

Movies for Mental Health

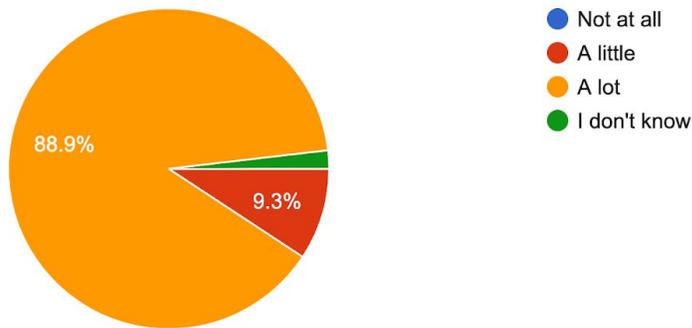
Post-Workshop Evaluations

Merced College (3 workshops)
October 23, 2019 & October 24, 2019

Number of attendees: 124
Number of evaluations: 54

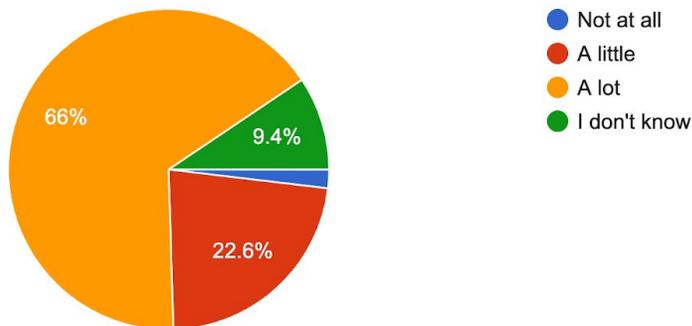
In your opinion, did this event create awareness of mental health issues?

54 responses



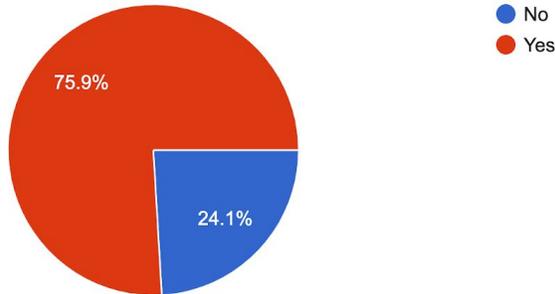
In your opinion, did this event reduce stigma related to mental illness?

53 responses



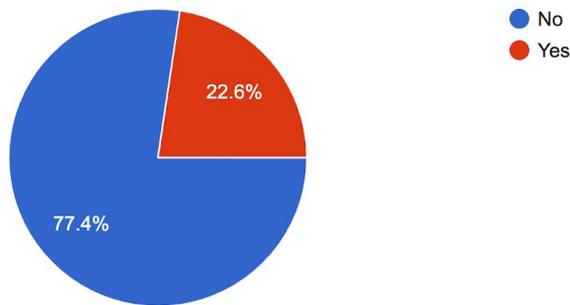
Did you know about your school's counseling services before this event?

54 responses



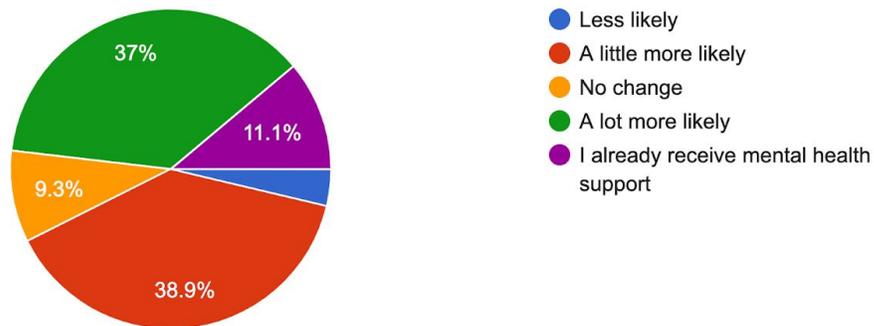
Did you know about the the Mental Health Services Act before this event?

53 responses



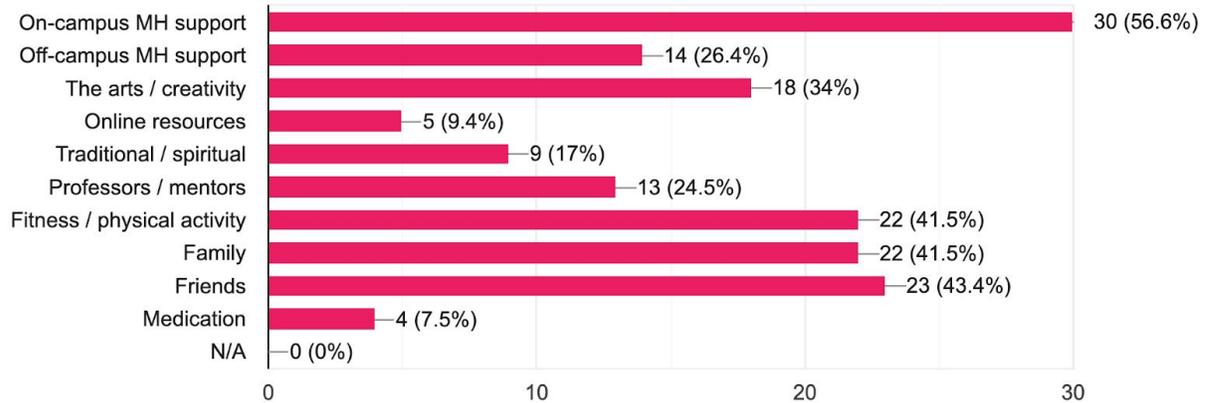
After this event, are you more or less likely to seek support for your mental health?

54 responses



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

53 responses



How did you hear about this event?

Friend	1
Professor / class	45
Counselor / MH club / Peer Support	0
Email	0
Online / Facebook	0
Posters / flyers	5
Other	1

What was your main takeaway?

(Highlights: see raw data for full list)

To be more aware of my MH. Most importantly knowing that it is important (x4)
 Look for help (x2)
 My sister is really struggling with something that I know how I can help
 Be kind (x2)
 Important to de-stigmatize MH/MI (x3)
 Learning more about MH
 My speech!
 The topic and the speaker

My situation is real
 That most everyone struggles with something (x2)
 Not enough coverage in the general society
 Be more kind, and patient with others because you never know what their struggles are (x2)
 To not be judgemental
 Learning about MI and how it goes unknown
 I loved how everyone shared openly. I hope it allows people to feel more comfortable opening up
 Videos and the speaker (x2)
 It was interesting
 I didn't think strangers could relate to each other so much (x2)
 The movies
 To not be ashamed and that there is help
 The MH resources
 Forget selfishness and indifference and think in emotional needs of other people
 Try to be more social and ask people if they need help
 I'm not alone (x2)

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

Informative (x3)
 Mind opening and helpful. Created self awareness
 A helpful event that shows you that people go through problems we are not aware of
 They have good information to help you
 A very helpful and understanding resource for others that they might possibly know that they need it
 Interesting
 Very helpful. Maybe uncomfortable but important
 An amazing way to learn and see how MH is impacting people
 Very informative. A lot of spirit
 Beneficial and direct to AWI website
 Inspiring, helpful and educational
 Fun
 Good advice
 Awareness
 It's a fun way to learn about MH
 Mind-opening and really social
 A caring nonjudgmental environment
 Effective, specifically the first video
 Informative and eye-opening
 Informative, helpful, educational
 Empowering
 Very inspiring and inspirational (x2)
 Emotional and important
 Wonderful! Informative and real thought provoking
 Amazing. Very eye-opening and comfortable
 Informative and welcoming
 Amazing and very useful information (x2)
 MH event
 A very useful tool to make individuals better
 A mental health group to learn and accept all the conditions to MH
 Informative and how if you are having issues there is help and you are not alone

MH workshop and resources
 Humanist, emotional workshop
 I would say it was moving
 Safe and informative
 Meaningful
 Very accepting, understanding and informative
 Try this workshop, will be useful at one point or another in life
 Helpful and insightful
 Eye-opening and very thoughtful provoking and informative
 informative helpful and eye opening
 Judgment free, very helpful and help getting through issues
 Helpful to people who feel alone
 Something everyone should attend
 Very very good
 Outstanding and eye opening

How might you use what you learned today?

(Highlights: see raw data for full list)

Be open to seek help and take care of myself on the daily (x4)
 Pay more attention to people and try to understand them more
 I want to give little letters of positivity to others to pass or keep
 Help others
 Reassure myself and others
 More community awareness
 In every day practice and behavior toward others (x2)
 Learn to hear everyone's opinion (x2)
 Resources
 Continue to work through it
 Help others understand it's okay not to be okay
 Being more open minded
 To help others
 I might look into counseling / services offered at the college (x3)
 I would extend my kindness, be more attentive to what people do and say
 To educate / refer others to MH resources (x8)
 Be more friendly and open minded to others
 Share it with others, be nice to others. Help myself by going to therapy
 Taking everything I do into consideration
 Be KIND!!!! (x5)
 Talk to a friend who needs it or just saying hello to random people
 These are programs and people to reach if we are suffering
 Give people a compliment
 Talk to others more. Make their day
 Be more aware of others and the impact I have on them
 Communication and awareness of MH
 I will maintain an open mind
 Reach out to others more often (x2)
 Communicate better to my family through their struggles
 It has changed how I view and react to things
 By spreading more love and kindness to those who I do and don't know
 To go out and know there are people who go through tough times and be a friend to those in need

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

(Highlights: see raw data for full list)

Realizing it's actually important or worth my time (x3)
People don't want to be the ones to ask for help
Willingness to seek support
Pride, felt like it isn't serious
Life is hard, things happen every day. I sometimes lose motivation
I don't want to
My speaking is hard to do
Not really knowing the resources (I do now!!)
Money
Money, feeling as if I don't have a reason to feel how I do
Time, trying to squeeze it into my schedule (x4)
The fear of doing something different
Trusting others with my personal business
Don't need it at least not yet
Thinking I'm alone
That I don't think it will "help" but I haven't even tried
I tend to deal with life as it comes
Being told "oh, you are ok, just brush it off and keep going"
Accepting and admitting that I have MHI
I don't have MH but if I did I would seek support (x2)
Communication
Taking time for myself. I feel overwhelmed
The stigma associated with getting help (X3)
Anxiety and depression
Money when it comes to seeking professional help and not overworked free resources
Not being aware of resources, embarrassment
The stigma and not enough resources
Knowing that it is ok
Motivation to seek help, knowing where to go
Not knowing how they will react to how I'm feeling
Family sometimes feels like MH isn't important and that I'm just in my feelings (x2)
Fear of judgement (x2)
Insurance not enough providers
That I don't want to be or feel different

How can we improve this event in the future?

Get more people involved
Maybe add more films and make the event longer to talk about stuff more
Make it into a club on campus and advertise on social media
Expose it to more around the college campus (x4)
Chinese food
Group activities as in describing what depression and stigma are to you
More short films (x4)

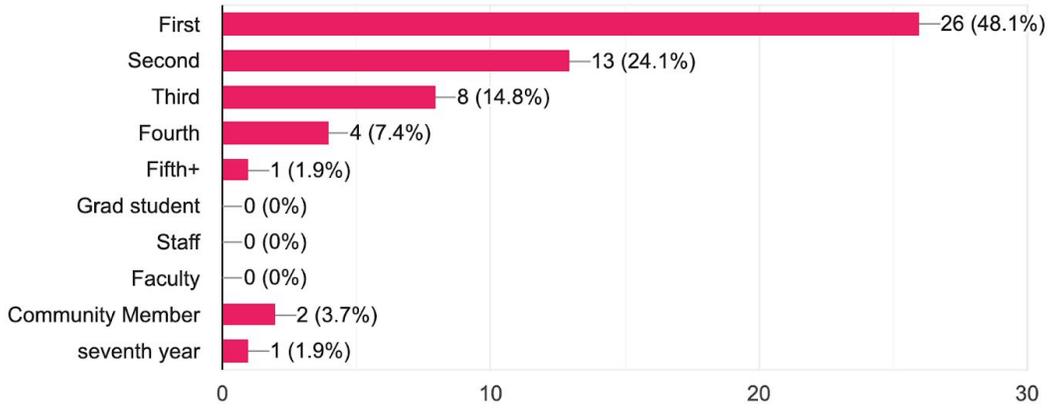
More personal
 Maybe for social activities and videos
 More definitions, statistics. Great videos
 Assign groups so no one is left out
 Doing it more often
 Honestly nothing! I really enjoyed it (x19)
 Make videos to advertise more
 More presentations being offered in the future
 Small group activity
 I would like to see more personal stories (x4)
 Promote more awareness of MH
 More discussion / involvement from students. Us talking helps
 Get more people involved within the event

Major	
Criminal Justice	4
Teaching	1
Math	1
Political-Science	1
Sociology	1
Human Services	1
Design	1
History	1
Biology	1
Psychology & Admin of Justice	1
Sociology	2
Nursing	8
Social Work	1
Kinesiology	3
Psychology and Sociology	1
Child Development	1
Liberal Studies	1

Mechanical Engineering	1
Business	1
Theatre Arts	1
Psychology	11
Computer Engineering	1

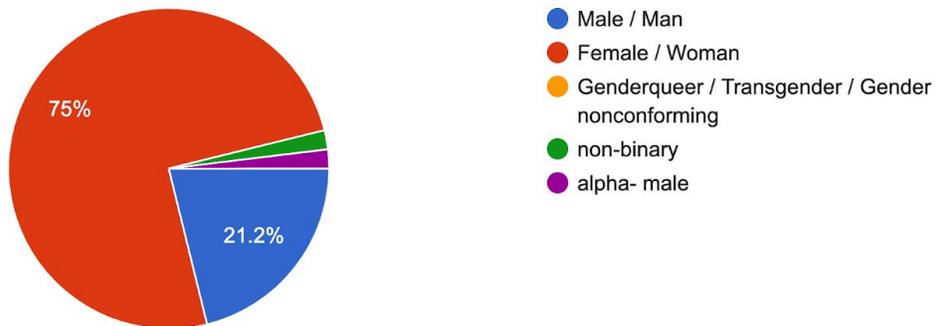
Year

54 responses



Gender Identity

52 responses



Race / Ethnicity		
Asian / Asian-American	5	10%
Black / African / African-American	0	
Hispanic / Latinx	33	65%
Indian / South Asian	0	
Middle Eastern	1	2%
Native American / First Nations	1	2%
Pacific Islander	0	
White / Caucasian	8	15%
Multiracial	3	6%
Other	0	