

Movies for Mental Health

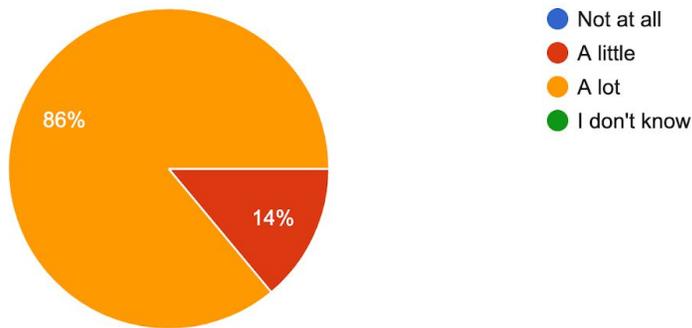
Post-Workshop Evaluations

School: Mt. San Antonio College
Date: November 6, 2019

Number of attendees: 55
Number of evaluations: 43

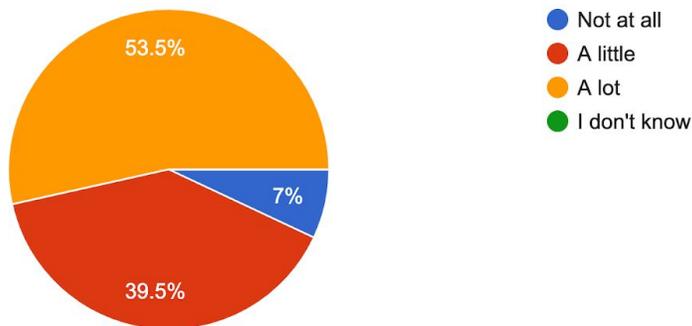
In your opinion, did this event create awareness of mental health issues?

43 responses



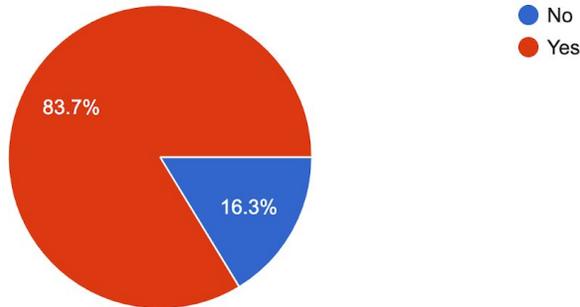
In your opinion, did this event reduce stigma related to mental illness?

43 responses



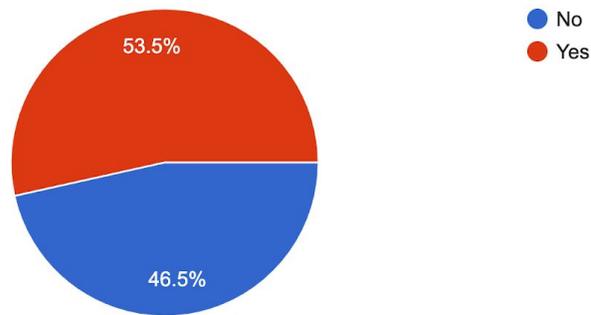
Did you know about your school's counseling services before this event?

43 responses



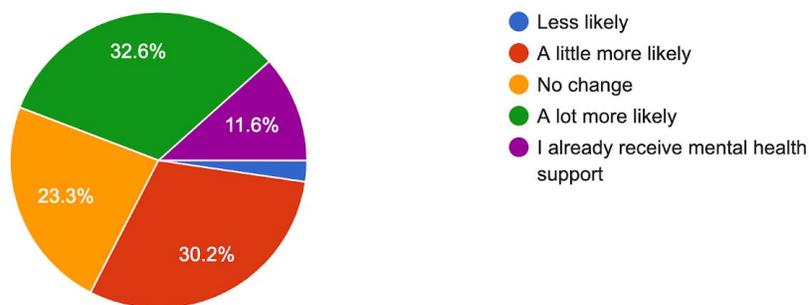
Did you know about the the Mental Health Services Act before this event?

43 responses



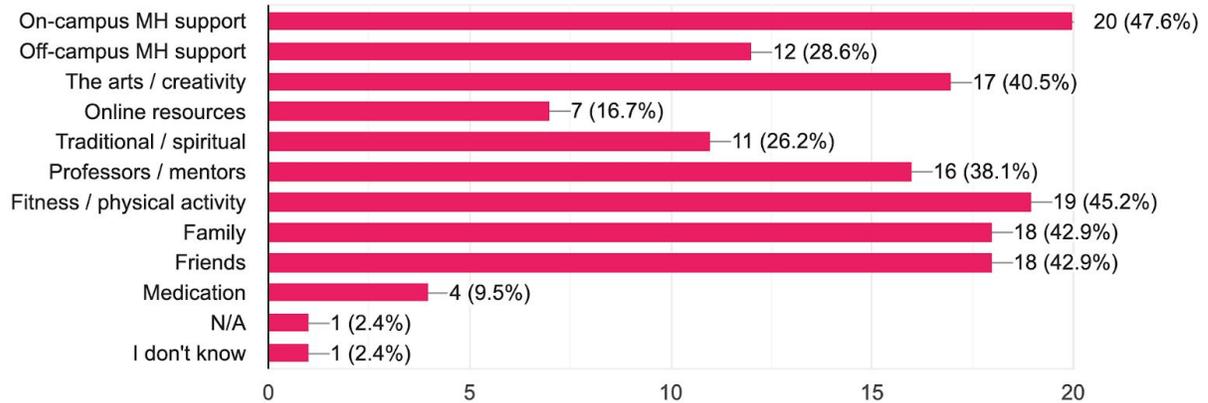
After this event, are you more or less likely to seek support for your mental health?

43 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	3
Professor / class	28
Counselor / MH club / Peer Support	0
Email	2
Online / Facebook	1
Posters / flyers	8
Other	0

What was your main takeaway?

(Highlights: see raw data for full list)

Students are open to this topic and we need more workshops like this (x2)
 Erase the stigma, getting help is ok, help is available
 Understanding / knowledge about mental health (x8)
 A lot of people suffer with mental health disorders; through communication we can help each other
 You're not alone / I'm not alone (x4)
 The fact that people shared their story / people talking about their feelings (x3)
 This campus is making an effort to acknowledge mental health
 Mental Health is important (x2)

How to address my MH problem
A movie/video about MI (x2)
It's ok to ask for help (x7)
Everyone has their own personal "demons"
Depression is not a choice
Speak up and help others (x2)
Stigma
To be open-minded
Not much--I was already aware of stigma and stereotypes
I share experiences with others
We don't necessarily display our mental illness

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

Very beneficial!
Powerful & Informative
Incredible event that made me more aware of mental health
A very informative seminar on mental health that no one should miss
Helpful / very helpful (x9)
Enlightening
Inspirational
Insightful (x3)
Life lesson
An event that openly delves into MH with anyone being able to participate
Impactful
Helpful and understanding environment (x2)
Informative / very informative (x4)
Eye-opening and inspiring (x2)
Amazing
A gateway to MH through films that are able to discuss what it is
It's ok to get help
Mental Health Awareness
A new way to understand mental health (x3)
Very eye-opening and important
Very moving and helped me open up and think about my own mental health
Emotional and meaningful
Interactive

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

I'm going to be more intentional about finding a therapist
Have an open mind; don't try to avoid mental illness
Knowing there is more accessible help on campus
Continued advocacy for MH awareness
Implement into my daily life
Help Someone out; be open-minded (x2)
Check out Campus therapy

If people need resources, help them get them
I'll take it as input for my own thoughts
Talk to the people who need it or might get use out of it
Be more open to listening to others and their stories
We should be more aware of mental health
Ask everyone how their doing
Touch up with myself and try to help my friends
Definitely be empathetic and open-minded
Talk to friends about mental health
Might decide to get support / seek help (x3)
Check in with the people around me
Help myself; help others; spread the word (x11)
To be open-minded
Take care of the mental health
Be more mindful of others (x2)
To open up a little more
Decrease stigma

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

(Highlights: see raw data for full list)

Sometimes I don't get call back and I get discouraged
I can get seen as weak in my Mexican family
Being ashamed of my need and scared to discuss with others
Finances
Time constraints (x3)
Help / acceptance
Physical activity
Fear / fear of judgment (x4)
Currently seeking for help
Me / myself (x5)
Not understanding
Being soft
We don't feel comfortable
My family / community / culture (x2)
Feeling ashamed or weak
School; family; budget
My time studying
Societal standards
Speaking up
Just starting
I don't feel like I need it yet
Having someone to talk to
Talking about how I feel
Pride
Stigma and no education
Reach out to friends and seek more help
Thinking it won't work
Not being understood

How can we improve this event in the future?

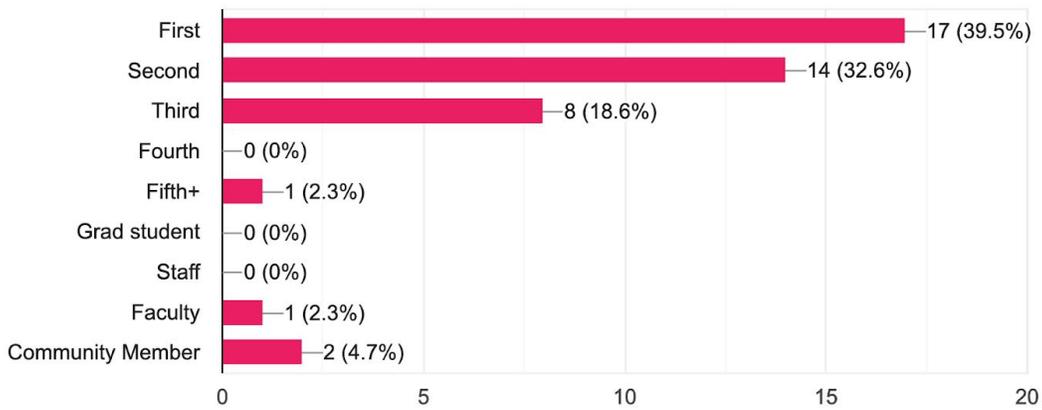
Get the word out! If my friend hadn't emailed me, I wouldn't have known about it
 Add the numbers of student services and hotlines, the different types of help we can get
 This event was awesome. The students interacted more than I expected
 More advertisement for the event--extend to public?
 1 on 1 sessions at the end, or small groups to talk a little more in depth
 More time
 Give advice on how to overcome depression
 Have panel share their story and how they overcame it / more panel involvement (x2)
 Get more people informed
 Have a restroom break
 I wouldn't change it. I thought it was informative and interactive as well as interesting. It made me more aware of my resources
 Overall, it's great / fine as it is (x2)
 Maybe have a mic and walk around to gain everyone's attention
 Remove the empty space
 Everything was fine
 More videos on different mental issues (x3)
 A bit more organized and more details
 Nothing really; it was really good
 A time to stretch would be great
 Display what specific MH is going to be covered at the presentation
 Keep up the awareness of future events
 Tell more people about it
 One hour is fine
 Ask for help
 Talk more about the genetic aspects of mental illness
 Clarify what the event's about

Major	
Accounting	1
Biochemistry	1
Biology	1
Business	2
Child Development	2
Communications	2
Dental Hygiene	1
Engineering	1
English	1

Graphic Design	1
History	1
Horticulture	1
Hospitality	1
Interior Design	2
Kinesiology	2
Math	2
Music	1
Nursing / CNA	5
Political Science	1
Psychology	1
Sociology	2
Spanish	1
Undecided	3
Veterinary Science	2

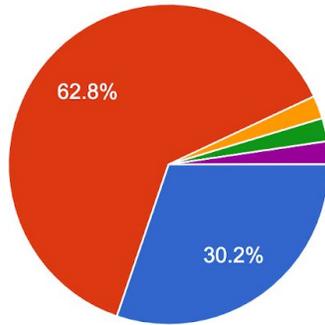
Year

43 responses



Gender Identity

43 responses



- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming
- Prefer not to say
- not important

Race / Ethnicity		
Asian / Asian-American	8	20%
Black / African / African-American	3	7%
Hispanic / Latinx	20	49%
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	1	2%
White / Caucasian	2	5%
Multiracial	7	17%
Other	0	