

# Movies for Mental Health (Online)

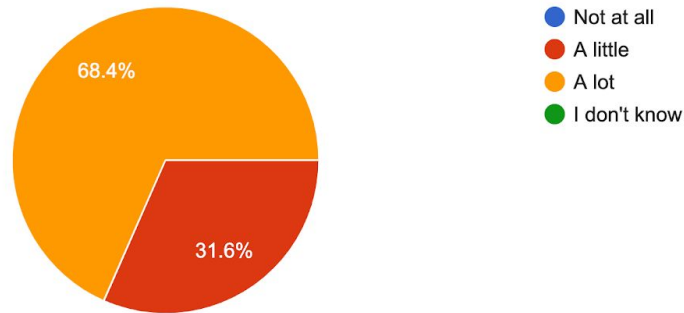
## Post-Workshop Evaluations

Merced College  
September 30, 2020

Number of attendees: 95  
Number of evaluations: 38

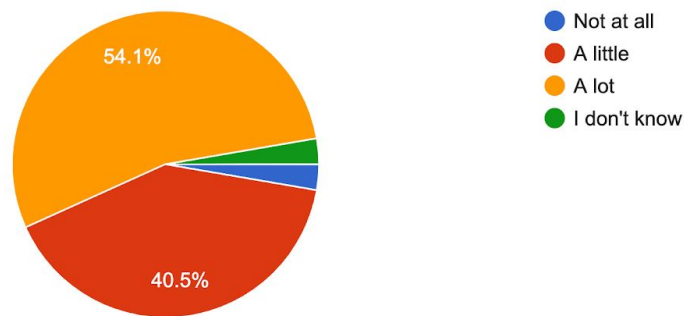
In your opinion, did this workshop increase your awareness of mental health issues?

38 responses



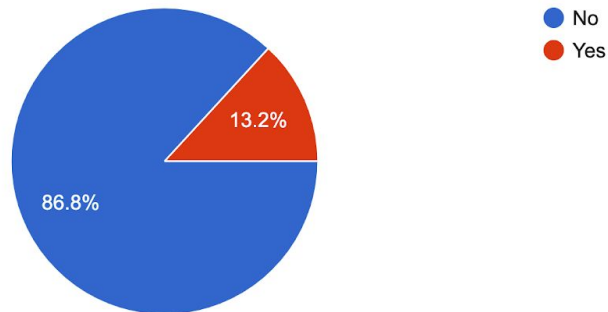
In your opinion, did this workshop help you confront and address stigma related to mental illness?

37 responses



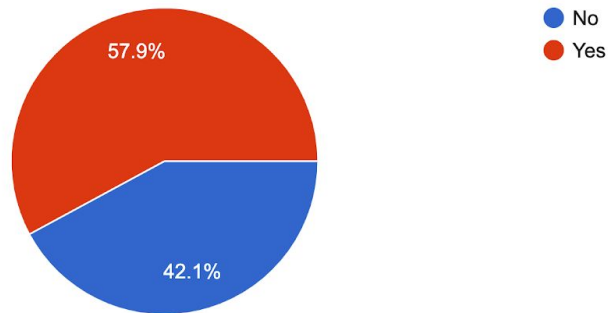
Did you know about the the Mental Health Services Act before this event?

38 responses



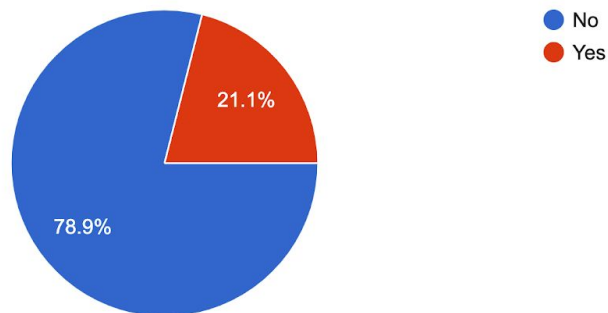
Did you know about your school's counseling services before this event?

38 responses



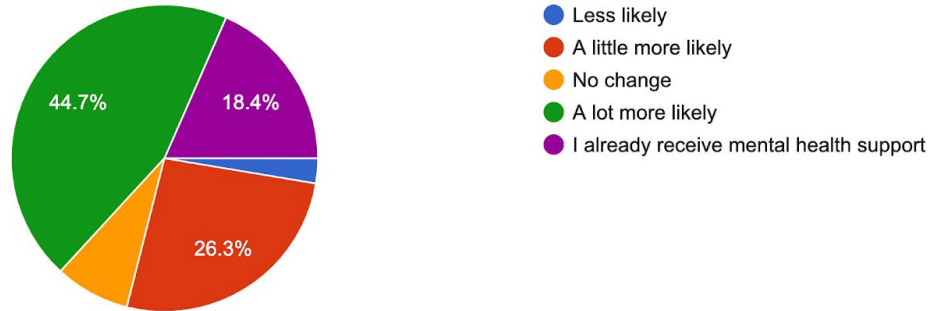
Did you know about the community resources before this event?

38 responses



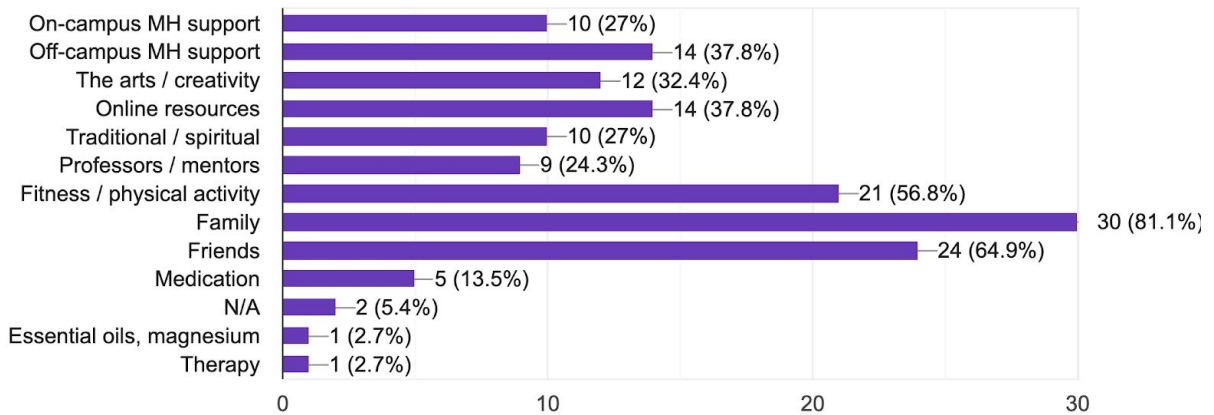
After this event, are you more or less likely to seek support for your mental health?

38 responses



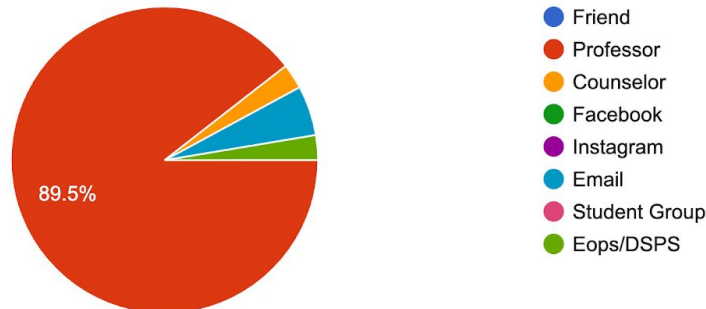
What type of mental health support do you think would be most useful to you?

37 responses



How did you hear about this event?

38 responses



## What was your main takeaway?

Mental health is a whole of who you are as a person  
 There are far more students with mental illness than I realized and so many underused resources available  
 Comfort  
 Their are so many ways to help yourself mentally  
 Take care of yourself so you can then take care of others  
 Mental health is something that is so common and we don't talk about it enough  
 The response of all the people  
 That it is ok to seek help  
 I love what I do, and still find interest in these workshops  
 The number of resources and coping mechanisms available  
 Mental health is most def important  
 That its okay to not be okay  
 There a lot of ways to take care of myself  
 Community is necessary for Mental Health!  
 There are ways to improve my mental health and it's not something I just have to suffer with  
 The main takeaway that I had from the workshop was that we need to find ways to maintain our mental health. I realized through the exercises that I need to take better care of my body.  
 Everyone has mental health  
 Mental Wellness  
 That any mental health we struggle with is justified  
 Awareness of your own mental health along with the mental health of others  
 The fact that working on your mental wellness is so important for your mental health, and that you can have great mental wellness and still have mental illness  
 My main take away was that mental health is very important and that you should always talk to others  
 My main take away as a person who doesn't think to have any mental problems but has family members that do is to be there for them to help them through their struggles  
 All the positive vibes given  
 Mental illness should not be ignored  
 That this was very insightful and made me realize that it's okay to not be okay  
 That you should always confront mental issues  
 Mental health is of utmost importance and to keep yourself mindful is to keep yourself healthy  
 In order to care for our own mental health, we must be willing to speak to family, friends or others  
 I must be more in-tune with myself  
 Self empowerment for knowing who I am and how I feel  
 Everybody has mental problems they're dealing with  
 People experience MH in different ways  
 There should be no stigma associated with mental illness

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

(Highlights: see raw data for full list)

Awesome, touching, inspirational & powerful  
 Therapeutic  
 An awesome opportunity to openly discuss mental health and the unfair stigma around it  
 Informational (x5)  
 Fun and educational  
 Girl let me tell you I was in this mental health workshop and let me tell you it was amazing!

Helpful, there are others who know and understand what were going through  
 Awareness of need for help of mental health.  
 Refreshing, informative, moving (x2)  
 I would describe this workshop as informative, emotional, and overall amazing. I was really glad that I attended this workshop because I learned a lot of information I did not know and realized that there are things I can be doing to improve my mental health.  
 Covers the basics of mental health and offered plenty of resources and phone numbers to contact if needed  
 A very interesting and welcoming workshop that expresses what mental health really is  
 I would describe it as very informative and eye opening when it comes to mental health  
 A very nice experience, which is shown by such passionate people  
 Educational and entertaining  
 As very welcoming and helpful workshop if you're dealing with mental illnesses  
 It's a welcoming and interesting workshop that helps confront mental issues  
 Extremely helpful and very informative / educational / resourceful (x11)  
 I would describe it as an engaging interaction that discussed MH and how we can care for ourselves  
 Something that makes you see things clearly  
 It was a pretty awesome experience /  
 Outstanding!!!

## How might you use what you learned today?

(Highlights: see raw data for full list)

Referring people that might not know this help is available (x4)  
 Learned different strategies about mental health  
 Apply it to a future event where feelings take over  
 Know that I have control over my life  
 Be more aware of my own feeling and mental health  
 Be more creative and artistic when needing to express myself  
 I might seek out the resources / get help (x3)  
 By keeping everything in mind and having an open mind  
 I will see if my friends have spaces to take in my problems  
 New tips for take care of myself / I will practice the advice given (x2)  
 I will use what I took from this workshop to help support my friends  
 Breathing techniques, focusing on myself before helping others  
 I will try to reach out to others and let them know that I am there for them. I am going to try to be more aware of how my body is feeling and make sure to breathe intentionally.  
 Let my family, friends, and relatives know about the resources and what I learned  
 Different exercises to calm my nerves and being more mindful to acknowledge my feelings and emotions  
 Be aware of how I'm feeling in the current moment. Don't let my anxiety get the better of me. Breath.  
 I will definitely try to use the breathing exercise in my life. I also will take some of the ideas others provided for working on their mental wellness  
 For my future self if there is ever a need for it and for family and close friends  
 To be more considerate of a lot of things  
 Start talking more about my problems and reach out to other people (x2)  
 I will apply it to my everyday health, especially the body scan!  
 I might use the breathing exercises in order to relax  
 I will breathe and body scan myself (x3)  
 I'll use it for personal mental health  
 Methods such as meditation to deal with anxiety  
 Work hard to decrease stigma

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

(Highlights: see raw data for full list)

My parents' religion believes i.e. pray on it  
 Demands for my attention and help  
 Time and consistency  
 Family support (x2)  
 I have a family and no one to help watch them  
 Lack of private resources  
 Cost but it's good to know that there are resources for low-income people  
 Asking for them help  
 Easy access for support. Sometimes expensive or not easy available  
 Finding time  
 The fact that all of my emotions become invalid because my family thinks MH shouldn't be talked about.  
 I am scared of being misunderstood, judged, or laughed at if I were to share the struggles I have regarding my MH. I am scared that I will not have the support I need so I keep my mental health issues to myself.  
 I put school and everyone in front of my own health which I plan to change  
 Judgement or rejection / fear of belittlement (x3)  
 Just wanting to seek health among people I'm close to but am unable to contact them because they are busy. I don't like reaching out to strangers.  
 Shame, fear of being judged, feeling weak for having anxiety  
 I felt stigma is always a big issue (x3)  
 I don't think I have a barrier. I'm very open to people who I trust and feel like I'm always expressing myself.  
 I don't have a lot of barriers  
 I don't want people to think of me differently and feel bad for me  
 None, I am receiving mental support from VCC  
 Being afraid of speaking up and speaking to others about mental health  
 Courage, it takes a lot for me to reach out and ask anyone for help for anything.  
 Just saying anything about my mental health  
 addiction  
 I don't have barriers. I attended the workshop not for my own MH, but for info and resources for others  
 Time, and resources

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

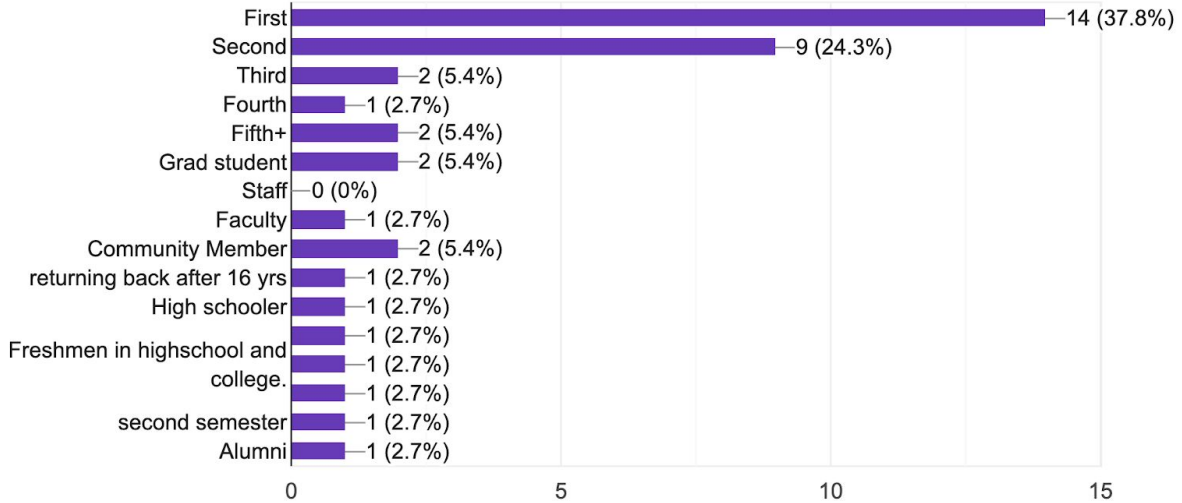
I don't have any advice at the moment, I was overwhelmed with the information given. In a good way.  
 Can't think of anything. Excellent job! 🥰  
 Just right  
 Quality of the hearing  
 I think it was good enough  
 I would like more interactive questions  
 This event was awesome and functional on my phone and very convenient  
 The event was great but introduction took over 10 minutes and this could possibly be a bit shorter  
 It was super good already really enjoyed it  
 I cannot think of any way  
 More inclusive for other kind of communities, Highschool students, parents, etc.  
 Love the interactive aspects, more of that!

Provide clear and helpful strategies on how to maintain mental wellness  
 Nothing. I think this event is perfect!!!  
 I loved the workshop. I would love to see more films in the next workshop.  
 First video gave me anxiety  
 Everything was great! Loved the polls it helped me to reflect on my inner feelings  
 Maybe showing more short films and maybe more than one lead talker  
 It was good as is. Good Job  
 I thought it was really great honestly  
 I felt you could have spent time on strategies to help yourself more  
 I can't compare this to anything, it was my first workshop of this sort so I think it was well put together  
 Overall thought it was great the way it is  
 Maybe more short movies  
 I wouldn't change it, I loved everything about it  
 I think you could talk about the strategies on calming down more  
 More promotion/advertisement!  
 I thought the event was great the way it is and I do not have any suggestions to make the event better  
 There should be more short movies to watch  
 I LOVED the energy in this event and it made me feel so confident and encouraged to seek more help  
 No need for improvement!  
 No changes needed, appreciated the amount of interaction using the polls  
 A little bit briefer. Perhaps focusing on one "type" of MH challenge i.e. depression, substance abuse, etc.  
 It was amazing as is! Thank you!

Major	
Administration of Justice	1
Anthropology	1
Biology / Marine Biology	3
Business	2
Health Science	1
Liberal Arts	2
Mathematics	1
Nursing / Nursing & Psychology	7
Psychology	10
Psychology and Social and Behavioral Sciences	1
Spanish	1
Sports Journalism/Broadcasting	1
Undecided	4

Year

37 responses



Race / Ethnicity		
Asian / Asian-American	1	3%
Black / African / African-American	0	
Hispanic / Latinx	20	52%
Indian / South Asian	1	3%
Middle Eastern	1	3%
Native American / First Nations	2	5%
Pacific Islander	0	
White / Caucasian	8	21%
Multiracial	5	13%
Other	0	