

Movies for Mental Health (Online)

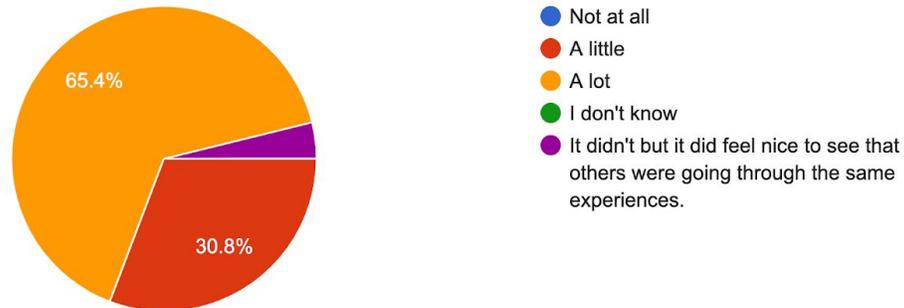
Post-Workshop Evaluations

Santa Ana College
May 8, 2020

Number of attendees: 67
Number of evaluations: 26

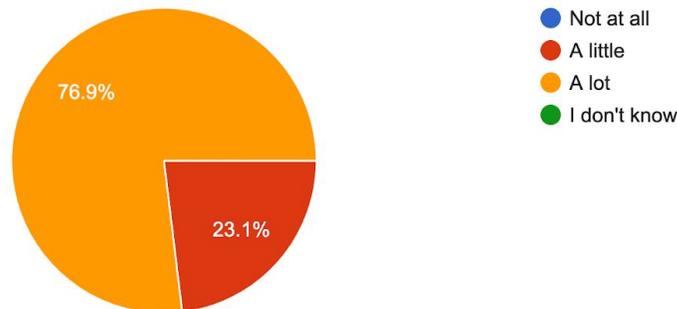
In your opinion, did this workshop increase your awareness of mental health issues?

26 responses



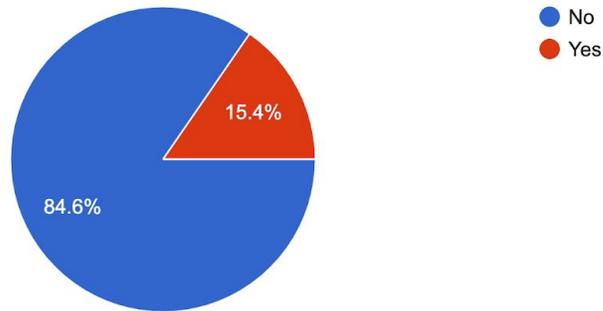
In your opinion, did this workshop help you confront and address stigma related to mental illness?

26 responses



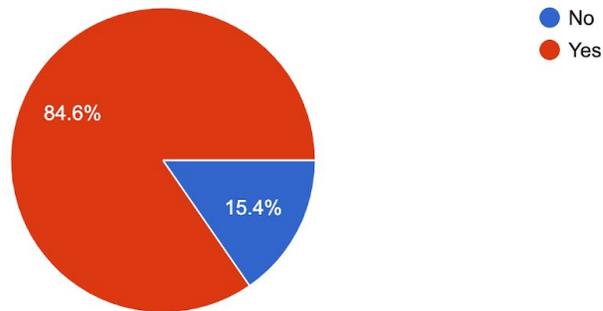
Did you know about the the Mental Health Services Act before this event?

26 responses



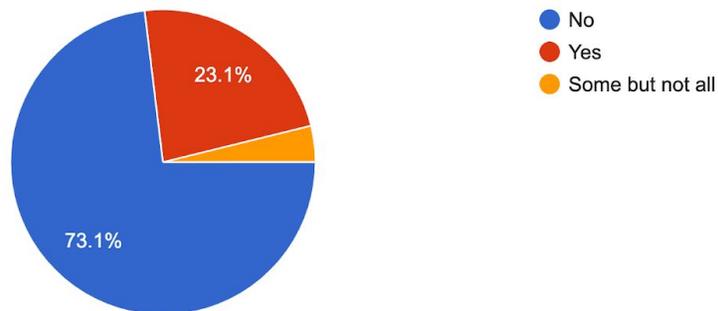
Did you know about your school's counseling services before this event?

26 responses



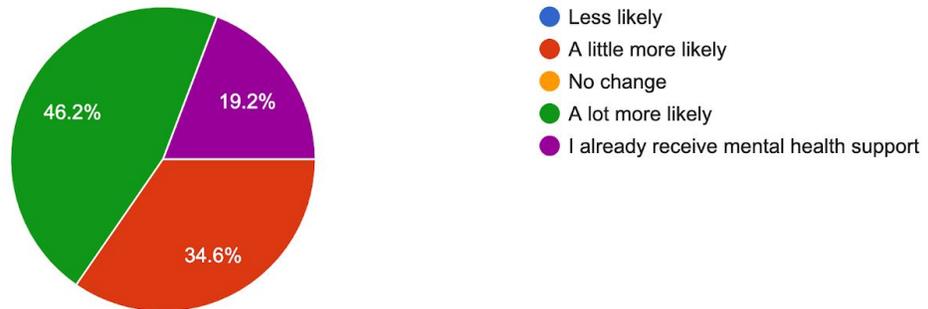
Did you know about the community resources before this event?

26 responses



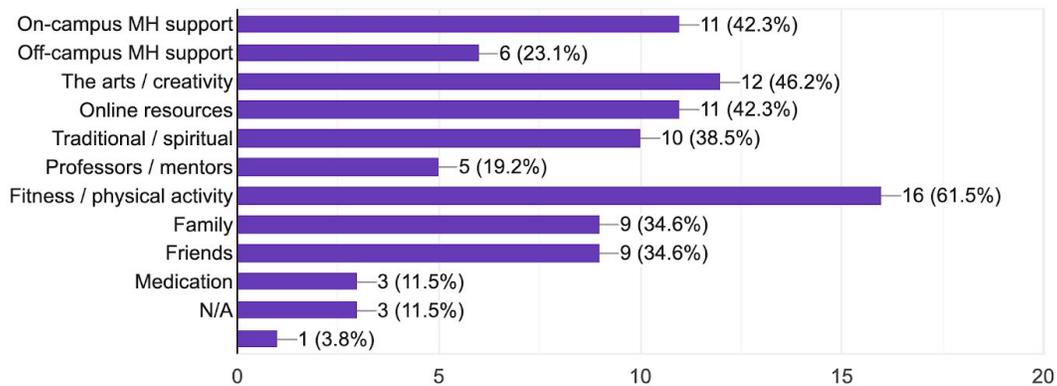
After this event, are you more or less likely to seek support for your mental health?

26 responses



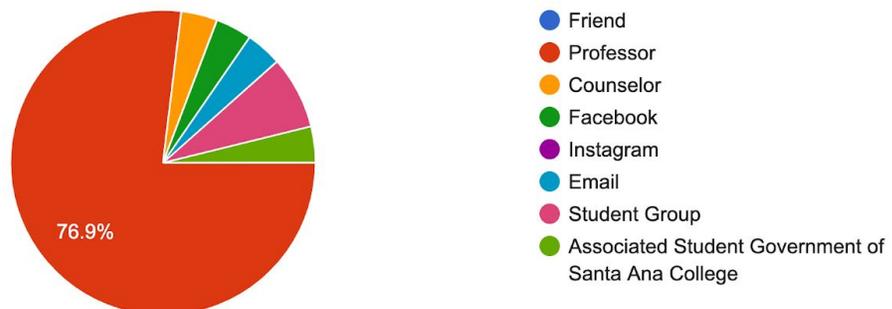
What type of mental health support do you think would be most useful to you?

26 responses



How did you hear about this event?

26 responses



What was your main takeaway?

Thinking about one thing to do everyday to help others like being more kind
 Taking time for myself to be more open minded
 Is important to talk to someone about what are we feeling
 The unique experiences that are brought to the table by people who experience mental illnesses
 Take care of yourself /
 You need to self care
 Community
 More people are affected
 Stigma and mental illness are a serious matter that a lot of people suffer from, however, a lot of people also don't take it seriously and think that it's just something that can easily be dealt with
 We are not alone and many people are there to help
 Inspiration
 Movies were powerful
 It was an amazing event
 You're not alone in your struggles
 Be kind to everyone because you never know what they are going through
 To always check in with yourself
 It's ok to ask for help
 The ability to understand those who have mental illness
 Mind matters
 Don't ever be afraid to take care of yourself. You only live one life, why not make it the best one possible?
 Mental Health is real and we really don't know who can be struggling with something in their lives, therefore we need to spread kindness and be more empathetic

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

(Highlights: see raw data for full list)

Mindful
 Awesome information / helpful (x4)
 Becoming Known
 A look into self care and how to see the signs in others not doing self care
 Useful life tips to remain calm and healthy
 Good
 Informative and creative
 Great place for guidance (x2)
 Fun and helpful
 Awesome
 Informative and inspiring / eye-opening (x3)
 Easy way to engage in mental health awareness
 Informative, enlightening
 Empowering (x2)
 An informative and personal approach to the topic of mental health and mental illness
 Something worthwhile to listen to
 An open conversation about mental health and how to address issues in your community or even personal issues

How might you use what you learned today?

(Highlights: see raw data for full list)

Will ask for help
 As a practice with my family during quarantine
 Be more insightful and express what I learned with family and friends
 The body awareness
 Access the resources I have available around me / campus health services (x2)
 Use it to break down stigma and stereotyping. Use it to be more aware of myself and other people who might be suffering from mental illness
 I liked the breathing exercise (x2)
 Be able to spread mental health
 Honestly, mainly for a paper I need to write. But I do appreciate everything you shared! It will impact many people who didn't know about these resources
 Spreading smiles
 Being more considerate about other people's feelings / listen to understand (x3)
 Many ways
 Prioritize my mental health and make gradual changes. Slowly but surely. It does not happen overnight
 This information is useful in my everyday life, family, friends, work etc. (x2)

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

(Highlights: see raw data for full list)

It's hard to speak on the spot the moment I need to say something because I analyze the situation after it happens (x2)
 I didn't know where to seek for help (x2)
 Feeling ashamed / shy or embarrassed (x2)
 Being seen as underestimated and undervalued as a person. Not being seen as capable of doing many things in life
 People judging you for seeking mental health (x7)
 Feeling overwhelmed
 I don't have barriers anymore. I seek mental health support when I need it
 Staying motivated during this pandemic
 Being out there and known
 Personal anxiety and fear. Also fear of cost and not finding the right therapist (x2)
 Budget and me asking myself if I really need therapy or not. A battle with myself and wanting to take care of it on my own

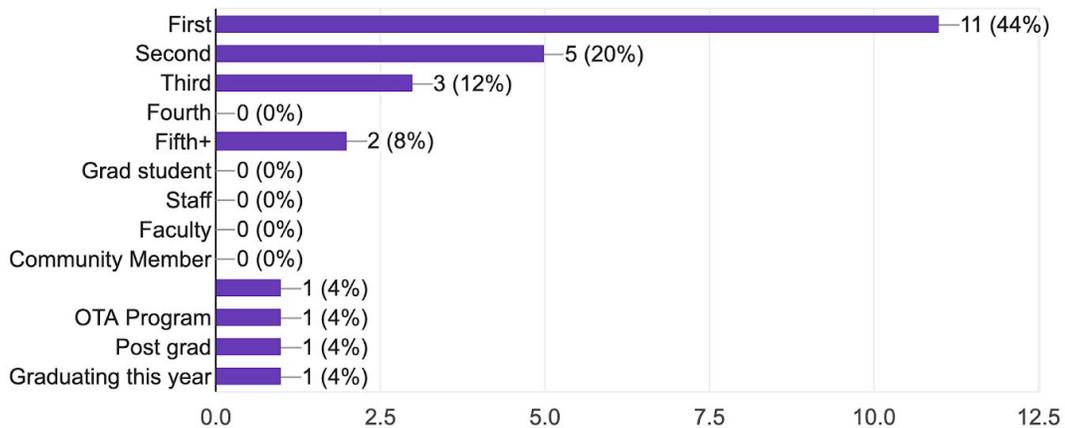
How can we improve this event in the future?

Not sure
 It was perfect and helpful to me
 Learning to be more open about my experiences and feelings
 Bring out different people with different mental disorders and their stories
 It would be nice to have a fun activity that everybody can participate to make everybody smile and have fun
 I think everything went well

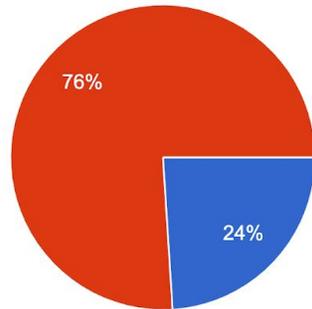
Have everyone speak a little more
 More movies
 Somehow make sure that the event email doesn't go into the junk folder- it took me a while to find
 Having emoticons pop up from individuals from the chat
 I think it was very well planned
 I think it was great with the resources we have available at the moment

| Major | |
|----------------------------------|---|
| Psychology | 4 |
| English | 1 |
| Political Science and Psychology | 1 |
| Community social services | 1 |
| Occupational Therapy | 5 |
| Health / Public Health | 2 |
| Plant Science | 1 |
| Human Services | 3 |
| Liberal Arts | 1 |
| Sociology | 2 |
| Studio Art | 1 |

Year
 25 responses



Gender Identity
25 responses



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

| Race / Ethnicity | | |
|------------------------------------|----|-----|
| Asian / Asian-American | 2 | 8% |
| Black / African / African-American | 0 | |
| Hispanic / Latinx | 17 | 65% |
| Indian / South Asian | 0 | |
| Middle Eastern | 0 | |
| Native American / First Nations | 0 | |
| Pacific Islander | 0 | |
| White / Caucasian | 4 | 15% |
| Multiracial | 3 | 12% |
| Other | 0 | |