

# Movies for Mental Health

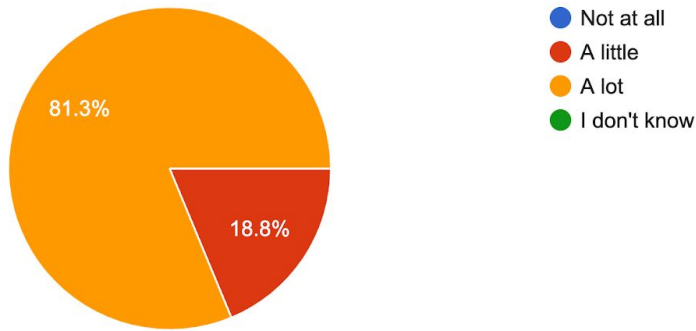
## Post-Workshop Evaluations

School: San Juan College  
Date: November 1, 2019

Number of attendees: 22  
Number of evaluations: 16

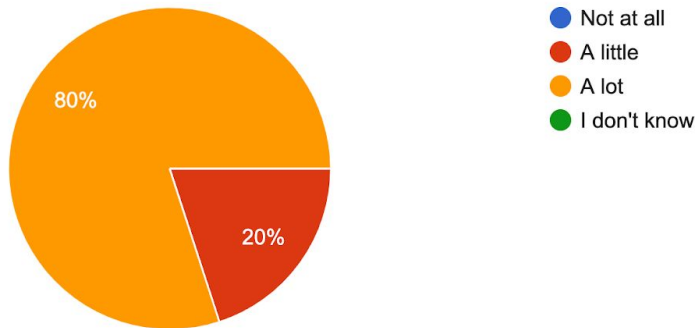
In your opinion, did this event create awareness of mental health issues?

16 responses



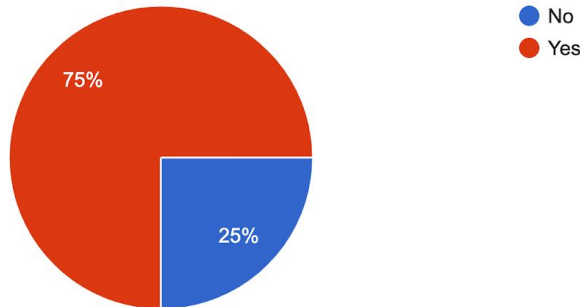
In your opinion, did this event reduce stigma related to mental illness?

15 responses



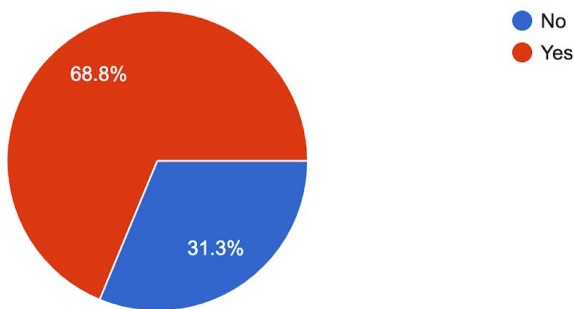
### Did you know about your school's counseling services before this event?

16 responses



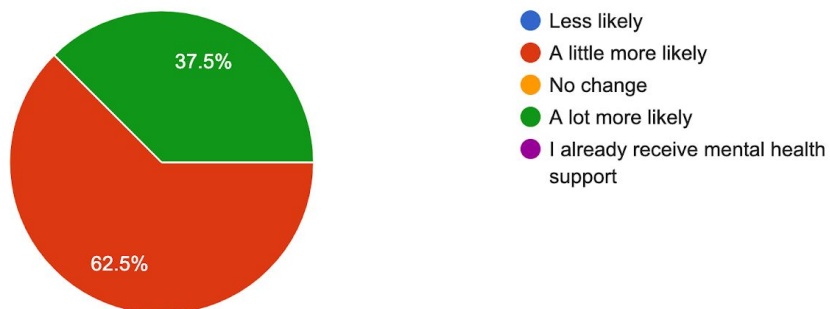
### Did you know about the community resources before this event?

16 responses



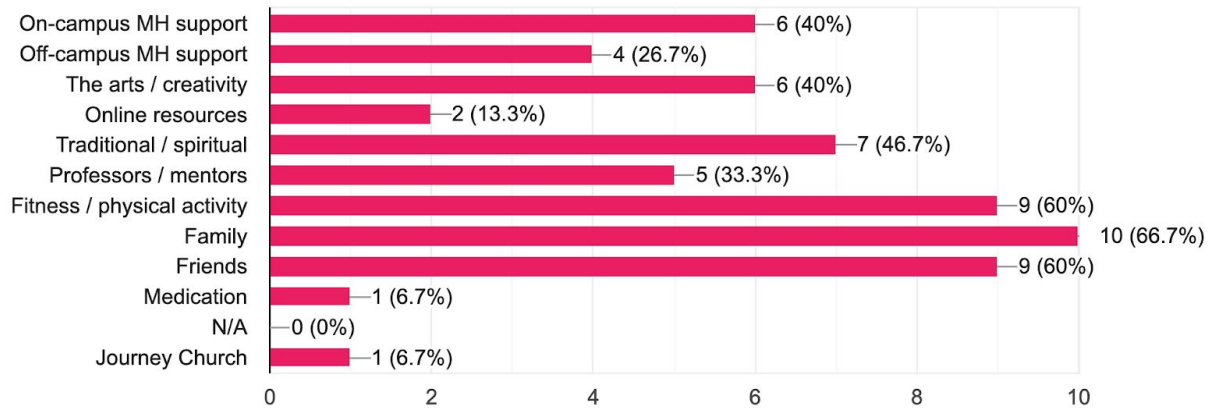
### After this event, are you more or less likely to seek support for your mental health?

16 responses



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

15 responses



### How did you hear about this event?

Friend	1
Professor / class	9
Counselor / MH club / Peer Support	1
Email	1
Online / Facebook	0
Posters / flyers	4
Other	0

### What was your main takeaway?

(Highlights: see raw data for full list)

Not to be afraid / Trust more (x2)  
 There's help everywhere / in our community (x2)  
 True meaning of stigma (x2)  
 Support; Stigma; Self-care  
 Mental health is important; taking care of yourself physically and mentally  
 Seek help when I need it and encourage others to do so (x3)  
 Awareness  
 How to understand mental illness

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

Inspirational  
Helpful and refreshing  
Beneficial, cool, easy to interpret and understand  
Eye opener  
Mental health workshop  
Mindfulness tools  
Impactful; worth the time  
Insightful (x2)  
Helpful and encouraging  
Powerful through art  
Creativity and spiritual support  
Very informational (x3)

How might you use what you learned today?

To continue to reach out  
Express myself more  
To get counseling  
Seek help from one of the providers  
Get help even if you think you don't need it  
Stay positive  
Write an essay / journal  
To help others who do need these resources  
Encourage my students  
Continue the conversation  
Take time to talk with others  
To be open-minded for others  
Practice mindfulness at home

What are the biggest barriers to your mental wellness and/or receiving mental health support?  
(Highlights: see raw data for full list)

Lazy; unmotivated  
Internal restrictions  
Having to talk about it  
Availability, money, and time  
Time management (x3)  
Stigma; don't want to be a burden  
Thinking I can do it myself (x2)  
Not knowing where or how to start

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

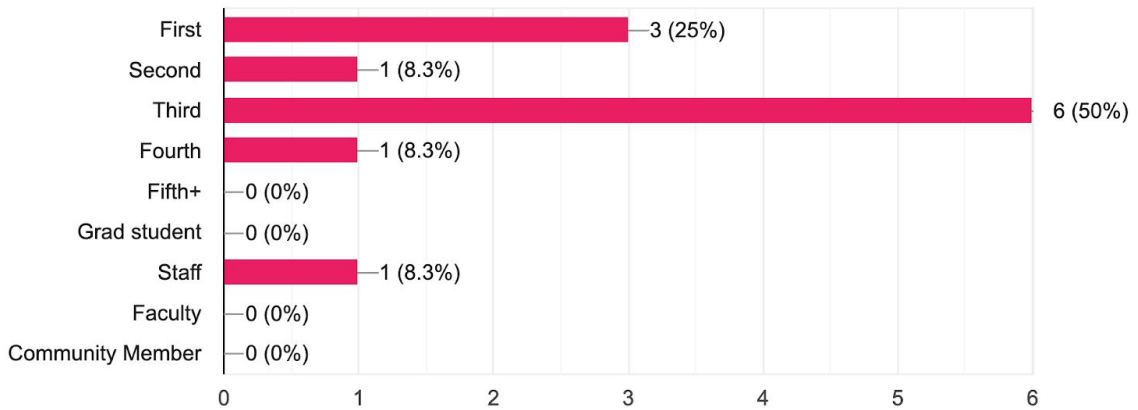
Maybe not close to a holiday  
 Have at non class times  
 Have more professors talking about this!  
 Brunch, pizza  
 I think allowing the people to people to discuss in groups more  
 Nothing, it was great (x2)  
 more advertising on and off campus (x2)

### Major

Human Services	2
Liberal Arts	3
Psychology	4
I.T.	1
Pre-Health	1
Native Studies	1

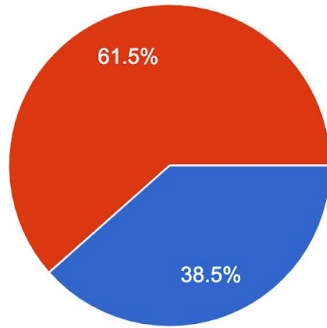
### Year

12 responses



## Gender Identity

13 responses



- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

Race / Ethnicity		
Asian / Asian-American	0	
Black / African / African-American	0	
Hispanic / Latinx	0	
Indian / South Asian	2	13%
Middle Eastern	0	
Native American / First Nations	8	53%
Pacific Islander	0	
White / Caucasian	5	33%
Multiracial	0	
Other	0	