

# Movies for Mental Health (Online)

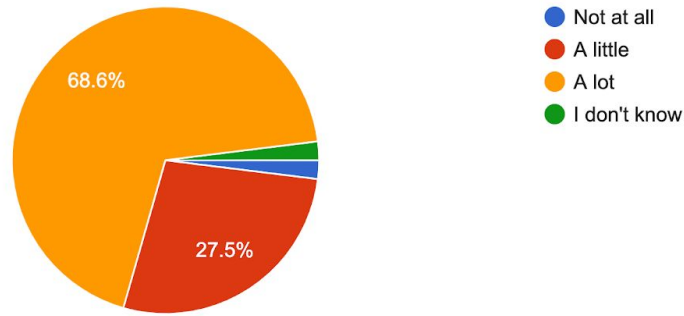
## Post-Workshop Evaluations

Merced College  
November 12, 2020

Number of attendees: 56  
Number of evaluations: 51

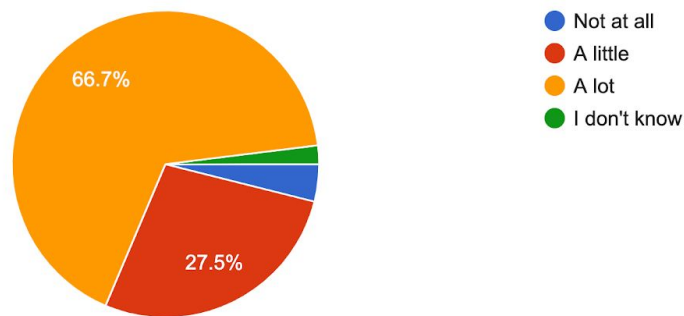
In your opinion, did this workshop increase your awareness of mental health issues?

51 responses



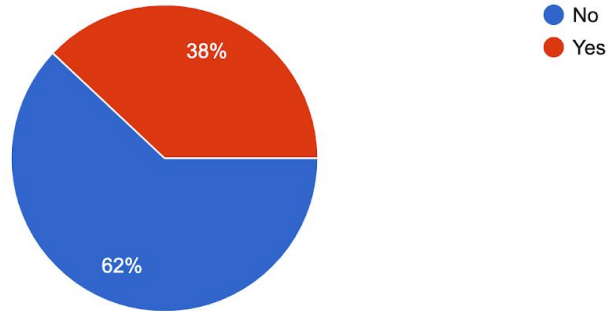
In your opinion, did this workshop help you confront and address stigma related to mental illness?

51 responses



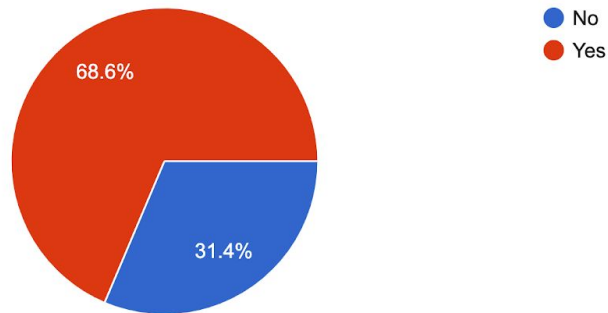
Did you know about the the Mental Health Services Act before this event?

50 responses



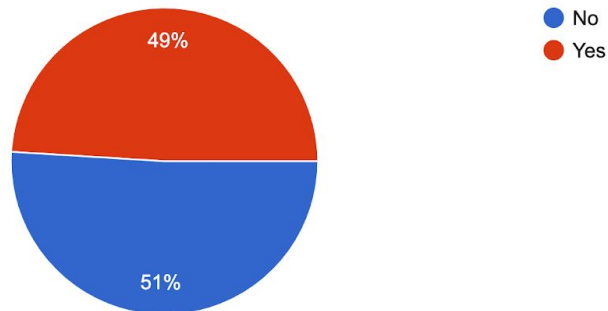
Did you know about your school's counseling services before this event?

51 responses



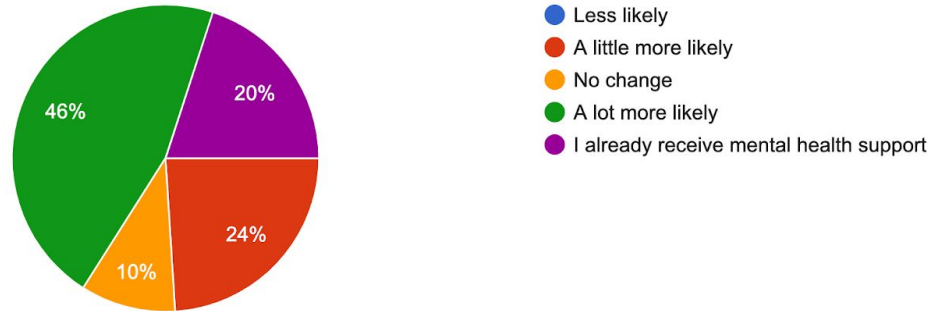
Did you know about the community resources before this event?

51 responses



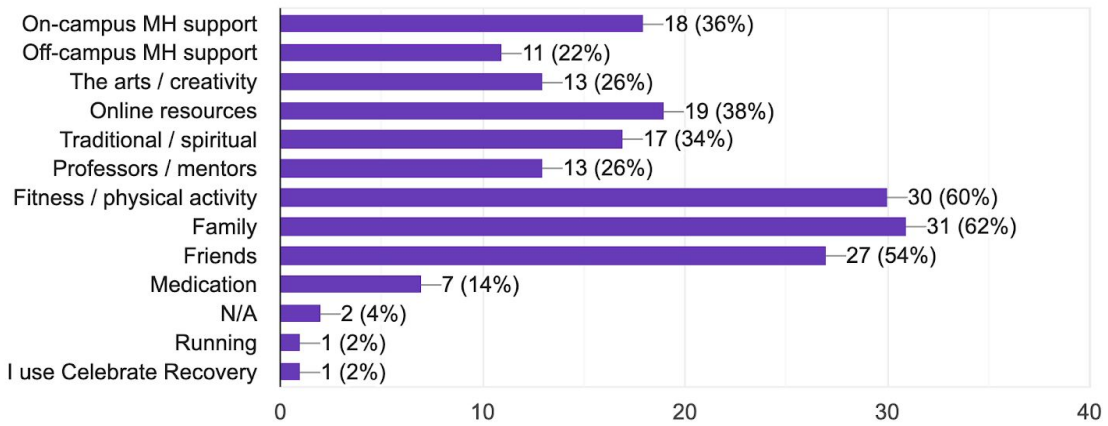
After this event, are you more or less likely to seek support for your mental health?

50 responses



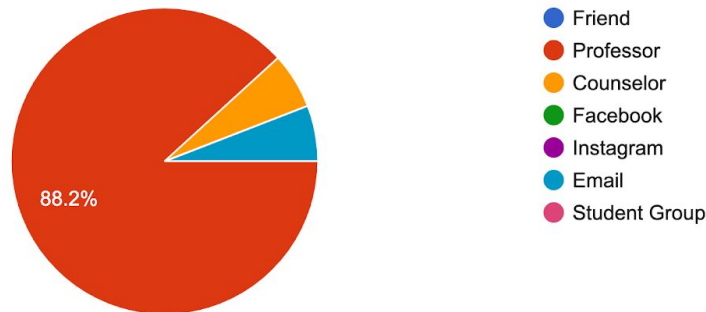
What type of mental health support do you think would be most useful to you?

50 responses



How did you hear about this event?

51 responses



### What was your main takeaway?

There are different forms of mental health. It's okay to seek help  
 Mental health is normal  
 Mental Health shouldn't be something to be ashamed of  
 Mental health is not alienating, you're not different in a "bad way"  
 I like connecting with people, knowing I'm not alone in my mental illness and it helps me to help my children  
 understanding mental illness and understanding the stigma associated with mental illness  
 I feel less lonely  
 Take time to get into my own body and mind and ask myself how I am feeling  
 To not be ashamed when trying to reach for help  
 That it's okay to talk about how you're feeling and reach out to others. If someone doesn't agree with you, find someone else to talk with that can help you.  
 To continue caring for my mental health  
 To not let the stigma around mental health keep me away from seeking help  
 Mental health is personal - we are the experts on our own experiences  
 I am more aware of the all the mental health resources that are available  
 Everyone has a different story and mental health journey and all of them are valid and no one is ever alone  
 Always be cautious about how you are with people, for that person may be having a bad day and you can hurt them without knowing. Also just ask if they are ok and see if they want to talk about it.  
 The main takeaway for me was my feelings after watching the films. I was unaware that feelings that I once had related to my mental health still affect me even though I have been doing very well for a long time.  
 I never knew how much help there was out there are sources and counseling. It makes me happy to know that people care.  
 This event's main takeaway for me is not only the material and subject spoken of during the workshop but the environment, support, and general idea of this workshop. Because of this event, many of us were able to come together and focus on the importance of mental health.  
 The first film  
 Continue to live the way I want  
 Try to be mindful about others around you  
 Mindfulness  
 Mindfulness and learning ways to be there for others  
 To be open minded and to know how to help myself and others seek the help I need  
 Thanks for doing this. Loved the movies.  
 Make sure to take care of yourself. It's so important.

You are not alone and there is almost always help if you ask for it  
Find ways to help break the mental health stigma  
I love the big topic of trying to end the stigma around mental health  
Edmundo. Do everything with purpose  
My main take away from this workshop is mental health is different for everyone, but there are many resources available to address these emotions we feel.  
To not let stigmas get in the way of seeking help  
My main takeaway was to express myself out there more and to not be afraid to speak up  
Speak up for help and be there to listen  
Helps to reveal stress by doing favourite activity  
Many people struggle with mental health and this is not/ should not be a lonely battle  
Your favourite activity helps to reduce stress  
There is no takeaway  
That mental health is a overlooked and underrated issue that most if not everyone faces  
I wasn't able to attend. I had login problems.  
Everything!!!  
All the sources, and that I am not alone we all deal with things

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

Insightful workshop (x2)  
I would say it was a great presentation that informed me about mental health (x3)  
The films we watch really do help with understanding different perspectives of mental illness  
A way to help relieve the stress and say what you think  
Resourceful and enlightening (x4)  
I would describe it as very welcoming and open to talk about your mental health as well as others  
Extremely helpful, and full of detail, shows all the resources available  
I learned so much about so much. It touches important topics that can help everyone.  
Awesome!  
Very informative, intriguing and useful for everyday life (x9)  
A very friendly and positive environment workshop  
Two hours where you can take a break for yourself and think about your body and your mental health, and where you can become more aware of how to seek help  
Fun, interactive, informative, well worth the time  
As helpful, inspiring and encouraging (x3)  
It's an enlightening and enjoyable workshop. They are interactive with the audience and speak of really interesting topics underlying mental health.  
This event is helpful and short with full of information  
Very interesting to see how mental health needs our attention  
A great way to help with the mental stigma that we all face  
An amazing workshop that provides a safe space to talk about the mental health stigma that we're facing  
Great for youth  
I would describe it as a very helpful resource that makes you feel comfortable. I would let them know that is very informative and provides you with ways and ideas to deal with different emotions such as: depression, anxiety and trauma.  
Extremely extraordinary (x2)  
Open, supportive, informative  
It's very useful to help guide you about your mental health  
Something extremely inspirational and outgoing  
An awesome learning experience with lots of good information on mental health

## How might you use what you learned today?

Communicate with my daughters in a different manner that is welcoming and addressing their feelings  
Getting help before things progress  
Look for help  
Tell others about the resources available  
Helping my friends with mental health issues  
Being able to better explain how I'm feeling, other than "I just don't feel good"  
Be more mindful with my children  
Keep what I have learned in mind the next time I feel uneasy or see one of my friends struggling  
Continue to participate in activities that make me happy  
To not be ashamed when looking for help mentally  
Instead of keeping all my emotions inside talk about it and make sure that your loved ones are okay too  
I will continue to treat someone well. As well as care for myself.  
Practicing in helping to break away the stigma around mental health  
Being more aware of my feelings  
I would just be cautious and make sure everyone I come in contact with is happy and well  
I can spread the word about these resources available for everyone.  
I think I am going to start reaching out to my friends more, I have been isolated recently  
I will try to focus more on mental health. I was also be sure that I am capable for being there for someone else before I allow myself to be an ear for others.  
People care and there is tons of help out there for you  
I have siblings who are greatly affected by my parent's recent divorce. I can use what I learned today with my siblings and on myself.  
Look for help or support  
Trying to apply practically because it's hard but I'll try  
Be more kind and mindful around my kids  
Learning how to take control of my emotions through journaling, crafting, etc.  
Learning how to be more mindful of my actions  
I will learn to be open minded and be aware that everyone is fighting battles we may not know about  
Make sure I keep talking to my own teens and client teens  
I will use the recommended tips when I am needing a mental health day  
Remembering that self care is important and being there for others can be easier than what we think  
Take time for yourself  
Refer friends or those that need help to the resources listed  
I'm gonna start dancing  
I may use several things that I learned today by letting others know about the resources that have been provided, letting others know that I am here to listen and support them, and also work on self-care for myself  
I am not sure  
I will definitely use what I learned today b/c I feel like now I know how to express myself better to others  
Patient with my out bursting hurt friend  
It will be helpful in stress conditions  
Be more aware that everyone has struggles in life and to offer help and support to those who trust me and might need it  
I use it when I feel stressed about any work.  
I'm more likely seek mental health services  
Remembering that self care days are important but so is checking in on your loved ones is appreciated  
By seeking resources that are provided and helping guide my friends and family with those same resources  
Going out more as I meditate to get motivated to be more outstanding and outgoing  
I will definitely look into the resources given when I am feeling like I could use some help

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

Caring for others before caring for myself

Stress

Knowing my resources

Stigma

My kids need me too, I'm spread very thin

Quarantine

Accepting things that have happened in the past

Feeling ashamed to ask for help

People will think that I'm joking and not take it seriously

Figuring out that I have dipped in my mental health, until it's too late

Financial. I have to pay for therapy

Not being informed or aware of the health resources

Sometimes people are scared to ask because they fear of being judged and looked down upon

It was the drive honestly, but I'm glad virtual help is also available.

The biggest barriers to seeking mental health support for me are being able to find the right time and the right moment to speak up to my friends about how I am feeling

It took me a long time to reach out when I was struggling with my health because of my fear of how others will treat me or react

There is counseling if needed

I come from an Asian household so mental health isn't really spoken of. My mother is also one who deals with depression and an unhealthy mental background so there are many barriers that keep us as a family from a decent mental wellness

Hesitation

Costs/accessibility

Lack of support from peers or family and the judgment that comes with it

Lack of support from family or judgment

Being able to get out of my comfort zone and seek help

In Mariposa county there are not enough mental health providers

Not wanting to be weak. Thinking I can get through it alone.

Just my own insecurities and overthinking are some barriers to my own mental wellness

Personal choices

Finding the time to focus on myself

No time to deal

The stigma of it, being judged by someone that I reach out to (even if its a professional) I feel embarrassed of the things I have gone through in life, and feel like I can't talk about them to anyone

Time (x2)

I think it's more of trying to talk to people myself cause I'm an introvert

Negativity

My barriers are loneliness and isolation. It is difficult reaching mental health services outside of school due to referrals and information slipping through the cracks and never being followed up on.

Poor understanding

Refusing to help me

My own insecurities and overthinking are some of my biggest barriers to my own mental wellness to seeking mental health support

The stigma that has been created in the black community and amongst my family

Having the energy to get up everyday for anything or simply just being depressed to do anything

Feeling judged by others

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

Keep adding videos to this type of event. Very relatable.  
 I was unable to hear the speaker. I was unable to connect with the audio.  
 I thought everything went really smoothly  
 Have a workshop for parents, single parents  
 It's good, I don't see any problems  
 No comments  
 Learn to understand and be ok with things happening the way they do or can  
 I wouldn't improve it, I thought it was great  
 This was a wonderfully well put workshop  
 I think the event was great the way it was  
 I think this event was organized well, I really like the body scan exercise  
 N/A the meeting is great the way it is  
 I loved the event the way it was. I have no suggestions for improvement  
 I liked it the way it was. I prefer the public chat instead of video chat  
 The event was well prepared. It didn't feel too long or not long enough. I especially enjoyed taking breaks and breathing in between the videos.  
 Everything look fine to me  
 Share more link videos that can educate us in mental health  
 I loved this event :)  
 This is the second event I attend and I would love to have them offered more often  
 Counsellors talking on panel  
 Nothing you guys did great!  
 I think this event experience was overall really excellent and beneficial  
 Internet was a little slow, hard to watch the videos  
 No need to improve, I loved the interaction with all who were in attendance  
 I think more shared experiences. We can learn from one another  
 I think the event was great with the way it was. Maybe something that can be done is have Jill interact a  
 I am not sure  
 Everything was perfect  
 Come up with more new ideas like this one  
 I very much enjoyed it the way it was, maybe add more interactive questions?  
 Bringing more new ideas like this one  
 More interactive with the people  
 I honestly felt that this event was really interesting and executed  
 Provide more resources especially for and specifically black people  
 By doing nothing you guys did amazing!!!  
 I really enjoy the open communication even though its online

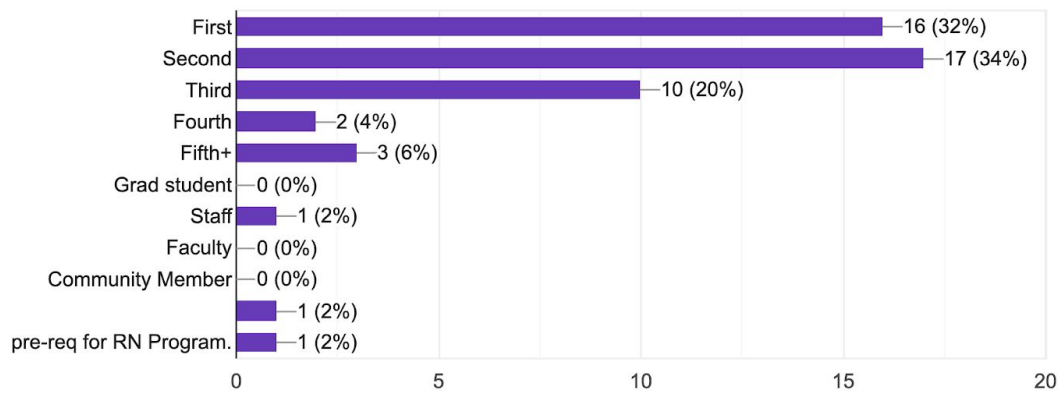
Major	
Administration of Justice	<b>1</b>
Biology	<b>1</b>
Business Administration	<b>2</b>
Child Development	<b>1</b>



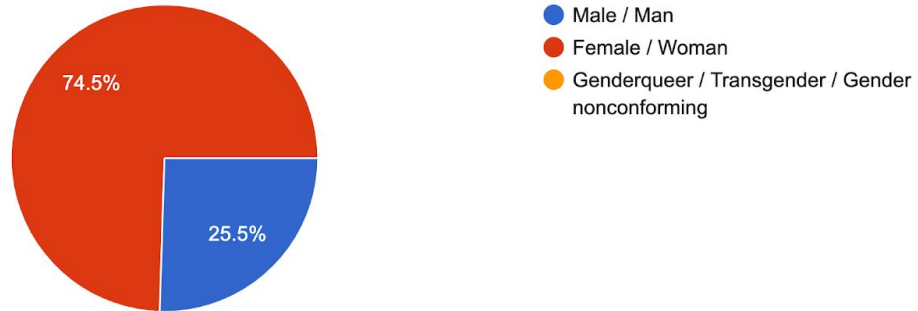
Criminal Justice	2
Diagnostic Radiologic Technology	1
Engineering	3
Kinesiology	1
Mathematics	1
Nursing	12
Psychology	20
Teaching	1
Theatre Arts	1
Undecided	1

Year

50 responses



Gender Identity  
51 responses



Race / Ethnicity		
Asian / Asian-American	6	12%
Black / African / African-American	1	2%
Hispanic / Latinx	30	60%
Indian / South Asian	1	2%
Middle Eastern	0	
Native American / First Nations	1	2%
Pacific Islander	0	
White / Caucasian	8	16%
Multiracial	3	6%