

Movies for Mental Health

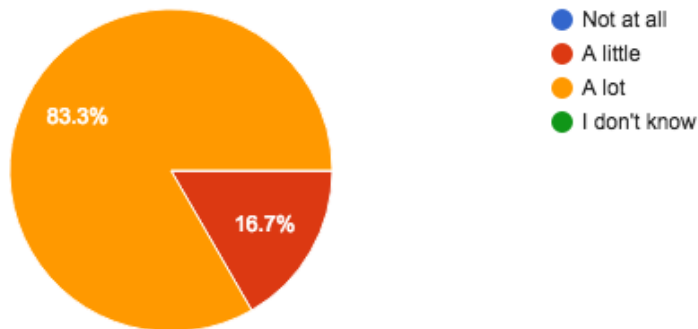
Post-Workshop Evaluations

Truckee Meadows Community College
October 10, 2018

Number of attendees: 25
Number of evaluations: 6

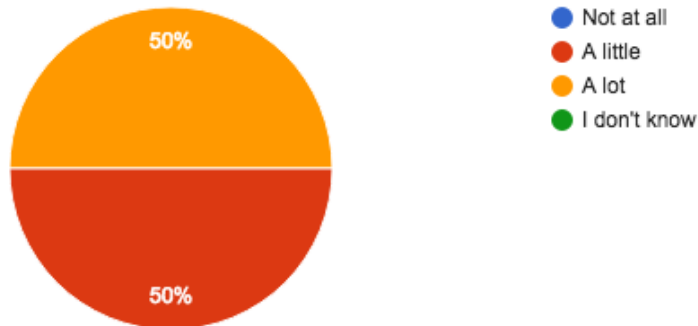
In your opinion, did this event create awareness of mental health issues?

6 responses



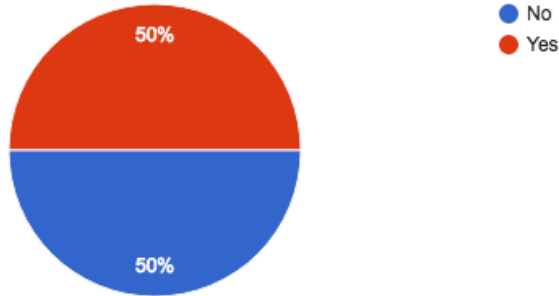
In your opinion, did this event reduce stigma related to mental illness?

6 responses



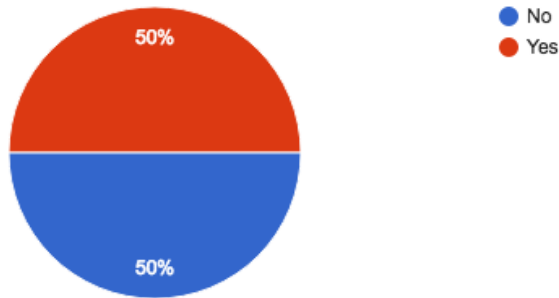
Did you know about your school's counseling services before this event?

6 responses



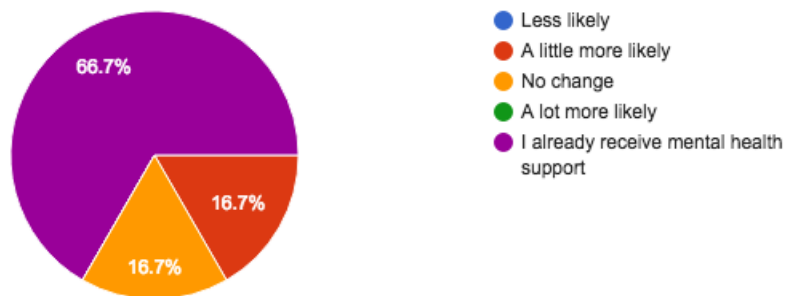
Did you know about the community resources before this event?

6 responses



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

6 responses



****53% of students not in therapy reported an increased likelihood of seeking support for well-being*

<i>What type of mental health support do you think would be most useful to you?</i>	
<i>On-campus MH support</i>	<i>4</i>
<i>Off-campus MH support</i>	<i>1</i>
<i>Traditional / spiritual</i>	<i>3</i>
<i>Family</i>	<i>3</i>
<i>Friends</i>	<i>3</i>
<i>Professors / mentors</i>	<i>2</i>
<i>The arts / creativity</i>	<i>4</i>
<i>Fitness / physical activity</i>	<i>4</i>

<i>How did you hear about this event?</i>	
<i>Professor / class</i>	<i>2</i>
<i>Online / Facebook / email</i>	<i>2</i>
<i>Posters / flyers</i>	<i>2</i>

<i>What was your main takeaway?</i>
<ul style="list-style-type: none"> • <i>No stigmas</i> • <i>Movies</i> • <i>That unless you are suffering symptoms, you remain ignorant</i> • <i>Mental illness comes in so many forms</i> • <i>What's really happening and how it's stigmatized</i>

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

- *Insightful*
- *I like movies and discussion parts.*
- *A discussion of some common mental health disorders*
- *Very eye opening. Informative.*
- *Very informative and go next time*
- *More awareness to mental health and how*

How might you use what you learned today?

- *Help*
- *Many people needs help but there are not so many great financial support*
- *Already in mental health program*
- *Really listen to people, be more accepting*
- *Listening and not judging*

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

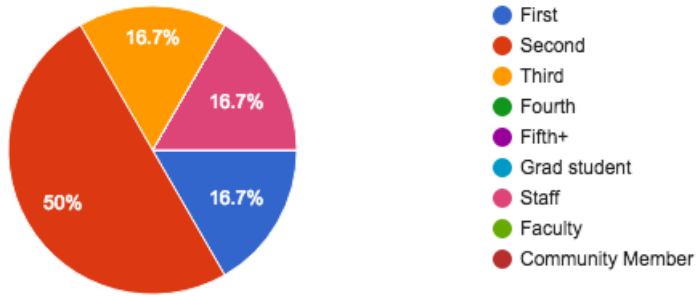
- *Time*
- *Culture*
- *Resources*
- *Financial barriers are the biggest*
- *Not really, just making time*
- *Cost/transportation*

How can we improve this event in the future?

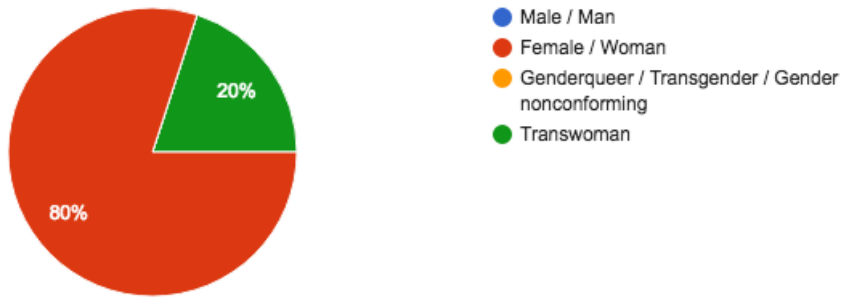
- *Advertisement - It was really good*
- *N/A*
- *Nothing! Did a great job!! =)*
- *Very engaging*
- *Have optional counseling after for people who are triggered*

Major	
Graphic Communications	1
Psychology/HDFS	3
Nursing	1

Year
6 responses



Gender Identity
5 responses



Race / Ethnicity	
White / Caucasian	3
Asian / Asian-American	2
Multiracial	1