

Movies for Mental Health

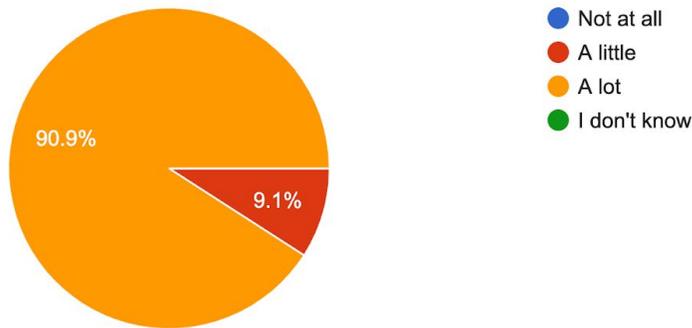
Post-Workshop Evaluations

UCLA
April 20, 2019

Number of attendees: 45
Number of evaluations: 33

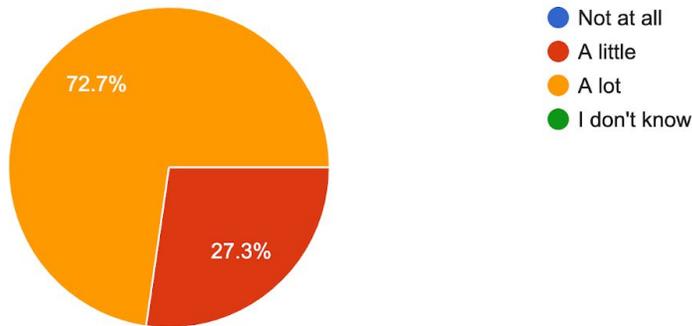
In your opinion, did this event create awareness of mental health issues?

33 responses



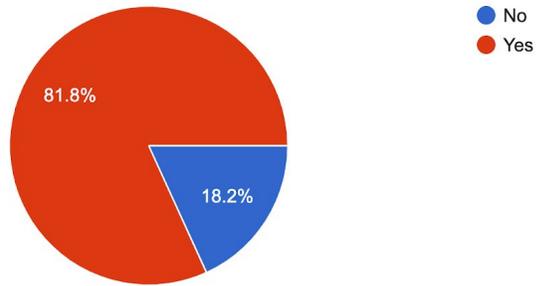
In your opinion, did this event reduce stigma related to mental illness?

33 responses



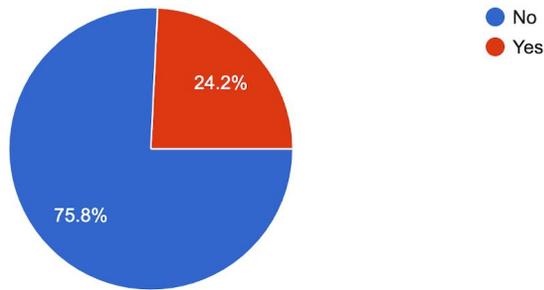
Did you know about your school's counseling services before this event?

33 responses



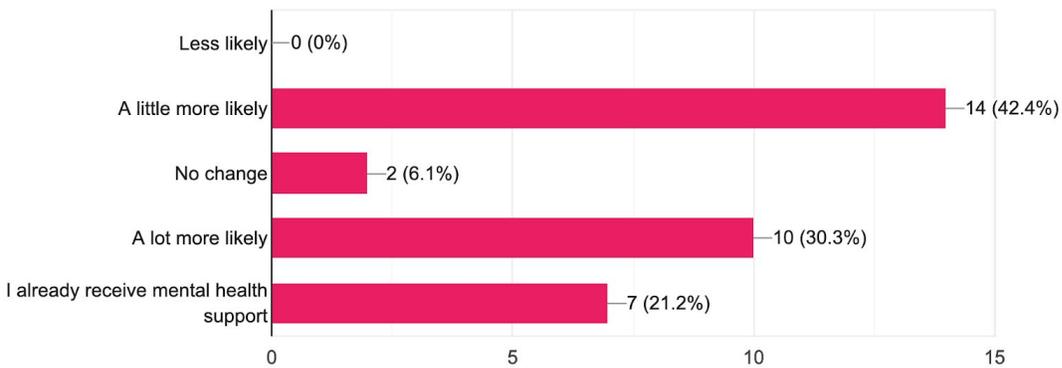
Did you know about the Mental Health Services Act (Prop. 63) before this event?

33 responses



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

33 responses



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

On-campus MH support	10
Off-campus MH support	5
The arts / creativity	10
Online resources	4
Traditional / spiritual	6
Professors / mentors	5
Fitness / physical activity	14
Family	10
Friends	18

How did you hear about this event?

Friend	6
Online / Facebook	6
Active Minds	17
SWC	2
Other	4

What was your main takeaway?

(Highlights: see raw data for full list)

You never really know the full story
 Mental health is a spectrum and we all experience something.
 The power of seeking for help. I'm not alone.
 Mental illness is a topic that can be and should be openly talked about
 That UCLA has a lot of mental health resources & that it's ok to seek help.
 We need to talk about mental health more.
 Mental health isn't always on the surface.
 It is okay to feel and it is important to understand and accept yourself.

Mental health stigma can be destructive to getting help.
The experience is very diverse. Mine matters too.
CPS isn't just for crises. Bipolar disorder has a lot of self-acceptance struggles I didn't know it came with.
Resilience.
Practice empathy always even when it's hard to relate.
Everyone is going through some sort of mental health journey.
To be more open about finding sources of support.
It's okay to have a different story.

If you were telling a friend about this workshop, you would describe it as:
(Highlights: see raw data for full list)

Group healing, reimagining mental illnesses, increasing awareness of factors
Enlightening and empowering. Relatable.
Beneficial, opens your eyes
A panel of students sharing their mental health experiences.
Film and conversation about mental health
Empowering and destigmatizing my view of mental illness.
Really amazing and helpful
Insightful, powerful, opening, healing, understanding, and relatable.
A safe space to explore.
Breaks down stigma impactfully.
Educational, moving
Very eye-opening and informative
Very eye-opening and allowed me to be better in touch with myself.
Freeing and supportive
A must-see
Powerful and educational

How might you use what you learned today?
(Highlights: see raw data for full list)

Being a better resource for friends
Love the films! Will watch and share.
Incorporate these experiences into my ability to empathize
I will share the art resources with friends and use them to make better decisions for myself.
Be kinder to myself.
To talk more to others, understand them better
It has encouraged me to really consider reaching out for help!

To learn to be more compassionate.
Apply the idea of acceptance to my daily life.
Start discussions on mental health about this subject with friends and family.
Be mindful of these conversations in everyday life and use what I learned with friends.
Being more mindful of what I feel and what I need
I am going to be better support to my friends, and to myself
I think I will take up more mindfulness.
In my own art therapy

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

(Highlights: see raw data for full list)

Cultural stigma + finances
Busy college schedule
Stigma / my pride / denial. Admitting that I need to look outside of myself for improvement.
They may not understand you.
Not knowing how to express it.
Unaware if my mental state is considered illness
Fear
Feeling like a burden on my loved ones.
I don't know who to turn to.
Self-destruction, lack of self-esteem & self-care
Don't know resources.
Ashamed of myself.
Feeling judged
Feeling lazy or over-emotional
Money + fear

How can we improve this event in the future?

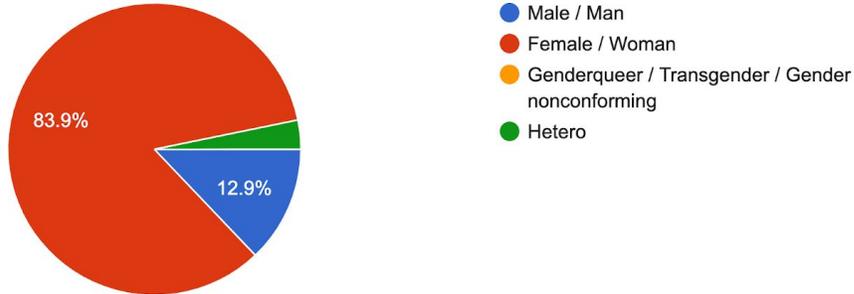
Everything was great (x4)
Better publicizing; better organized with minor details
Add more uplifting videos?
More comfortable chairs
Meaningful interaction
I thought the movies were incredibly powerful, insightful & life changing. Could use more!
More time for panel?
More marketing (so people know where it is)

Run things more organizationally. Also, the stress room was never mentioned.
 Honestly, it was so good. can't give constructive criticism.
 Allowing more informative conversation with speakers
 Maybe I stretch break! Though I know we were short on time.
 I think more interaction with other audience members.

Major	
Art and Psychology	1
Art History	1
Biochemistry	1
Biology	5
Biology and Psychology	1
Cognitive Science	1
Communications	1
Engineering	2
Human Biology	2
Neuroscience	5
Philosophy	1
Psychology	7
Psychobiology	2
Public Safety Admin	1

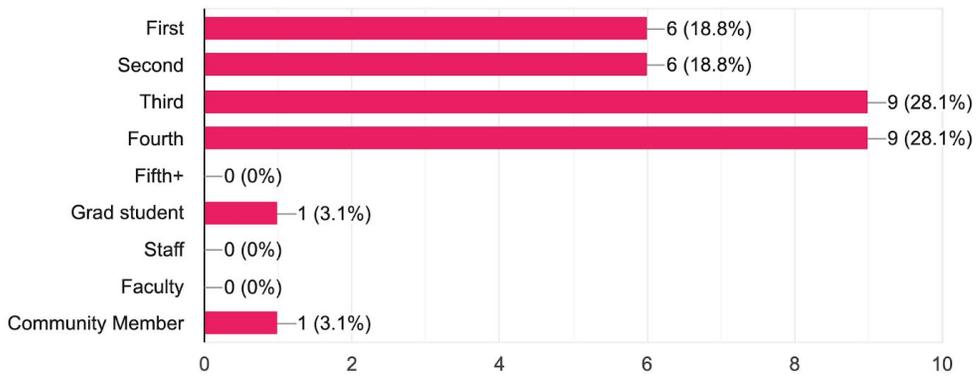
Gender Identity

31 responses



Year

32 responses



Race / Ethnicity		
Asian / Asian American	6	19%
Black / African / African-American	1	3%
Hispanic / Latinx	2	6%
Indian / South Asian	9	28%
Middle Eastern	2	6%
White / Caucasian	7	22%
Multiracial	5	16%