

Movies for Mental Health (Online)

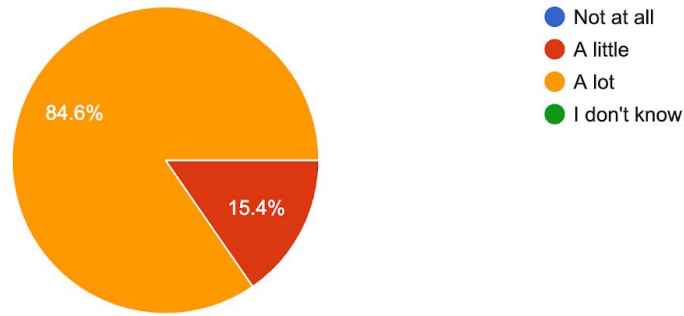
Post-Workshop Evaluations

Skyline College
Thursday, August 27, 2020

Number of attendees: 58
Number of evaluations: 13

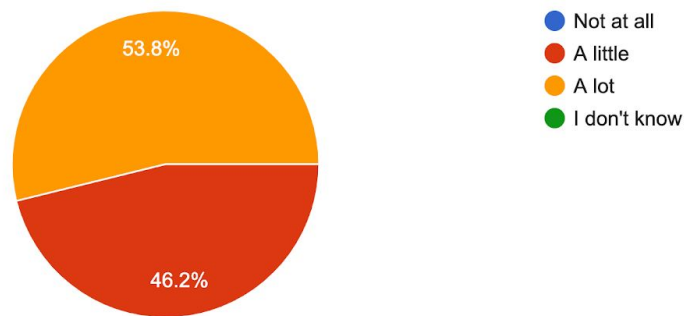
In your opinion, did this workshop increase your awareness of mental health issues?

13 responses



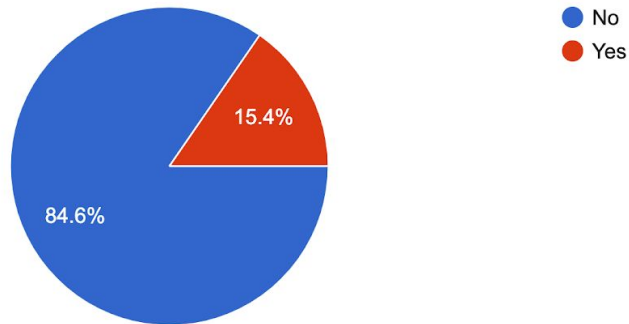
In your opinion, did this workshop help you confront and address stigma related to mental illness?

13 responses



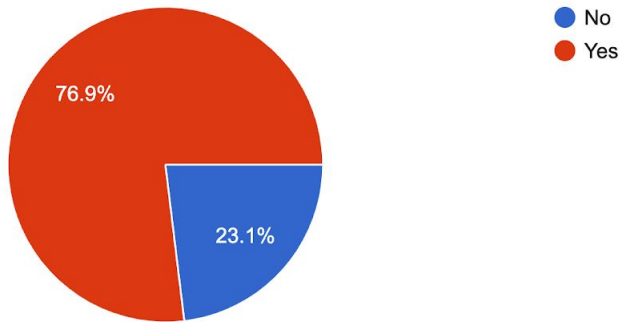
Did you know about the the Mental Health Services Act before this event?

13 responses



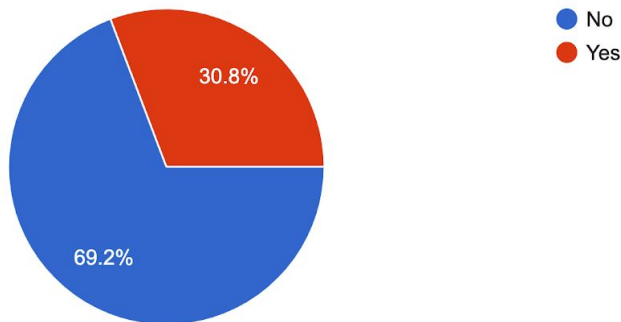
Did you know about your school's counseling services before this event?

13 responses



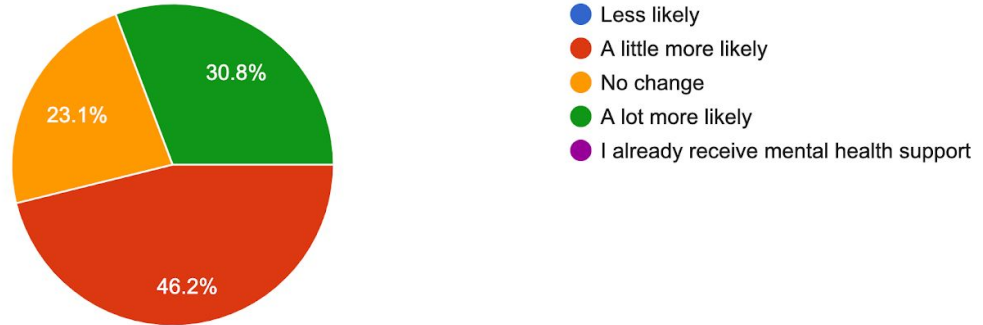
Did you know about the community resources before this event?

13 responses



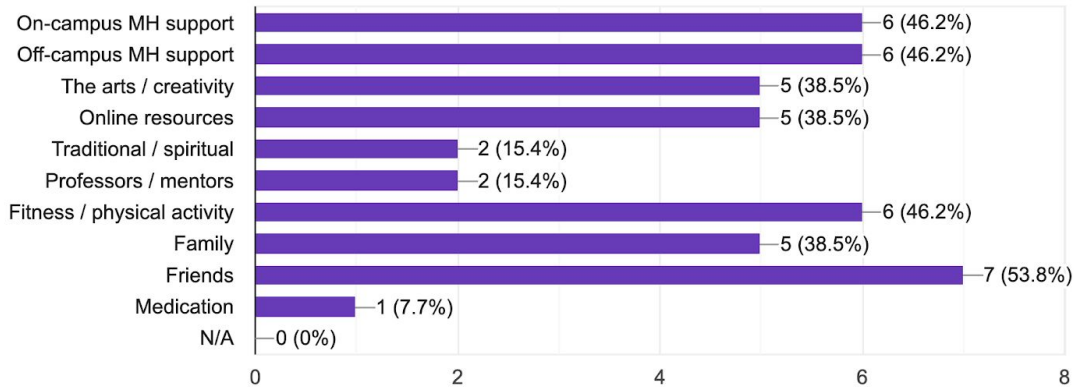
After this event, are you more or less likely to seek support for your mental health?

13 responses



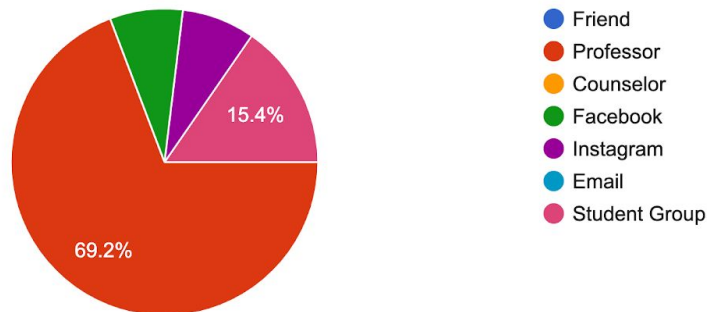
What type of mental health support do you think would be most useful to you?

13 responses



How did you hear about this event?

13 responses



What was your main takeaway?

Mental health is intersectional

Vulnerability

Everyone has challenges. How they are supported makes the difference in getting better.

There are much more outlets in the community than I was aware of and I am definitely going to explore that

Learned new practices that can help support my wellness. I also liked the engagement & safe space we had

Learn about the stigmatisation of mental health

To be more empathetic and understanding for those who do face mental health issues

Mental health is definitely an issue that impacts all of our lives very deeply but people are constantly creating safe spaces to seek community/help

We are not alone and it is great that we have more resources to help us all

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

(Highlights: see raw data for full list)

Powerful

Informative (x2)

Eye opening and comforting with the amount of resources provided

Thought-provoking, destigmatizing, inspiring me to take action

Very inspirational

It was a great workshop to build better understanding on how people are affected by mental illness. It also taught the audience how mental illness is stigmatized and how it has been for many people.

Excellent quality!

Inspirational and informative

This is an inviting workshop and it was amazing to see such powerful videos and have a community

How might you use what you learned today?

(Highlights: see raw data for full list)

I learned that Skyline also offers online counseling resources, not just in person

Sharing w/others, being mindful of others more (x2)

Be a better listener

Try to incorporate resources into active wellness for myself and recommend them to others to explore

Try to break the mental health stigma more & show more mental health resources for people

The body scan

I will have an open ear for those close to me that come to me to discuss their tough situations

To facilitate campus events

It will help me check in with friends and family

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

Being low income, lack of resources available to me
 Being a consumer and a provider
 I don't trust that my issues will stay private
 Outside support and putting myself first
 For my mental wellness, not having enough time to completely make sure I am doing ok
 Shame
 I have no barriers that I know of because I have not had a reason to seek support
 When I ask, "Do I need it now? Can I put it off until I really need it?"
 Finding a therapist that suits my needs
 Being prideful and believing I can handle it on my own
 My willingness to open myself up to someone. I am used to being closed off and I know that is not good for my mental health.

How can we improve this event in the future?

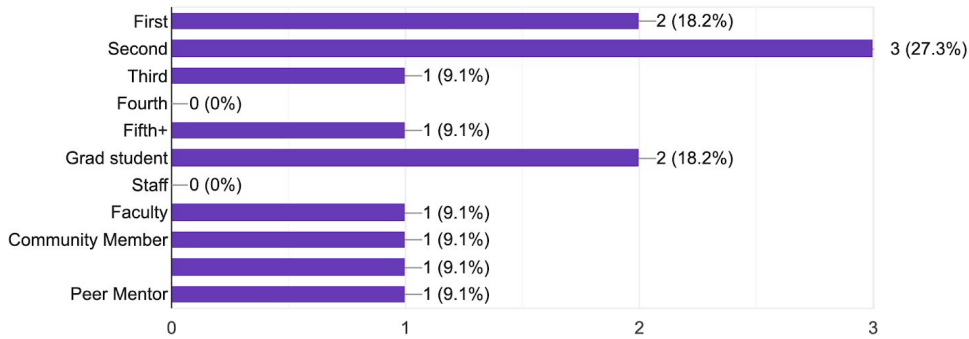
(Highlights: see raw data for full list)

It was a little long
 Maybe downloadable content
 Have more balance with time between activities/films and panel
 Include more films about touch on different mental health topic
 I actually believe this event was put together in a great way. It was also a great selection of panelists.
 Can't think of any! Beth was very engaging! Great panelists!
 Deeper dive into some topics like cultural stigma of mental health
 No improvements I could think of (x2)
 I loved it for how it was. Thank you so much.

Major	
Allied Health	1
Biology	2
Journalism	1
Kinesiology	1
Psychology	2
Nursing / Psychology	1

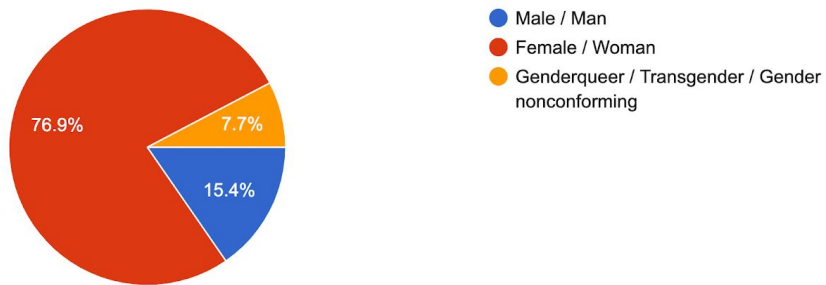
Year

11 responses



Gender Identity

13 responses



Race / Ethnicity		
Asian / Asian-American	7	54%
Black / African / African-American	2	15%
Hispanic / Latinx	0	
Indian / South Asian	1	8%
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	1	8%
Multiracial	2	15%