- That the[re] is a community working towards removing stigma.
- Reach out
- Many people have mental health issues that they ignore People need to seek help.

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

- Movies for MH
- Very interesting
- Helpful, supportive, safe place
- A very helpful and supporting group to talk to.
- Calming, and a good source of information on dealing with MHs.
- Very informative, help to be more sensitive and aware of MH illness.
- Important for everyone
- Mental illness/health/ useful/ well needed workshop
- A mental relief and important thing to improve your mental health.
- I'll bring them next time.
- A place to hear others express their experiences with mental health.
- Thought invoking, enjoyable
- A workshop for mental health awareness

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

- Looking @ man in mirror
- Keeping in mind the support systems that I have
- I will seek help when I need it
- Talking about how I feel more.
- I will try to pay attention to signs of MHs amongst my peers.
- Share it with others.
- Utilizing counselors
- Help people in need
- Unknown
- Help/support others
- To know how to find a solution for our minds.
- A lot
- I want to seek out more groups like this and work with them.
- To reach out to those in need and reach out when I need to.
- I will inform people that may need help of the facilities available.

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

- Time management
- Keeping my GPA good and (illegible)
- Not feeling comfortable to talk about my problems
- Not being confident in the person I am.
- Access/knowledge of resources.
- Social problem
- That I'm not going to socialize and distance myself from stress.
- Still struggling
- Myself and my denial that I needed help.
- Access
- Lack of health insurance

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

- It was perfect
- Personally, I think it went over perfectly, can't think of any room for improvement; good job!
- Provide tools for others to identify symptoms of MH in themselves and others.
- More Attendance
- N/A - Cuz it's unique :)
- Socialize with a counselor to help the mind be in peace.
- Nothing much
- More diverse forms of art, music, spoken word, etc.
- Less in between
- Perhaps splitting into groups to have people engage on a more personal level.

### Major

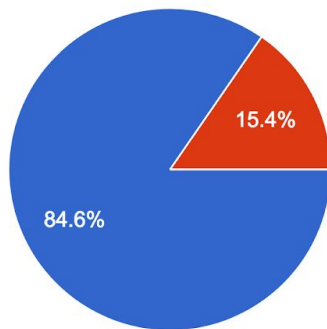
Criminal Justice	1
Communications	2
Engineering	1
Nursing	2
Art	1
Political Science	1
Psychology	1
History	1

Year	
First	3
Second	5
Third	2
Fourth	0
Fifth +	3
Staff / Faculty	2
Other	0

Race / Ethnicity	
Black / African / African American	2
Hispanic / Latinx	7
White / Caucasian	2
Asian / Asian American	2
Mixed Race / Ethnicity	3

### Gender Identity

13 responses



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