

Movies for Mental Health

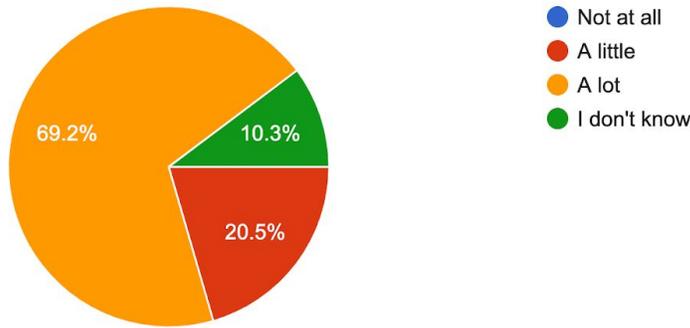
Post-Workshop Evaluations

School: Long Beach City College
Date: November 13, 2019

Number of attendees: 75
Number of evaluations: 42

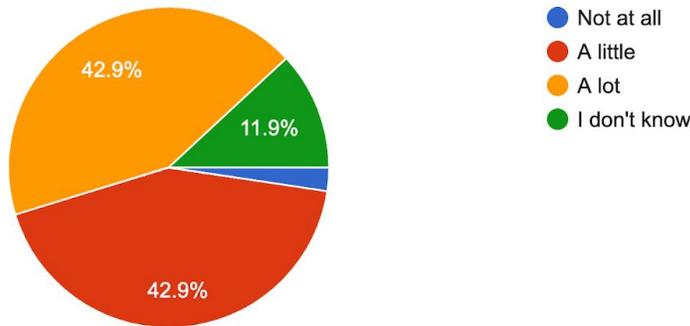
In your opinion, did this event create awareness of mental health issues?

39 responses



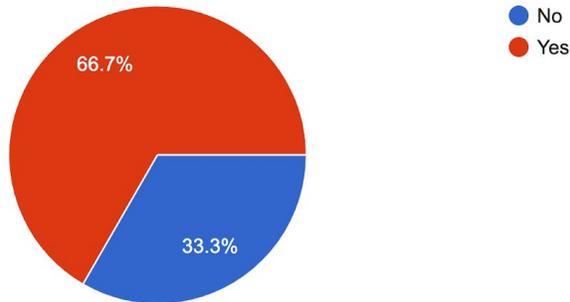
In your opinion, did this event reduce stigma related to mental illness?

42 responses



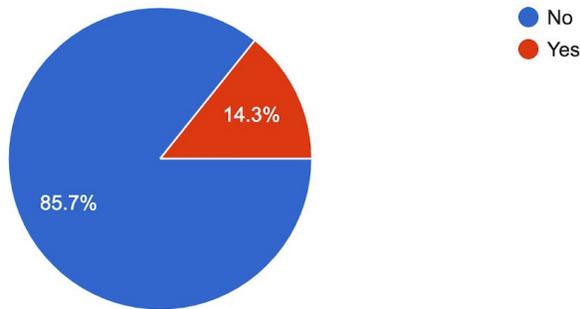
Did you know about your school's counseling services before this event?

42 responses



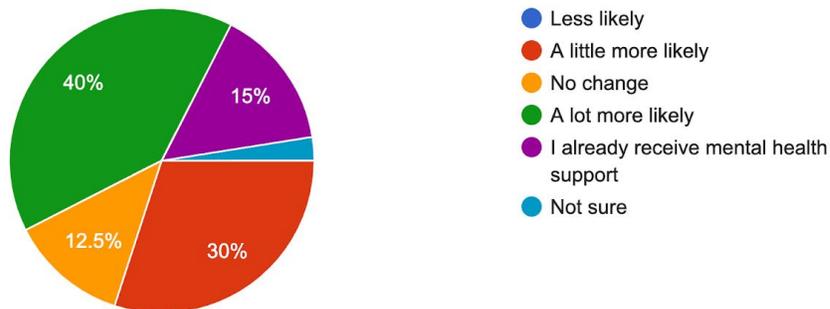
Did you know about the the Mental Health Services Act before this event?

42 responses



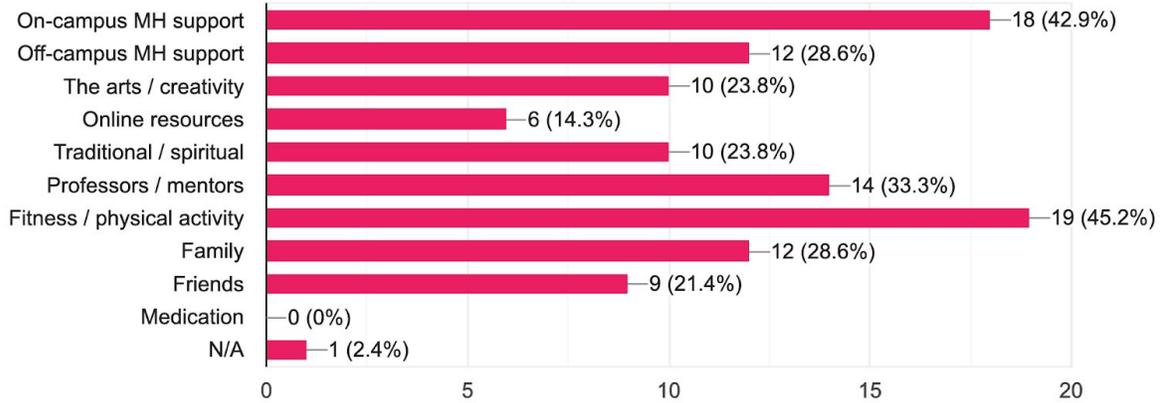
After this event, are you more or less likely to seek support for your mental health?

40 responses



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

42 responses



How did you hear about this event?

Friend	4
Professor / class	18
Counselor / MH club / Peer Support / MH Awareness	1
Email	3
Online / Facebook	2
Posters / flyers	10
Student Group (e.g. Active Minds)	2

What was your main takeaway?

(Highlights: see raw data for full list)

Everyone is going through it
 We have to break the stigma around MH
 Sharing your story helps you heal
 So many resources
 Film contests
 Don't be afraid to ask for help (x6)
 Re-evaluate perspective

That there are different perspectives of MI
There are many ways to endure/address MI
Art and sketch
Need more workshops like this on campus
New point of view
The short films
People can overcome their barriers to help
Help others around us (x2)
Need for self-care
Listen to our bodies
The availability of counseling / resources (x5)
Normalize mental health
MH isn't to be embarrassed about
How the speakers chose this field
Self-determination
Stay in counseling

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

Movies highlighting mental health
A safe space where your story can be heard
Mental health workshop / MH awareness (x7)
Good source of info that might have been overlooked
Informative / educational (x9)
Fun
Artful and informative
An important discussion with no judgment
Learning opportunity
Helpful and eventful (x3)
Interesting perspective from videos
Eye-opener on mental health (x2)
An outlet for help
A good way to help distinguish possible mental health options
Informational and open discussions
Impactful
Open space
Inspirational, motivational (x2)
Informative about campus resources

How might you use what you learned today?
(Highlights: see raw data for full list)

Take what I've learned and apply it to my life, and be a support to those who seek health
Use it by working it
Tell people it's ok to get MH help
Seeking an evaluation / appointment (x2)
Learning there are many different perspectives on MI
MH issues do not always mean negative acts

Share, share, share (x3)
More sensitive talking to people with MH issues (x2)
There are resources to get help
More awareness (x2)
Remember life is hard for some
That I'm not alone
Learn to manage my life for my mental health
Learn to relax and seek help
Exploring on campus services / counselors / programs (x3)
Less judgment, more listening
I'm one step closer to getting help
Refer friends to resources (x3)
Go online to learn more

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

(Highlights: see raw data for full list)

Shame
The small voice in my mind that critiques
Not enough free resources / affordability (x2)
Not brave enough--too prideful
Self-doubt
Making new friends
Stigma; fear
Ignorance
Dealing with voices in my head
Conflict with parents
Activities
Time
Fear of embarrassment
Opening up
Too poor to pay for therapy, too rich to qualify for free help
Feel like I don't need it
Sticking with it not giving up
Anxiety
Feeling dramatic
Showing up for myself (x3)
Social expectations
Don't want my family to know
Knowledge
Self-care
Self-isolation
Remembering appointments
Making decisions

How can we improve this event in the future?

Film volume
 Provide mics (x3)
 Tell more people about it
 Public speakers who have mental issues?
 Talk about sources where you can get help
 Learning how my mental disorder works
 Keep in depth details
 It's terrific / everything is great (x4)
 Have more awareness of the event / more advertising (x2)
 Giving short presentations in classes
 close the doors once we start
 Have it 2-3 times a year
 Better films
 Maybe a better room? Closer to E building
 Smaller venue
 Self-reflection
 Doesn't seem like it needs improvement
 Invite the school counselors

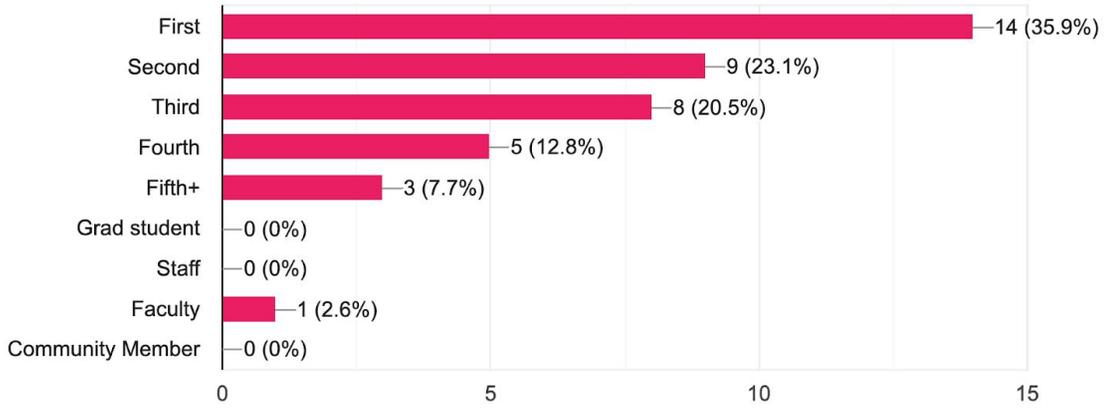
Major

Art	3
Biology	1
Business	1
Child Development	2
Communication	1
Computer Science	3
Education	1
English	1
Fire Science	1
Healthcare	1
Linguistic	1
Math	1
Music	1

Nursing	6
Psychology	2
Sociology	5
Speech Pathology	1
Undecided	1

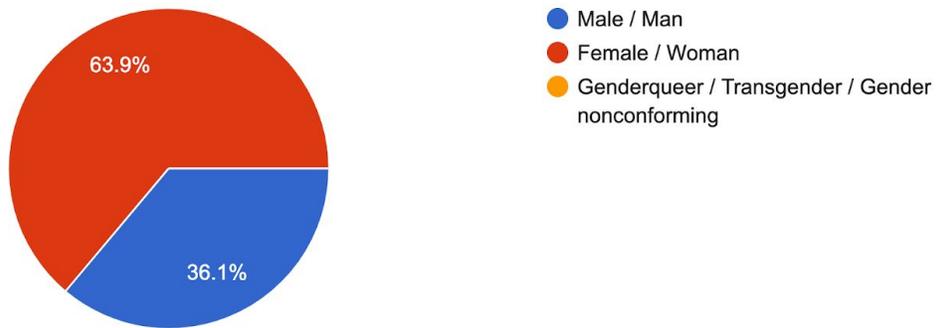
Year

39 responses



Gender Identity

36 responses



Race / Ethnicity		
Asian / Asian-American	3	8%
Black / African / African-American	12	30%
Hispanic / Latinx	17	42%
Indian / South Asian		
Middle Eastern		
Native American / First Nations		
Pacific Islander		
White / Caucasian	5	12%
Multiracial	3	8%
Other		