

# Movies for Mental Health

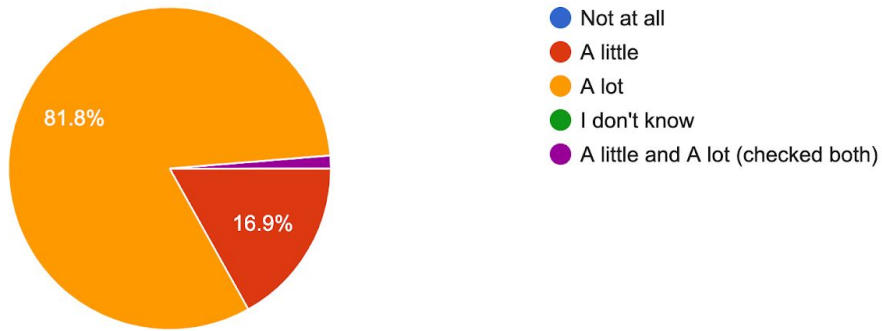
## Post-Workshop Evaluations

School: Orange Coast College  
Date: October 15, 2019

Number of attendees: 110  
Number of evaluations: 77

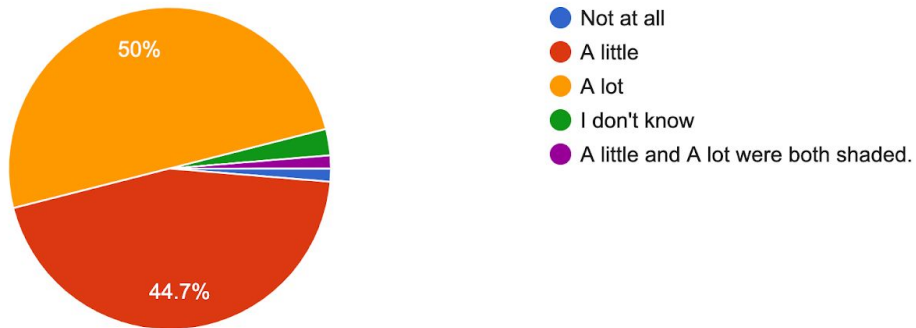
In your opinion, did this event create awareness of mental health issues?

77 responses



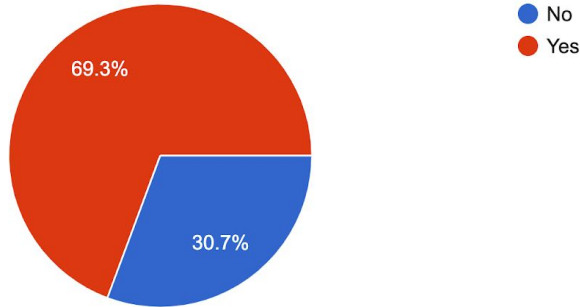
In your opinion, did this event reduce stigma related to mental illness?

76 responses



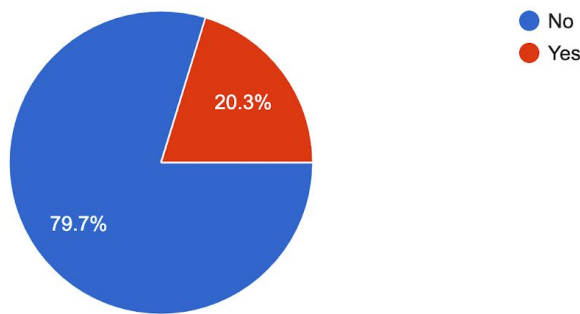
### Did you know about your school's counseling services before this event?

75 responses



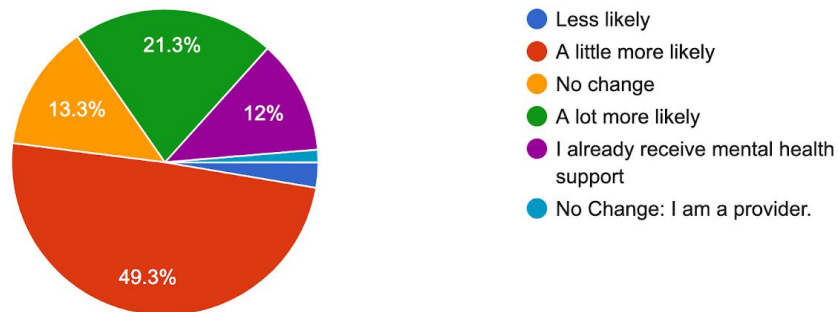
### Did you know about the the Mental Health Services Act before this event?

74 responses



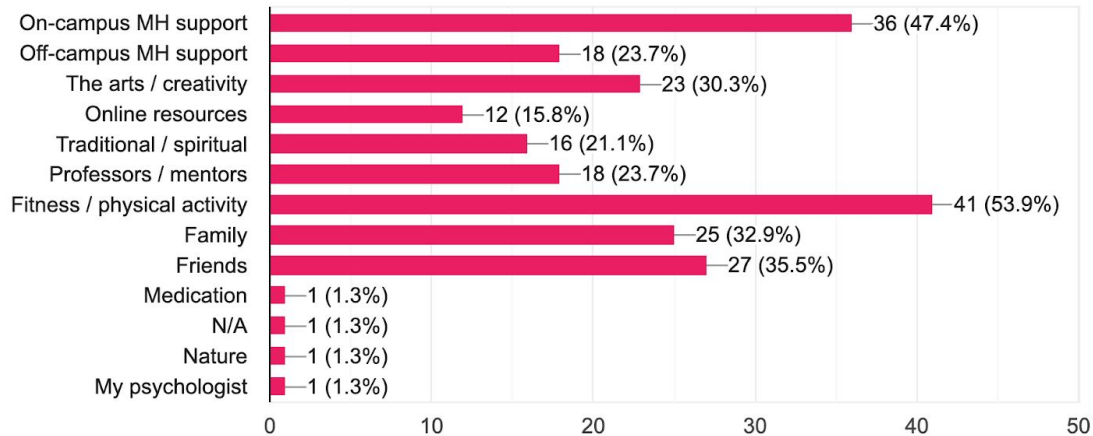
### After this event, are you more or less likely to seek support for your mental health?

75 responses



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

76 responses



### How did you hear about this event?

Friend	0
Professor / class	60
Counselor / MH club / Peer Support	4
Email	1
Online / Facebook	0
Posters / flyers	8
Other - Walk by / Panelist	3

### What was your main takeaway?

(Highlights: see raw data for full list)

Take mental health more seriously  
 Resources are available (x5)  
 Mental Health has a high percentage of awareness  
 It's ok to feel the way you do and to get help (x9)  
 Awareness / education about mental issue (x3)  
 People may seem fine on the outside - be kind always (x2)  
 Mental health is very important (x2)

How stigma impacts mental health issues (x2)  
 Mental Health is just as important as physical health  
 Mental Health is suffered in silence  
 Anyone & everyone could be dealing w/ something  
 Don't keep it bottled up  
 People experience the same thing differently  
 Take care of yourself  
 That mental health is real  
 To just relax because school won't get easier  
 Everyone is affected by this  
 Good to have knowledge  
 Fighting stigma & seeking help  
 Everyone is different and hiding behind something  
 Mental health should be taken more seriously  
 Awareness and inclusion of those suffering from issues & importance of discussion  
 This solidified what I already knew but showed how many others are interested in it to the extent shown  
 Be aware, express yourself  
 I enjoyed the effect it had  
 The videos artistically explained mental health / the power of movies! (x2)  
 The amount of struggle middle schoolers face :(  
 Self-Actualism  
 Release  
 Get enough sleep and replenish myself  
 Great all together! (x2)  
 Be more empathetic of people dealing with mental illness (x2)  
 The story shared  
 Fat shaming, bullying  
 Mental Health should be destigmatized.  
 Speak out, you're not alone (x5)  
 Connecting with others helps & professionals help

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

Very informative / helpful / educational (x17)  
 A few short films and discussion re: mental health/resources (x4)  
 If you seek help for mental illness, please go to this!!!  
 Good, thoughtful  
 Inspiring / eye-opening (x5)  
 A deep explanation of it  
 A must see movie & event (x2)  
 Informative, emotional, and heartfelt  
 Helpful, informational, makes you reflect  
 Very pleasant and entertaining  
 Insightful (x2)  
 Fun and enjoyable  
 Interesting / thought provoking / fascinating (x4)  
 Very encouraging  
 Impactful & moving / uplifting (x3)  
 Open, empowering (videos), people are lonely, and helpful  
 Mental Health Awareness Workshop (x5)

Effective

A new way of looking @ mental health  
 Great projects for us / great experience (x2)  
 It is a very helpful workshop that makes you feel less alone about your problems  
 A nice discussion session and get to know about what are the treatments  
 Very helpful & informative on how almost everyone is feeling silently (x2)  
 Really insightful and a good place for discussion  
 Loving, kind, supportive

How might you use what you learned today?

(Highlights: see raw data for full list)

Act in more movies that influences mental health issues  
 To address the problem and seek for help (x7)  
 I know more things that I can do for coping with my activities  
 I will use it when I know and am aware when I'm feeling down  
 I will start paying attention more to people when they seem down  
 I will put some time aside for myself (x3)  
 Talk about it with family & show awareness (x3)  
 Keep stories in mind during my bad days  
 Conversation starter / tell others / share resources (x13)  
 Mental health can affect all ages  
 Spend less time on phone  
 I'll try to disconnect from social media  
 Go talk to someone (x3)  
 Focus more on mindfulness / meditation / journaling (x3)  
 Reflect on my own views and mental health (x4)  
 To continue on improving myself & seeking situations & learning even more to better help others!  
 I want to make a video myself  
 I definitely think I'm going to use this later  
 Connections to mental health professionals  
 Exercise more, meditation  
 I'll talk to my GF, reflect  
 To actively keep trying to better my mental health even if I think I'm mentally fit  
 Be supportive  
 Learn more. Apply suggested solutions

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

(Highlights: see raw data for full list)

Sleep  
 Time (x2)  
 Time and feeling like I'm not worth helping/my problems are too small  
 Finances, no friends, no support!  
 Seeking for insurance and the cost of therapy  
 Resources  
 I don't want to feel down by others

I don't want to get judged / labeled / stigma (x8)  
 Finances / cost / money (x6)  
 Shame / I don't like to burden people (x3)  
 Letting people I know and love what's going on in my head (I am a perfect person)  
 Lack of time and transportation, and judgment  
 Having the motivation to improve / do things that help me (x2)  
 Fear of not knowing what will happen next / scared (x3)  
 Don't know where to start (x2)  
 Getting out of my head and admitting I need help  
 Poor stress/workload management  
 Second guessing, etc.  
 Work responsibilities  
 They won't understand me  
 My parents / family (x2)  
 Vulnerability / Trust in others (x3)  
 Pride. Definitely / Embarrassment, I'm stubborn (x2)  
 My biggest barrier is my family supporting what I'm feeling & feeling that it's okay to ask for help  
 Anxiety over making appts, talking to people, etc. as well as feeling like I'm lazy  
 Lack of sleep. Lack of planning/regular schedule

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

More marketing/advertising the event beforehand (x2)  
 Mention financial services for mental illness people  
 Shorten the answer/question time  
 Providing healthy food  
 Later time in the evening will be better (x2)  
 Better video quality, preparedness / audio problems (x2)  
 More films, they were great (x3)  
 Show more perspectives  
 Hand out a paper about resources / pamphlets (x2)  
 Guest speakers could be a start and in between movies before people leave (x2)  
 Keep doing what you're doing :) / it was perfect / no improvements (x18)  
 Discussion on how we can help others  
 Go more in depth on how these mental problems feel with specific examples  
 Have more films and give a list of movies we can watch  
 Make it oriented around REAL meditation and mindfulness  
 Maybe in some way be able to form it into a circle where the speakers are in the middle, etc. or even just in front as much to be comfortable for individual speakers.  
 Honestly it's different for everyone  
 Maybe provide info of cheap places to go  
 Promote more with SNS or medias  
 Have more time for the panel  
 Having more events like this  
 Writing on the PowerPoint took a little too much time and I would've like to see more discussion in its place.  
 Making help be immediate  
 Make it shorter for colleges. Kids have very low attention span  
 Talk about the way to solve it: veganism, contact with nature, etc.

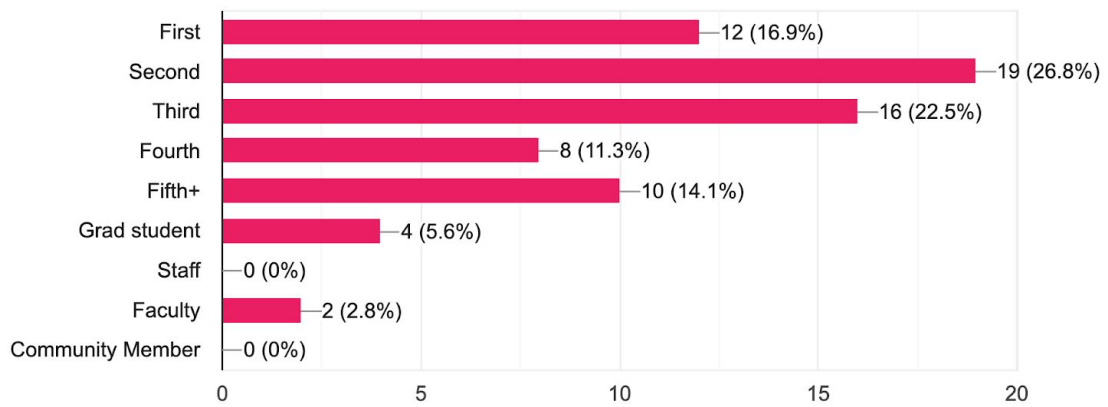
Major	
Psych	6
Nutrition	2
Philosophy	1
Theater	1
PreMed	3
Business	1
Public Health	2
Medical Assisting	14
English	2
Fashion Merchandising	1
Child Development	1
Engineering	1
Liberal Arts	2
Biology	3
Music	2
Film	21
Econ	1
Math	1
Journalism	1
Sociology	1

Race / Ethnicity		
Asian / Asian-American	13	18%
Black / African / African-American	0	
Hispanic / Latinx	21	30%

Indian / South Asian	0	
Middle Eastern	2	3%
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	20	28%
Multiracial	15	21%
Other	0	

### Year

71 responses



### Gender Identity

68 responses

