

Movies for Mental Health (Online)

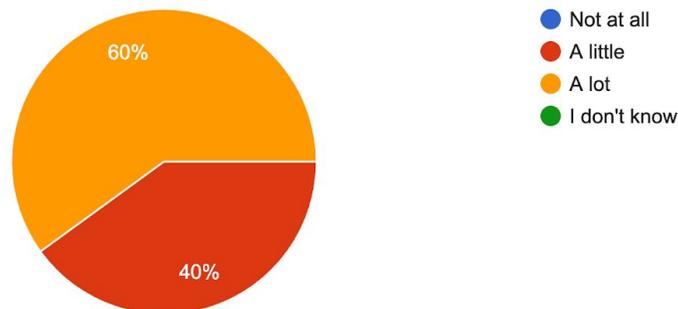
Post-Workshop Evaluations

Santa Clara University
May 13, 2020

Number of attendees: 50
Number of evaluations: 10

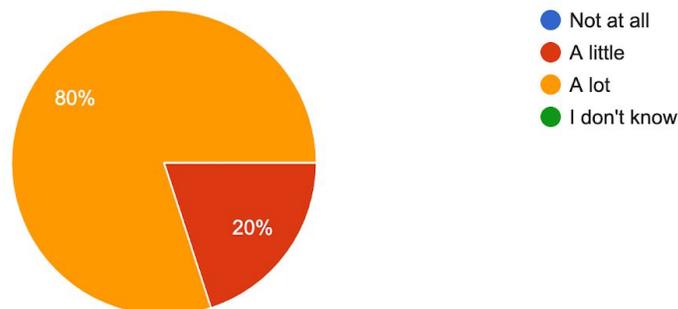
In your opinion, did this workshop increase your awareness of mental health issues?

10 responses



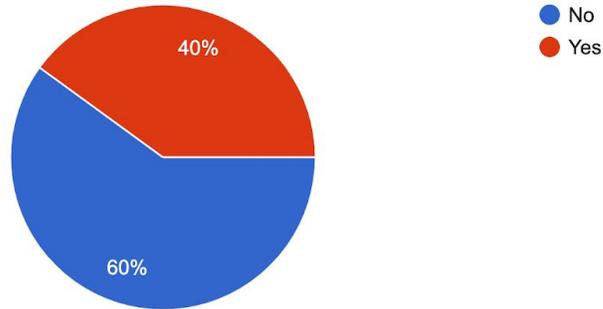
In your opinion, did this workshop help you confront and address stigma related to mental illness?

10 responses



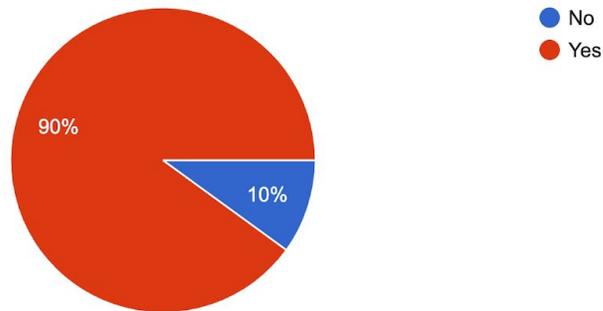
Did you know about the the Mental Health Services Act before this event?

10 responses



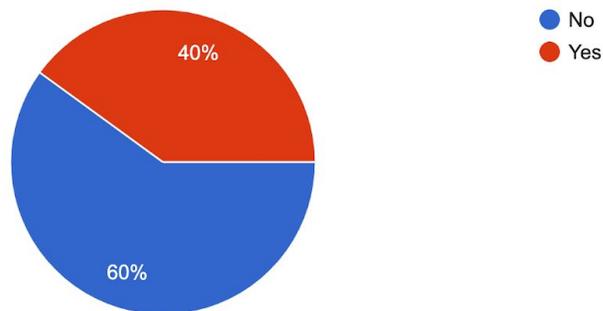
Did you know about your school's counseling services before this event?

10 responses



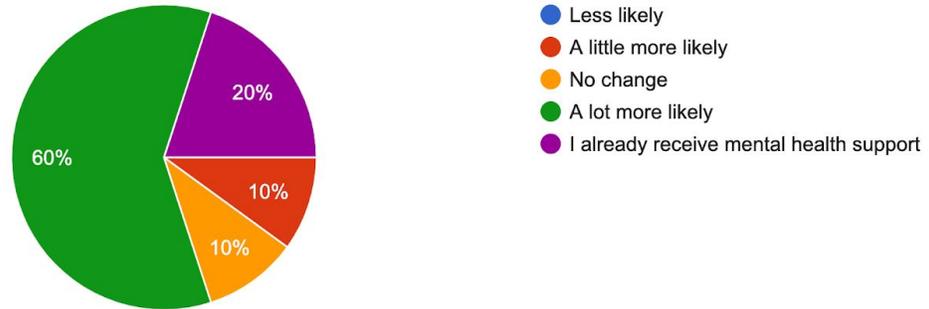
Did you know about the community resources before this event?

10 responses



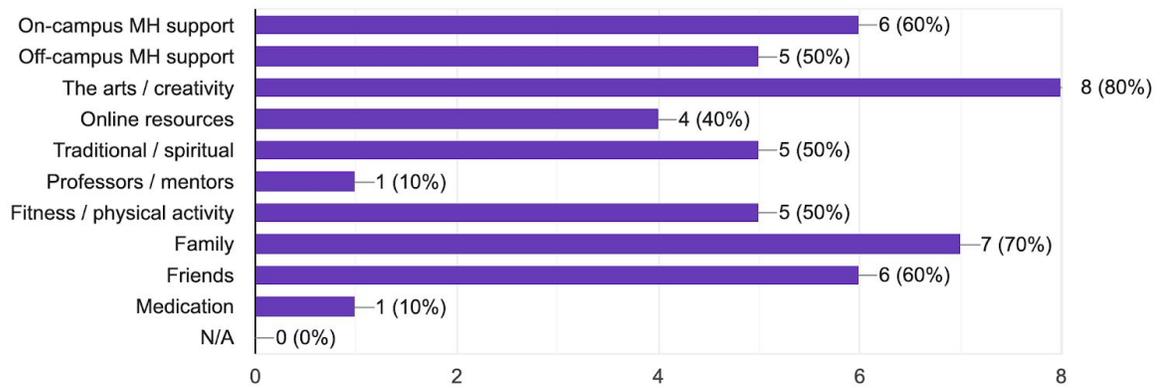
After this event, are you more or less likely to seek support for your mental health?

10 responses



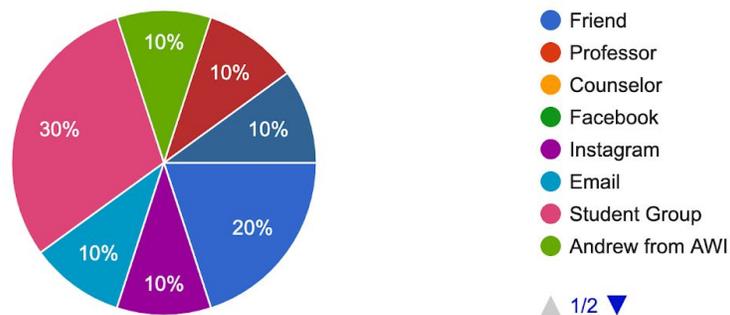
What type of mental health support do you think would be most useful to you?

10 responses



How did you hear about this event?

10 responses



What was your main takeaway?

How many opportunities there are to get help
More awareness of common mental health issues
My main takeaway is that there are so many incredible sources of support in our lives. It can be hard to speak up but asking for help shows tremendous strength
That the stigma needs to be removed because it only hurts everyone
We all need to be part of helping to end the stigma around mental health issues
I'm not alone. And it is really helpful to get to engage with peers - instead of always being viewed as a "patient" by a doctor, or as "unwell / sick" by friends and family

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

(Highlights - see raw data for all answers)

Insightful, beautiful, warm, eye-opening, incredible, and valuable
Informative and inspiring (x2)
Awesome!
A nice opportunity to connect with others to talk about mental health
A safe space to learn more about mental health and explore ways to improve my health (x2)
Self care

How might you use what you learned today?

To help spread to others in my community
Develop more sensitivity when communicating with others about mental health issues
I will use what I learned today from all of the speakers to remind myself of all of the amazing people and resources I have in my life. I will also always remember that it is okay to have ups & downs. Life can be turbulent but how one deals with it matters :)
I will use this information to help support my friends and reach out when I need help
PWI, learned a new term today and realized how that relates to my own mental health story
Whenever I am stressed, I want to remember some of the breathing techniques
I'll look for a peer-support group
Compassion for everyone and avoid quick judgements

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

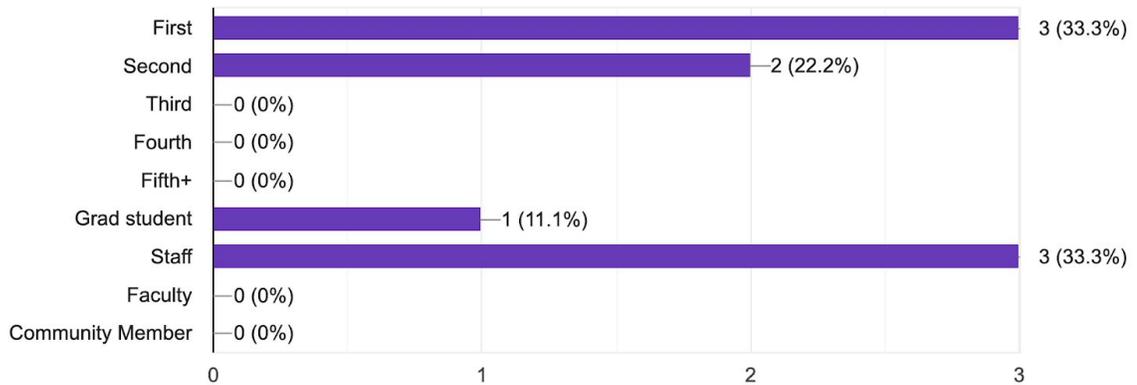
Fear of embarrassment
Forgetting about self-care
Other people's perceptions of me. Most people know me as the happiest person (which I am), but I also experience sadness, just like everyone else
The stigma
Cost and anonymity including not having it tied to medical records
Cultural barriers around talking about this issue
Stigma. I don't know anyone close to me that is open about mental health
Judgement

How can we improve this event in the future?

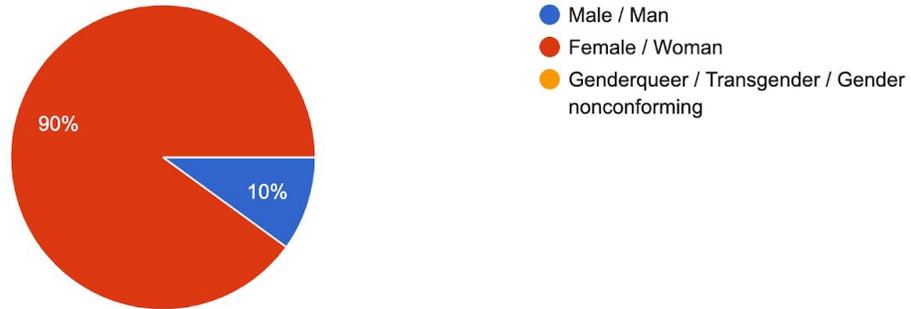
Nothing
 Maybe email us more mental health resources on a handout
 It was perfect :)
 It was awesome!
 Perhaps having longer films with more things to unpack
 I loved it - but I guess a recorded version - even if available for a short period

Major	
Public Health	1
Psychology	2
Neuroscience and Dance	1
Business	1

Year
 9 responses



Gender Identity
10 responses



Race / Ethnicity		
Asian / Asian-American	1	11%
Black / African / African-American	1	11%
Hispanic / Latinx	0	
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	6	67%
Multiracial	1	11%