

Movies for Mental Health

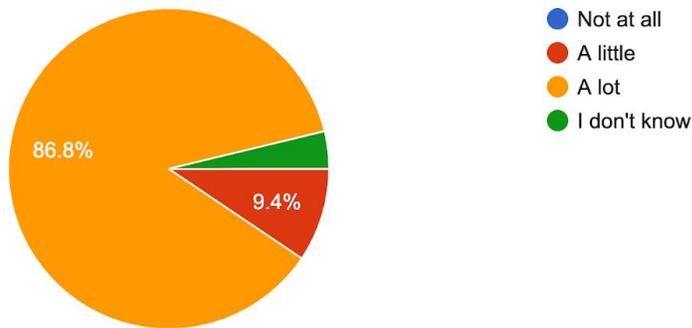
Post-Workshop Evaluations

School: Los Medanos College
Date: October 2, 2019

Number of attendees: 65
Number of evaluations: 53

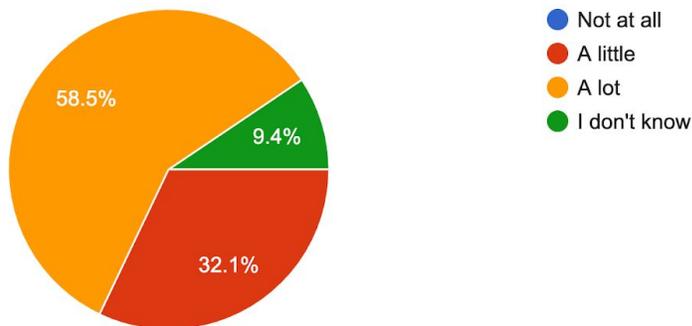
In your opinion, did this event create awareness of mental health issues?

53 responses



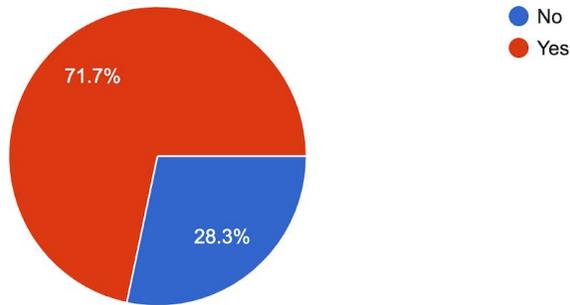
In your opinion, did this event reduce stigma related to mental illness?

53 responses



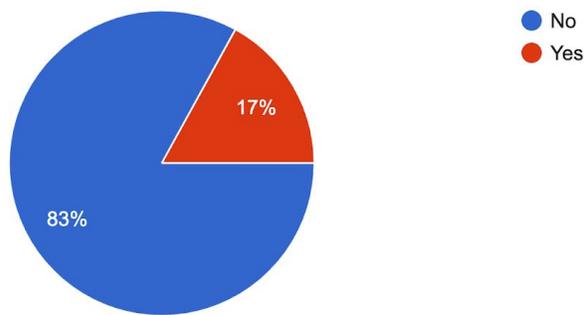
Did you know about your school's counseling services before this event?

53 responses



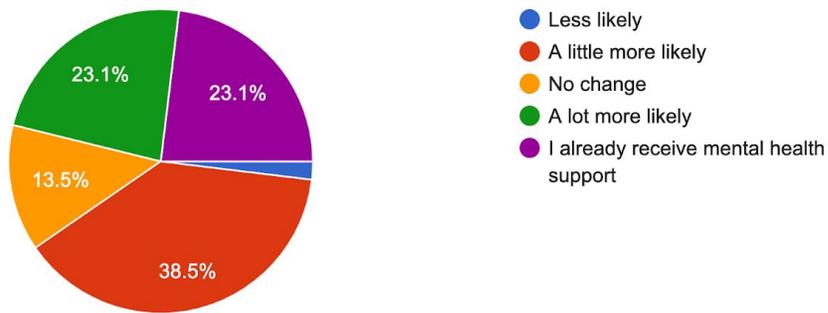
Did you know about the the Mental Health Services Act before this event?

53 responses



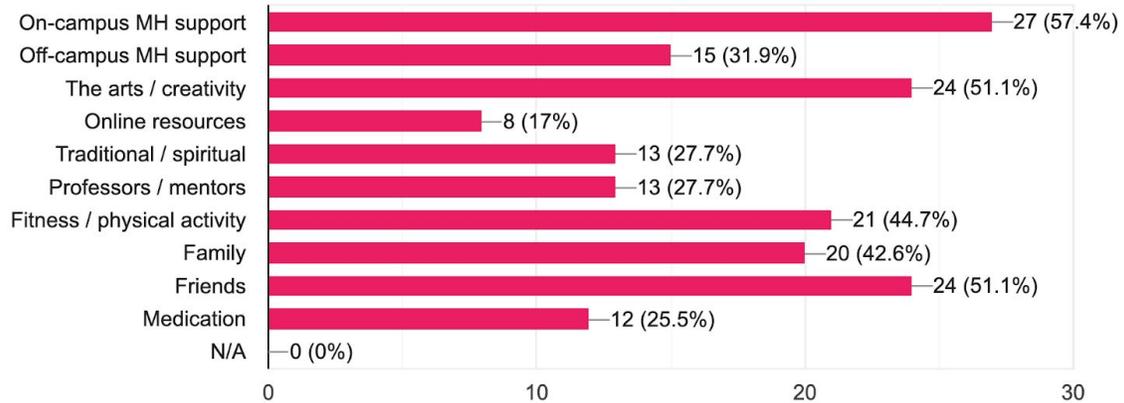
After this event, are you more or less likely to seek support for your mental health?

52 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	2
Professor	28
Online	1
DSPS	3
Email	4
School / On Campus / In Library	3
Posters / flyers	6
Nick Garcia, Drama Dept	4
Other	1

What was your main takeaway?

(Highlights: see raw data for full list)

To talk about it (x2)
 We have a lot of work to do to get rid of stigma
 Mental health issues come in many different shapes and sizes
 To not push away mental therapy

Mental Health is something everybody has and it shouldn't be taken lightly (x3)
 I felt there were panelists I resonated with
 There's a lot of help out there, and we shouldn't be afraid to seek it (x15)
 Several different on campus counseling groups
 That everyone goes through the same things and you're not alone (x5)
 You are not your struggles
 Help others and that helps depression
 Community and community awareness is powerful
 It is okay to have a mental illness
 Respect others bc you dont know what ppl go through
 Coping mechanisms are available
 A lot more people felt comfortable to share
 Even if you haven't been through what they had but it made you feel that you were in their situation
 A lot of people can relate to me and vice versa

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

Enlightening
 Informative / helpful / useful (x20)
 Inclusive and deep
 It's worth it and important to invest
 Very eye opening (x2)
 It helped make mental issues seem less scary when getting help
 Impressive
 An educational safe place / supportive (x8)
 Relatable (x2)
 A workshop to help you realize or even seek help
 Empowering
 Enlightening, empathic, and encouraging
 An amazing outlook that you don't want to miss
 Good / nice / very cool (x4)
 An event to promote support for mental health
 A really motivational workshop
 Thoughtful and emotional
 A bit of a boost of confidence
 Relieving
 Very open and friendly
 Definitely go if you have to bc it really helps a lot not just for you but for the community

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

Being kinder and more understanding to those around me (x3)
 I think I'm going to check the disabled students services
 I'll use it to help me and change my mentality / perspective (x2)
 I'll develop more coping skills to help myself more
 Supporting people and referring them to resources (x14)
 Breathing technique (x2)

Visit counseling office for mental health (x2)
 Approach others in love in light of their unknown/private struggles
 Apply it to my daily life
 Go make an effort to seek help (x4)
 Appreciate more the little things
 Continue to seek help
 To get stronger

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

(Highlights: see raw data for full list)

Time
 Holding myself back on trying to get mental health help / pride (x6)
 Anxiety / social anxiety (x6)
 Money / financial / insurance (x7)
 Shyness to speak up with how I feel (x3)
 My PTSD
 Not knowing where to seek help
 Bad therapists
 Fear / Shame (x2)
 support,
 Stigma (x2)
 Family / parents (x3)
 Waitlists
 My cultural background its stupid to speak up

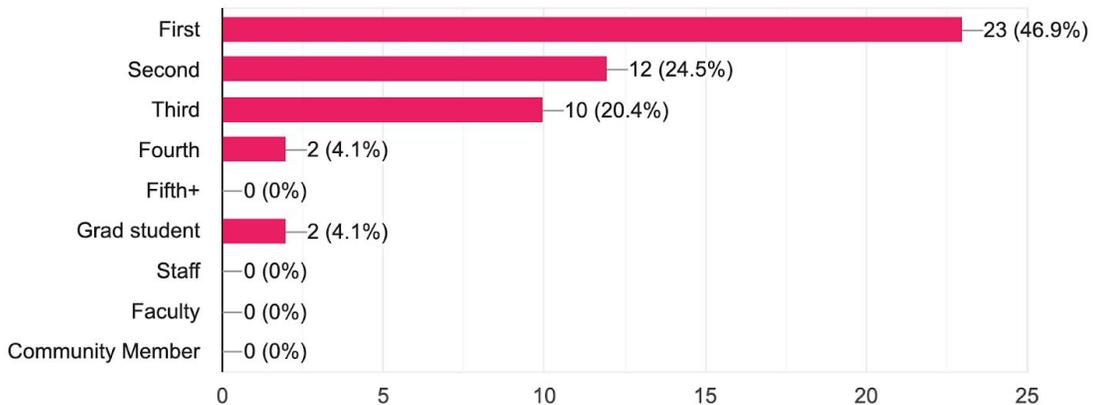
How can we improve this event in the future?

Do it more on campus (x2)
 Give more time to properly describe the stigma
 Describe depression
 Have a little more time with the panel / guest speakers (x3)
 Maybe more MH improving activities, bc a lot of students were experiencing anxiety during the film
 There should be more survivors on the panel
 Handouts with panel members printed
 Empathy fatigue and boundary setting
 Very well done / it was awesome (x3)
 Step-by-step to help or be helped
 Add more info on other struggles
 Help provide help from the community to the community
 Tell everyone by speaker announcement about this event
 Maybe give out business cards and contact info
 Nothing needs to be improved / good the way it is (x6)
 Probably don't prolong too long on one subject
 Spread it more not just to the school but people that really need it
 Make it longer

Major	
Child Development	1
Kinesiology/Psychology	1
Theatre / Drama / Acting	19
Communications / Journalism	3
Business / Accounting	2
Chemistry	2
Engineering / BioMed / Aerospace	3
Admin of Justice	1
Biology	1
Sociology	1
Music / Art	1
Psychology	1
English	1
Undecided	4

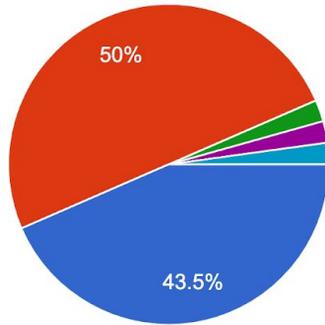
Year

49 responses



Gender Identity

46 responses



- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming
- Nonbinary
- Non Binary
- non binary

Race / Ethnicity		
Asian / Asian-American	6	12%
Black / African / African-American	7	14%
Hispanic / Latinx	11	23%
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	2	4%
Pacific Islander	1	2%
White / Caucasian	12	25%
Multiracial	10	20%
Other	0	