

Movies for Mental Health (Online)

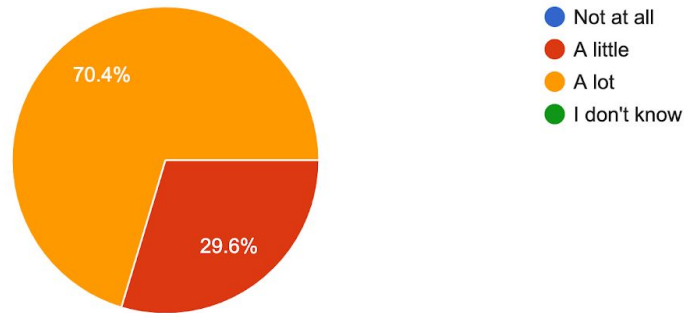
Post-Workshop Evaluations

Riverside City College
October 23, 2020

Number of attendees: 46
Number of evaluations: 27

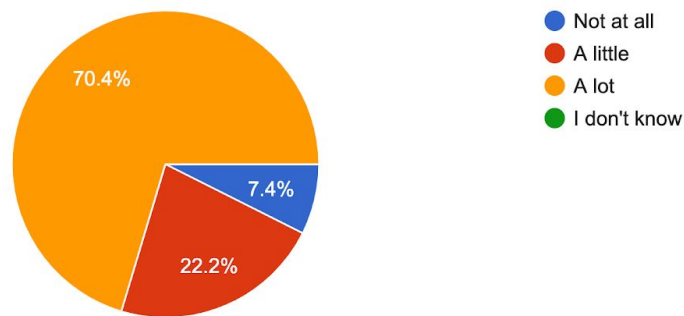
In your opinion, did this workshop increase your awareness of mental health issues?

27 responses



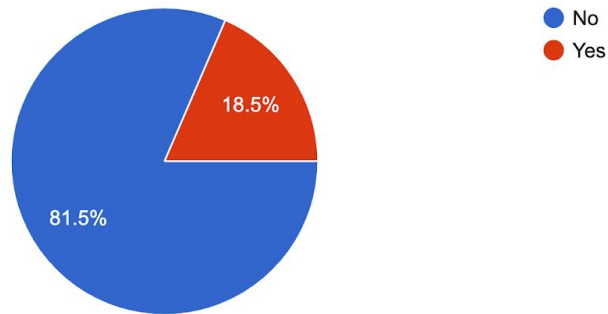
In your opinion, did this workshop help you confront and address stigma related to mental illness?

27 responses



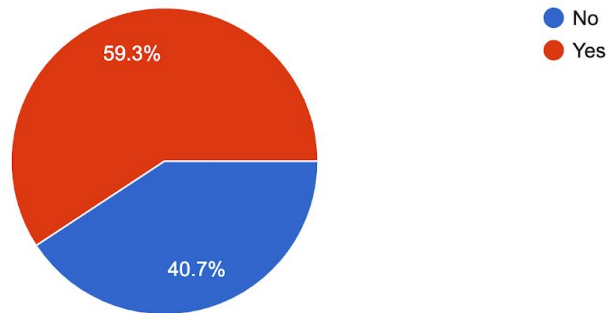
Did you know about the the Mental Health Services Act before this event?

27 responses



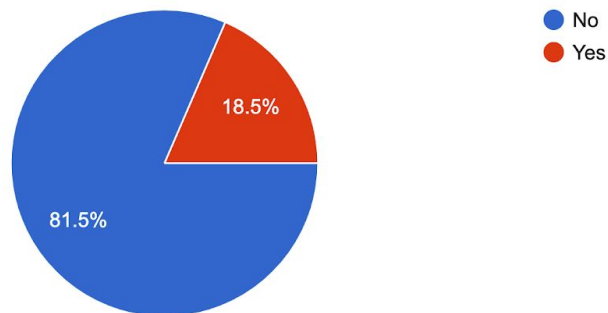
Did you know about your school's counseling services before this event?

27 responses



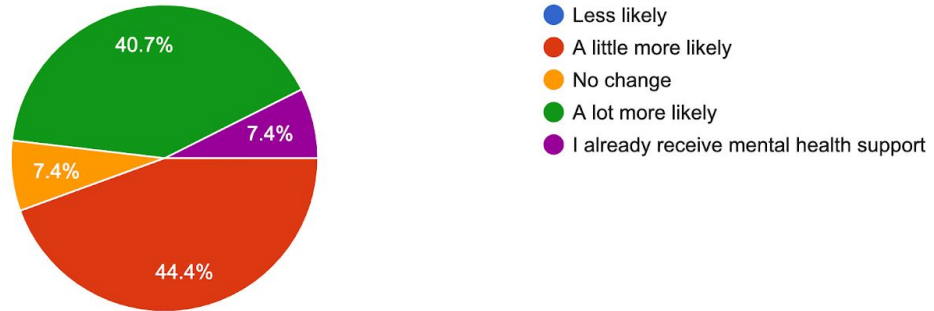
Did you know about the community resources before this event?

27 responses



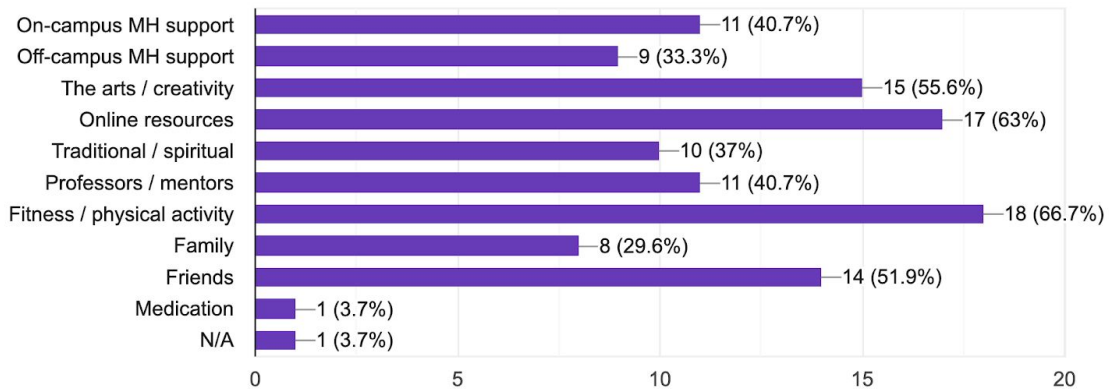
After this event, are you more or less likely to seek support for your mental health?

27 responses



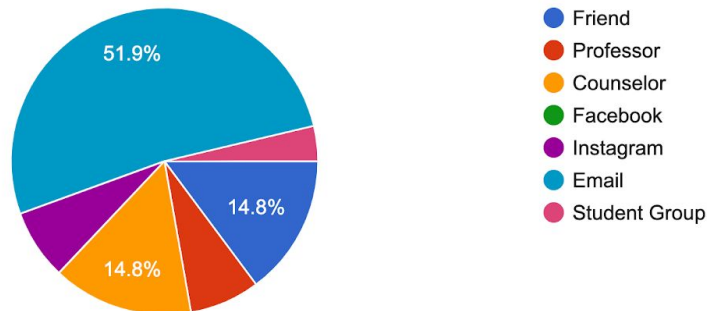
What type of mental health support do you think would be most useful to you?

27 responses



How did you hear about this event?

27 responses



What was your main takeaway?

This has helped me to reach out for help. For me not to be afraid of getting rid of the mental health stigma. Mental health is important and should not be ignored. We should take the time to learn more about it and how it can affect us.

My main takeaway was that there is a lot of people with the same home situations as me

My feelings are valid and I'm not alone in this

Young kids deal with the same stressors adults deal with, and they need tools too

The main takeaways would be mental health is important and self care should be taken serious

Self-awareness mental health

Don't keep your emotions held in

Acknowledging that people truly use different ways to help themselves

There is always help

Very good to know what there is out there to offer for resources and also breathing techniques

Learn to relax learn your body

Mental health is important!

I wasn't sure what to expect exactly besides that it would address mental health but I really liked that it covered stigmas and how they affect us, growing up my dad was really strict about implementing that cultural stigma that guys shouldn't show too much emotion, and I really liked that I was able to understand more of WHY it is that parents tend to do that.

Mental health is vital and is different for everyone

Mental health impacts students in a numerous amounts of ways but now it is easier to seek support

The mental aspect of life affects everyone and if it affects you negatively it's not a weakness

How we are not alone

Mental health is real and important

That you are not the only one going through this and there are ways to get help

Breathing exercises

There is so much I should know about resources

Mental health is IMPORTANT

Everyone's feelings are valid and do not brush them to the side

Spiritual and awareness

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

(Highlights: see raw data for full list)

Empowering and welcoming

Informative and relaxing / Fun yet informational (x4)

Informational, welcoming, helpful (x4)

Therapy

A way to learn about yourself and mental health issues better

I would talk about how this workshop helps with mental health

Very informative and comfortable setting

It is a safe and helpful environment. It is also really informative.

I would describe this workshop as interesting and very informative (x2)

Helpful, immersive, open-minded (in that you guys want to know/respect our own thoughts)

Helpful and can really give you a sense of hope

It makes you feel safe and heard

Mental health and more

A fulfilling and educational experience

A really useful presentation that helps us open our eyes to how important mental health is and helps by giving us different resources that we could use if we ever need them
A very free safe place with no judgement to learn about mental health and pick up some tools on how to deal with our own mental health challenges
It was a place where there was no judgment but only a unity with people who are going through the same thing or similar and it's a place where you can get resources and also get encouragement
Super engaging check it out

How might you use what you learned today?

I am giving therapy a try and also encourage others to not be afraid to open up
If I am ever feeling down or in a bad place, I now know of the resources to help me
Making the best out of every situation
Add more tools to my toolbelt
I will start to look at small details to help others who may be dealing with mental illnesses
To attend more mental health awareness program
More open and reaching out more
To keep digging and learning more about mental health stigmas
Use the resources shared
With my daughters and myself during this time and in the future
Concentrating more on my body
I will have a better understanding about the effects of mental illness
The breathing exercises were something new and I felt "loose" after doing it
Start working on my own mental health
I myself might seek some more insight and help towards my mental health
Use coping mechanisms like the breathing
Use the breathing exercises when I feel stressed out
Apply the concepts to my everyday life
Use the breathing techniques and the body scan to connect my body to my mind
I will use it when I have an episode of bad days
Open my mind to help myself
I might focus more time onto rest and doing things I like in order to help my mental health
My class

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

I do not know where or how to start with opening up. I do not feel comfortable opening up to someone I do not know.
Feeling judged and my family not really speaking about their emotions. Also, my mom not being too enthusiastic about me wanting to go to therapy.
Not enough time
My pride
So many responsibilities I don't have time to put in the necessary work to better my mental health
My biggest barriers would be the unsure feeling I have about myself and my mental health
I don't know how to talk about my emotions
Appearing as weak
Time
Allowing myself to seek help and give myself self care

Time and not a lot of online support
 Feeling judged and dramatic
 I believe my biggest barrier is that I'm really quick to discourage myself when it comes to things not going my way on account of maybe
 The sigma
 For me it is my Hispanic culture and fear of judgment from my family
 Fear of being judged
 Helping my parent understand how I feel
 Fear, nervousness
 I feel like others won't understand what I'm going through or sometimes I feel hopeless
 My laziness
 Feeling like my problems aren't important
 I don't know how to explain or express how I'm feeling with others
 Not being good with time management and being seen as weak
 Not taking actions to improve

How can we improve this event in the future?

Possibly let people who are comfortable go on camera
 Showing more films or going more in depth about mental health
 Give more information about what to do to help mental health
 This was perfect, I just wish it could've been in person
 It is a great event, can't think of any thing to improve right now
 If able, more movies could be shown in future events
 I think it's great the way it is
 By inviting different people and getting a wider panel
 It's perfect the way it is
 Providing more info
 Nothing to improve. I loved everything about it
 I honestly think you guys have it nailed as it is, I didn't feel like I wasn't able to share and felt like there were others in the chat that felt the same way I do about certain topics.
 More time to hear the speakers
 I think overall this event is successful and I'd like to converse with more professionals in the area
 It was amazing
 I'm not sure but hopefully next year is not online
 It was fine for me
 Everything is good!
 Take action

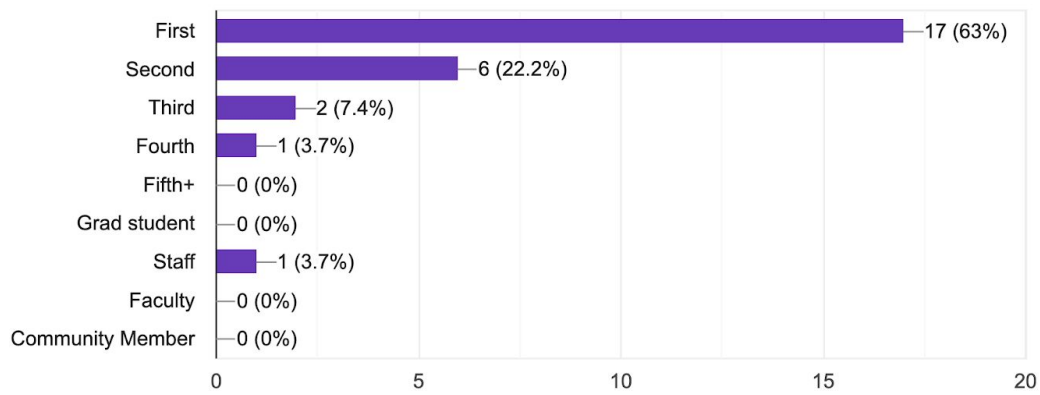
Major

Administration of Justice	1
Anthropology	1
Art and Animation / Graphic Design / Studio Arts	3
Business	2

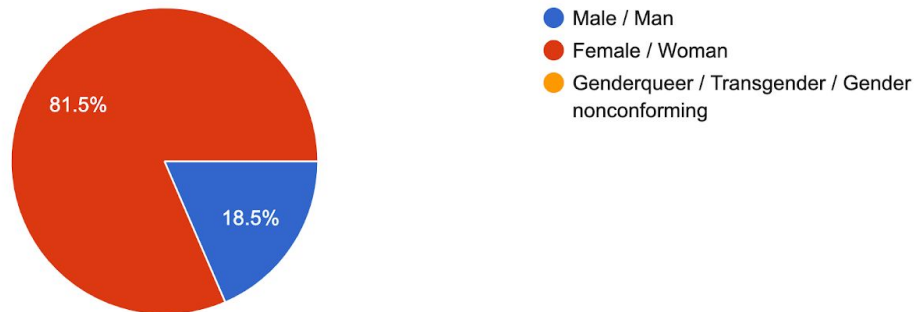
Communication / Communication & Engineering	2
Early Childhood Development	2
English	1
Film	2
Kinesiology	1
Nursing	6
Psychology	1
Sociology	2
Stud	1
Undetermined	1

Year

27 responses



Gender Identity
27 responses



Race / Ethnicity		
Asian / Asian-American	2	7%
Black / African / African-American	1	4%
Hispanic / Latinx	17	63%
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	3	11%
Multiracial	4	15%
Other	0	