

Movies for Mental Health

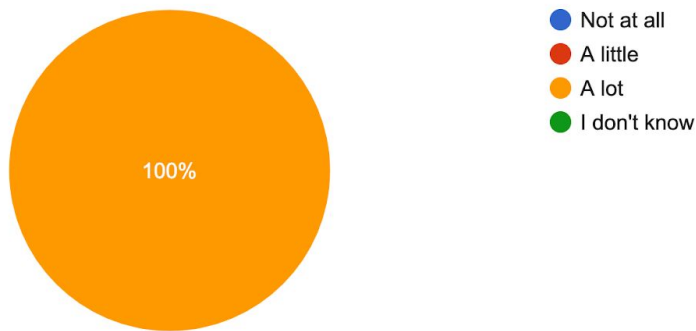
Post-Workshop Evaluations

School: Santa Barbara City College
Date: October 16, 2019

Number of attendees: 35
Number of evaluations: 17

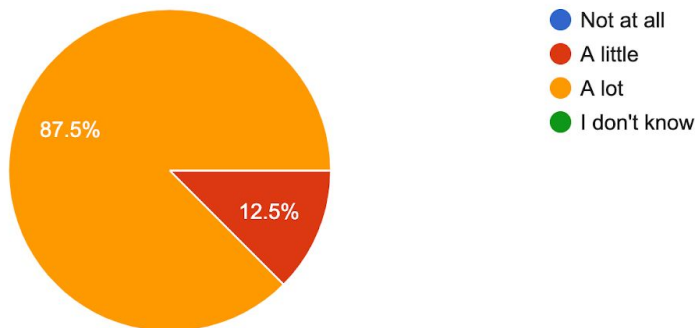
In your opinion, did this event create awareness of mental health issues?

17 responses



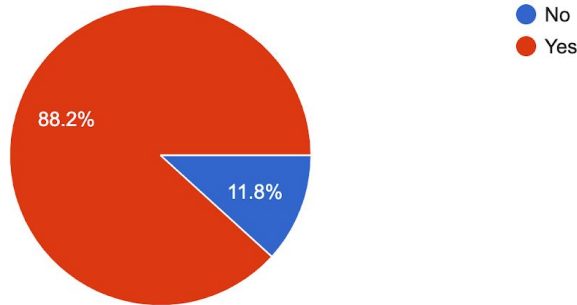
In your opinion, did this event reduce stigma related to mental illness?

16 responses



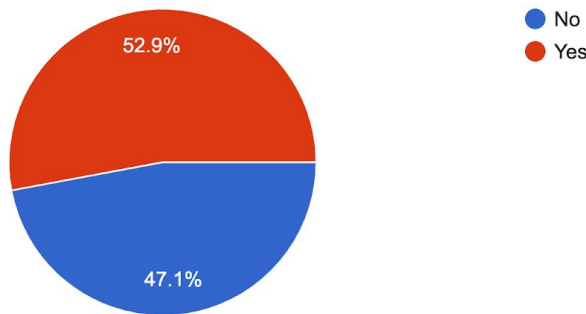
Did you know about your school's counseling services before this event?

17 responses



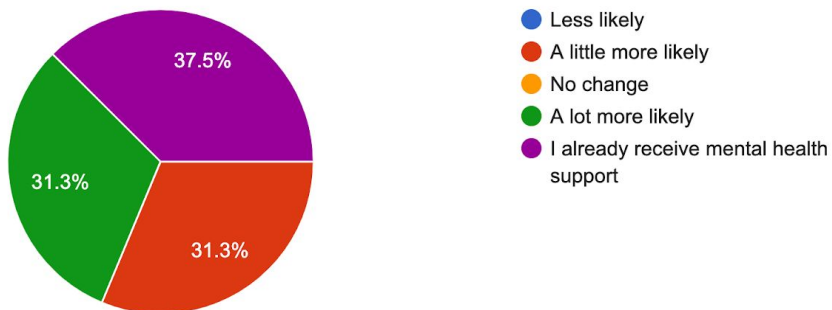
Did you know about the the Mental Health Services Act before this event?

17 responses



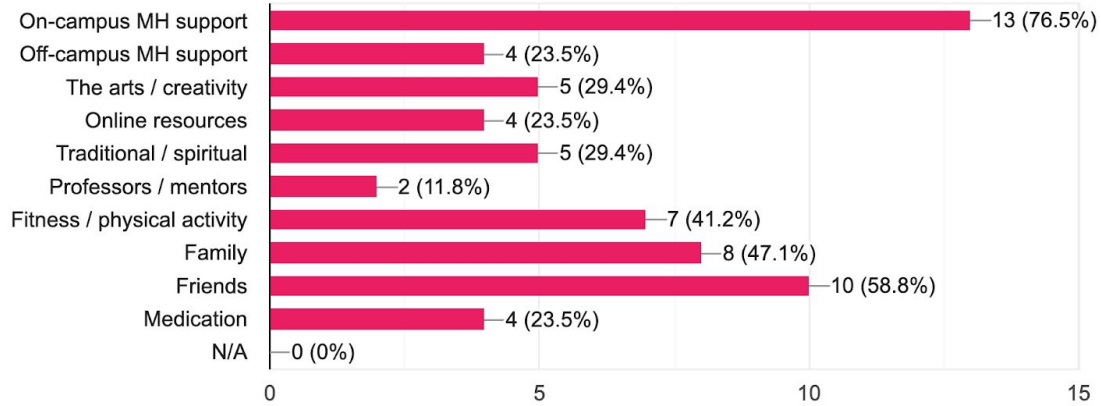
After this event, are you more or less likely to seek support for your mental health?

16 responses



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

17 responses



How did you hear about this event?

Friend	4
Professor / class	3
Counselor / MH club / Peer Support	1
Email	6
Online / Facebook	0
Posters / flyers	0
Other - Student Group	3

What was your main takeaway?

This gave a deeper understanding of stigma and mental health as a whole
 Hope is still out there
 To learn a bit more about mental health
 That you're not alone
 Talk about it
 To love yourself for who you are and take each day slowly and at your own pace
 There are many ways we can break the stigmas surrounding mental health
 Mental health
 Empowerment; in one film a woman accepted her mental illness
 Don't be afraid to get help

That talking about your mental health is important and you shouldn't be afraid
You never know someone's story
That mental health can be a casual conversation
Knowing that others are also dealing with anxiety
It's ok to not be ok
Be accepting, hear/listen to someone

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

Cool movies about mental wellness and space to freely talk about the concept
Encouraging!
Important, fun, giving, interesting
An important/good thing to talk about
Educational; inspiring
Inspirational and empowerment
A workshop focused on shedding light on and normalizing mental health
Informative
An educational experience that was very interesting
Raised awareness about certain issue
An opportunity to learn more about mental health
Very friendly; helpful
Helpful to understand MH
Informative and empowering
Eye-opening
Enlightening
An informative discussion about mental illness

How might you use what you learned today?

I will be more aware of stigmas
Be more open to saying yes to help!
To not feel ashamed about MH, and I will have a bigger understanding for other people's MH
That you are never alone
Reflect and act
Never be afraid to ask for help
I will be more encouraged to tell others about on campus resources (I already do!)
To lead a better life
Learning to accept
Know that it's ok to have problems and don't feel ashamed when experiencing this
If I have a problem I now know where to go to talk
To help friends
Looking for off campus therapist
Knowing that there are campus resources
To realize others have the same problems but different journeys
Know ways to help myself better
How to express my anxiety with friends who don't understand it

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

Time management
 Fear of being rejected
 I don't feel like I have barriers, I think it is awesome that MH support is available near me if I need it
 To talk to someone who listens
 Stigma
 Friends, family, and school
 Self-doubt
 Time/Money
 Not making sense/misunderstanding being seen as selfish
 Shame
 School; break ups; grief; family conflicts
 Being scared
 Financial issue
 Stigma and lack of time to really treat
 Feeling comfortable sharing
 Lack of time
 Judgment; anxiety of going

How can we improve this event in the future?

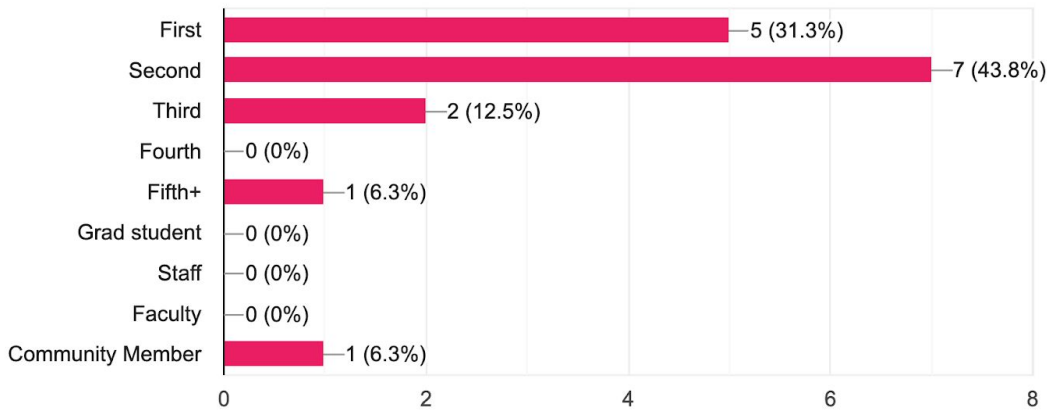
Discuss helping others understand sensitivity of others
 Therapy dogs
 Maybe get some speakers in between the discussions to share their stories or a speaker to inform about different mental health issues
 Spread the words
 Resource guides
 It was very well presented, not much improvement needed
 Maybe have specific questions for the panel
 More panelists
 Providing more opportunities for people on panel to speak about the movies from their perspective
 Really enlightening! Doesn't need improvements
 Ask teachers to make it extra credit, this was a wonderful event, wish more came

Major	
Criminology	2
Sociology	2
Psychology	1
Liberal Arts	1
Engineering	1

Biology	1
Communication	3
Economics	1
Chemistry	1
Political Science	1
Undecided	1

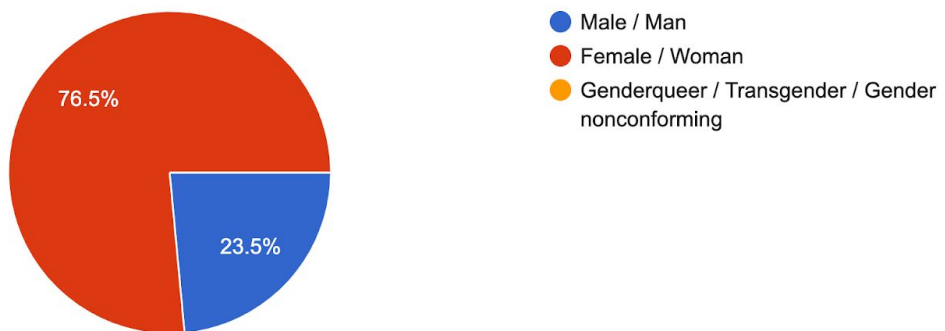
Year

16 responses



Gender Identity

17 responses



Race / Ethnicity		
Asian / Asian-American	1	6%
Black / African / African-American	0	
Hispanic / Latinx	7	44%
Indian / South Asian	0	
Middle Eastern	1	6%
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	5	31%
Multiracial	2	13%
Other	0	