

Movies for Mental Health

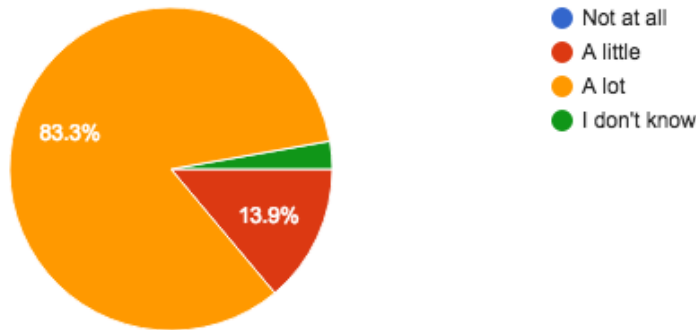
Post-Workshop Evaluations

San Juan College
September 28, 2018

Number of attendees: 60
Number of evaluations: 36

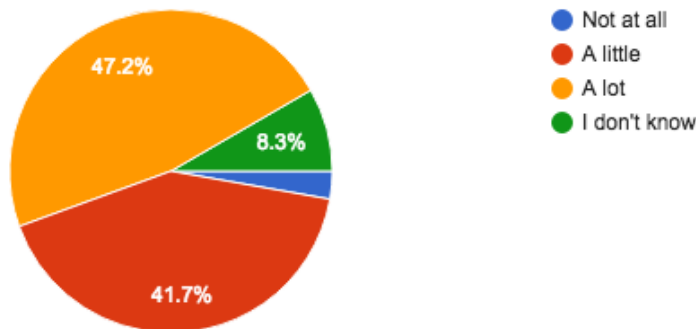
In your opinion, did this event create awareness of mental health issues?

36 responses



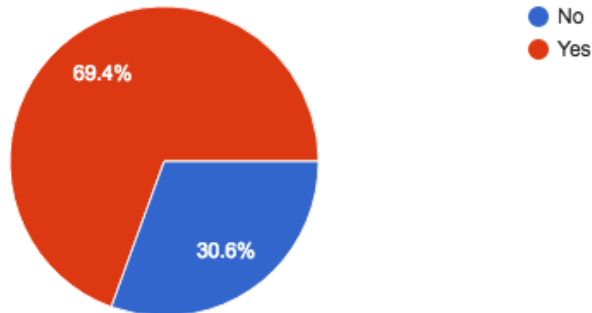
In your opinion, did this event reduce stigma related to mental illness?

36 responses



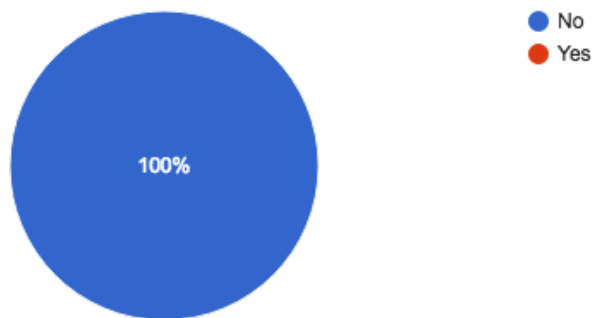
Did you know about your school's counseling services before this event?

36 responses



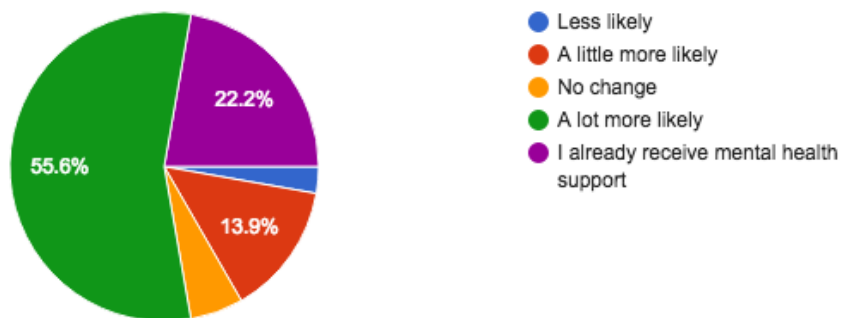
Did you know about Prop 63 before this event?

2 responses



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

36 responses



What type of mental health support do you think would be most useful to you?	
<i>On-campus MH support</i>	15
<i>Off-campus MH support</i>	6
<i>Traditional / spiritual</i>	20
<i>Family</i>	17
<i>Friends</i>	15
<i>Professors / mentors</i>	8
<i>The arts / creativity</i>	12
<i>Fitness / physical activity</i>	22
<i>Online resources</i>	6
<i>Other</i>	3

How did you hear about this event?	
<i>Friend</i>	2
<i>Professor / class</i>	22
<i>Counselor / MH club</i>	1
<i>Online / Facebook / email</i>	1
<i>Posters / flyers</i>	11
<i>Other</i>	0

What was your main takeaway?
<ul style="list-style-type: none"> • <i>To take care of yourself.</i> • <i>Check in on yourself</i> • <i>Compassion for yourself</i> • <i>The 3rd movie! Was great!</i> • <i>That mental health is important and need to seek help if needed.</i> • <i>There isn't only one way to help w/ mental health.</i>

- *The videos*
- *The films*
- *Always have your mindset positive*
- *The short films and discussions*
- *Mental health problems*
- *Mental health is a problem in this community*
- *Resources*
- *To be openminded and non-judgmental*
- *It's okay to seek help for MI and/or get help if in need.*
- *Keep striving for de-stigmatization | promote local services*
- *Self-care*
- *That it is okay to seek more help even though I do have help.*
- *Mental health is an issue*
- *Don't run away from your problems*
- *To seek help & not view it as negativity*
- *Other people go through things as well*
- *The video clips*
- *Many people are suffering and don't know how to help themselves.*
- *Stigma, and different forms of mental illness*
- *Bi-polar + medication help*
- *To be aware*
- *To understand Mental Health*
- *Put yourself first*

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

- *Mental Health Help*
- *Worth it.*
- *Helpful, inspirational*
- *Very insightful!*
- *A presentation to create awareness of mental health and talk about it*
- *Mental Health Awareness*
- *Get help when you need it*
- *Very informational*
- *Helping hand*
- *Resourceful, empowering*
- *Ask for help if it's needed*
- *A good way to help define mental illness*
- *Resourceful*
- *That it was definitely worth it*
- *Knowledge builder for MI*
- *A helpful program on campus*
- *Impactful & informative & engaging*
- *Great*
- *Powerful, Inspiring, Encouragement*
- *Helpful workshop to understand*

- *Mental health awareness and discussions*
- *Beneficial. Resources are available that you might not realize are available.*
- *Films showing mental health and a panel with information.*
- *Great info and eye opening*
- *Mental health help*
- *Enlightening*
- *Inspiring, hopeful, and you learn a lot.*
- *Very informative*
- *Helpful*
- *A learning experience along w/ associating w/ others*
- *Empowering*

How might you use what you learned today?

- *Help out friends w/ mental issues*
- *Bettering yourself.*
- *Full heartily; use it because hope is near*
- *Re-read my notes and remember that if speaking openly is not confidential.*
- *I need to learn about myself, mentally, because I realize I have a past.*
- *Help someone who may have an issue by listening, talking, or offering references.*
- *Mental health is very important.*
- *As a future social worker, I can use what I learned about mental health.*
- *Using it everyday with others*
- *Seek help from the resources provided and refer people who may qualify*
- *Helping others*
- *Informing my class*
- *I would encourage people to reach out if they need it.*
- *Be able to apply knowledge learned in my career*
- *Helpful. help is always out there*
- *Share resources of students*
- *Creating a balance*
- *Get involved even though it's new to me to be of service.*
- *Share what learned with others.*
- *love myself more and don't be ashamed to get help*
- *Use this information to provide resources to someone who might not know they're are available.*
- *I would use it to inform others they aren't alone and where to go to seek help/guidance.*
- *Be more mindful*
- *Help others about their mental health*
- *Figure out how my friends feel*
- *Re-evaluate my depression*
- *Looking more into bipolar disorder*
- *Help those who need help*
- *To accept myself + help others*
- *Take it in consideration*

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

- Home/family
- Family
- Family and myself (but not anymore :))
- Cost. I wish insurance would cover 3/4 of all costs.
- My barriers is accepting my experiences and be[ing] able to voice it.
- Might feel like I'm a burden.
- No support; shameful
- When people have negative thoughts everyday
- Schedule and finance
- Being happy and sad at different times
- N/A
- Finding the right person/place
- Not knowing I need help
- Stressing on homework
- Time/competing demands
- Balance
- I love it how it is.
- Weak, not being normal, work harder
- Myself
- Fear of rejection by close friends & family.
- Stigma, being labeled or seen as weak.
- Actually talking to someone
- Go ask for help.
- Not knowing what's wrong with me
- Not enough time
- Scared of being weak
- That my problems are nobody else's problems
- Over stressing

How can we improve this event in the future?

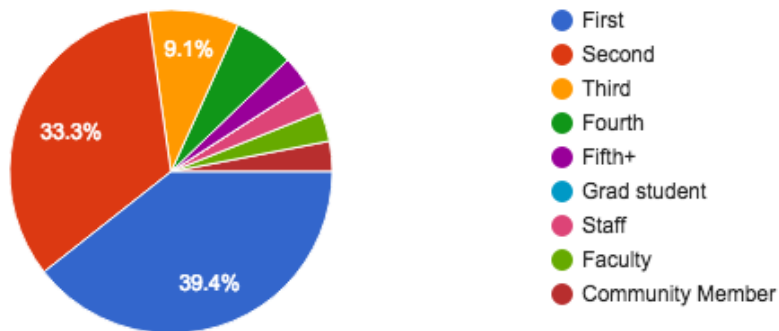
- Activities
- More spun (fun) easy panelists. The panelists were somewhat bland, except for Ann Marie and Brandi - love their energy.
- Have more panelists, maybe activities involve mental health, more time for panels.
- Hands on activities + perhaps music playing while people talk so there is a comfort built in from no silence.
- Putting up billboards or flyers in the public
- Make more events
- Maybe an icebreaker game
- Maybe offer @ multiple times so that schedule conflicts don't interfere.
- Advertise more online or campus

- *It was great*
- *More tips on diet, exercise sleep habits, etc. (Ron Price would be great for this)*
- *Maybe have more students on the panel.*
- *Talk about the more medical side of help*
- *Relate it more on student stress*

Major	
AAECEP	1
Psychology	3
Criminal Justice	4
Nursing	6
Dental Hygiene	3
Elementary/Secondary Education	2
HRSV	1
Human Services	5
Liberal Arts	2
Outdoor Leadership	1
Surgical Tech	1

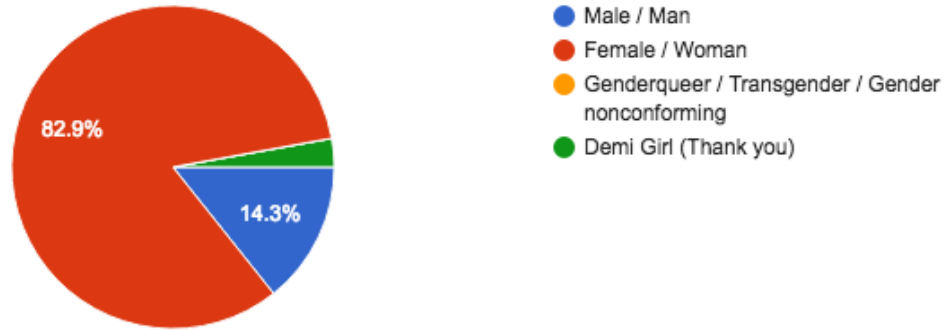
Year

33 responses



Gender Identity

35 responses



Ethnicity

33 responses

