

Movies for Mental Health (Online)

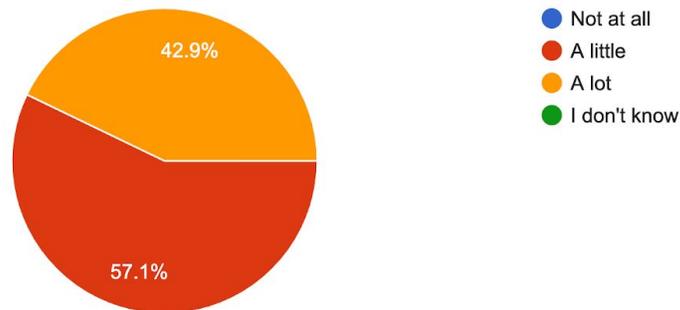
Post-Workshop Evaluations

Laguna College of Art and Design
November 5, 2020

Number of attendees: 24
Number of evaluations: 7

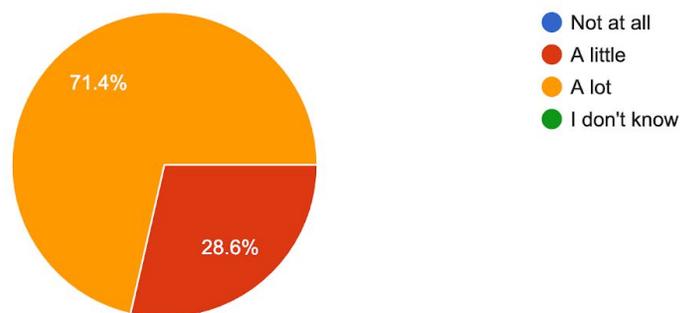
In your opinion, did this workshop increase your awareness of mental health issues?

7 responses



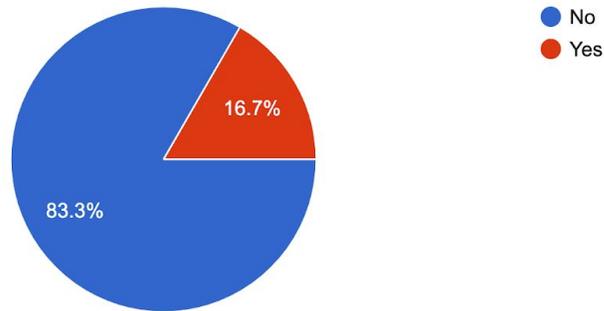
In your opinion, did this workshop help you confront and address stigma related to mental illness?

7 responses



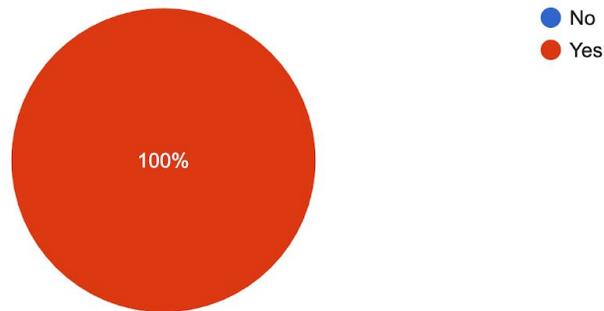
Did you know about the the Mental Health Services Act before this event?

6 responses



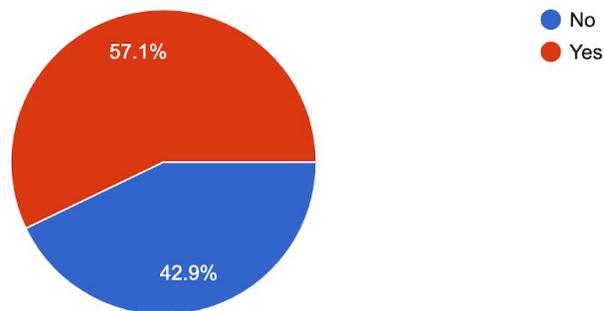
Did you know about your school's counseling services before this event?

7 responses



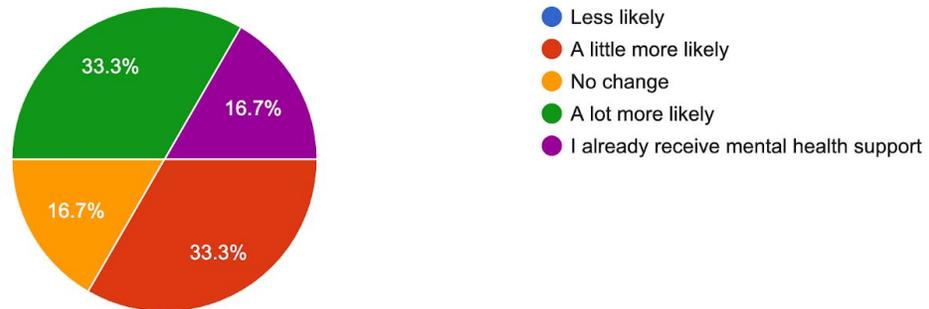
Did you know about the community resources before this event?

7 responses



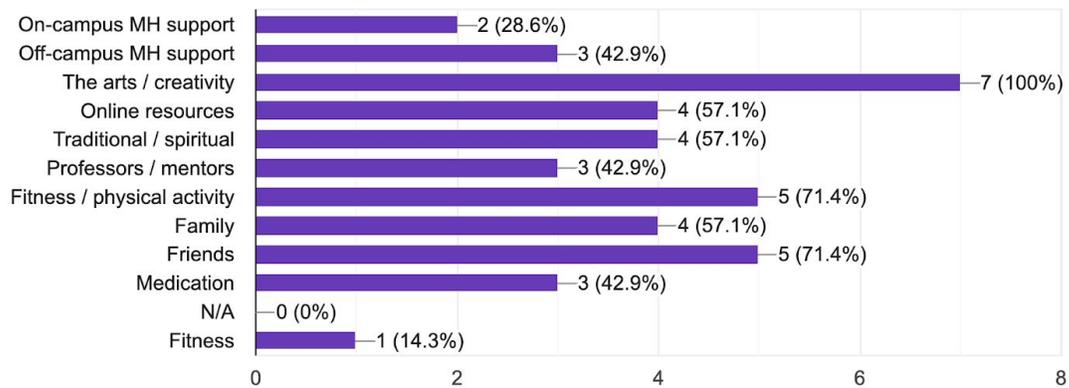
After this event, are you more or less likely to seek support for your mental health?

6 responses



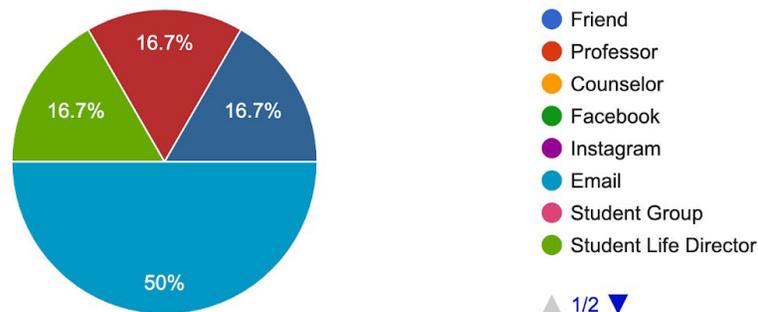
What type of mental health support do you think would be most useful to you?

7 responses



How did you hear about this event?

6 responses



What was your main takeaway?

Not enough people are comfortable with talking about MH issues
Mental Health is important to all, it doesn't discriminate, It's ok to embrace it so you recognize symptoms.
Help is available if you ask for it.
Feeling part of a community
The importance of normalizing mental health concerns, medication, and embracing difference
Mental health becomes empowering in shared spaces
Mental Health is normal!

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

Therapeutic and insightful
Great way to become aware of your own issues or to give ideas of how to help others
Incredible. Very informative and helpful.
Amazing, thoughtful, healing, and important for all college students
Enlightening on mental health, resources and stigma. The films were beautiful, heartfelt and enlightening.
A shared space to explore mental health practices in various mediums
Powerful

How might you use what you learned today?

I signed up for a yoga class after!
It's ok to be who you are. We all need work on ourselves. There's no shame in that.
With my students for sure!
I will continue to walk in the world with empathy and care for others, look deeply at the impact of racism and transphobia on mental health
Sharing on social media and with anyone who will listen :)
Shared videos for psychoeducational purposes
To be less scared to share about my mental health struggles and not be ashamed

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

I feel comfortable with my mental health and I have therapy to thank for that
Time, it's easy to make excuses not to do something
Maybe just transparency
Long-term financial impact
Ourselves

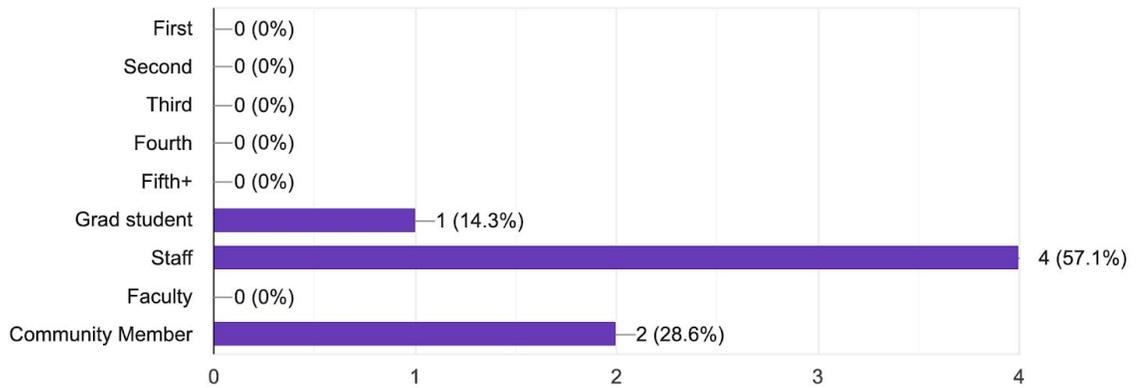
How can we improve this event in the future?

Maybe a download or pdf to the notes section
 Keep making it free
 No need for improvement; it was amazing
 More viewers

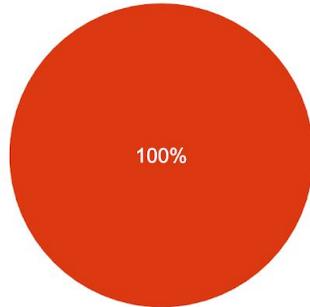
Major	
Graphic Design	1
Life!	1

Year

7 responses



Gender Identity
7 responses



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

Race / Ethnicity		
Asian / Asian-American	0	
Black / African / African-American	0	
Hispanic / Latinx	0	
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	4	57%
Multiracial	3	43%
Other	0	