

Movies for Mental Health

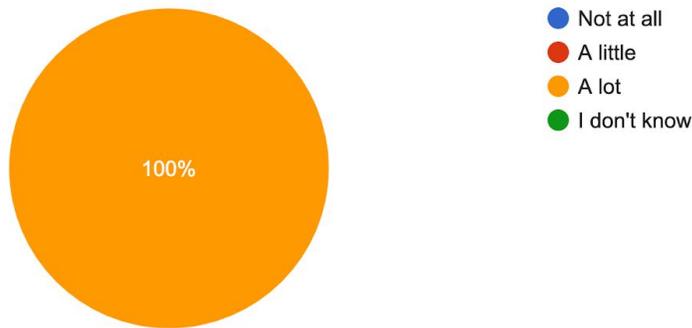
Post-Workshop Evaluations

UC Santa Barbara
April 10, 2019

Number of attendees: 30
Number of evaluations: 23

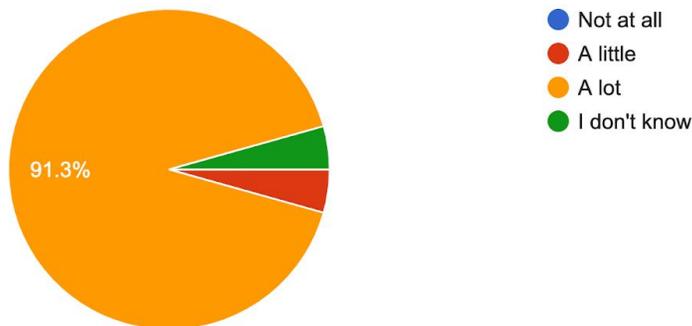
In your opinion, did this event create awareness of mental health issues?

23 responses



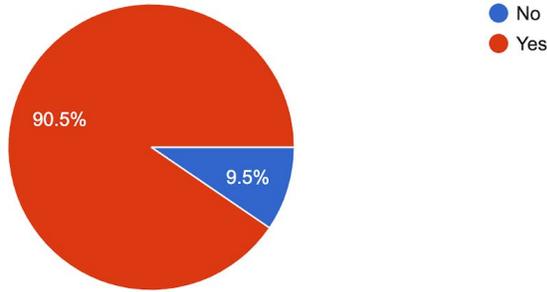
In your opinion, did this event reduce stigma related to mental illness?

23 responses



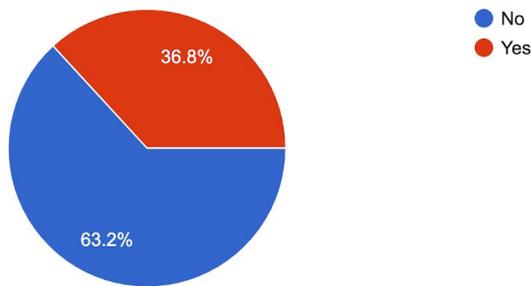
Did you know about your school's counseling services before this event?

21 responses



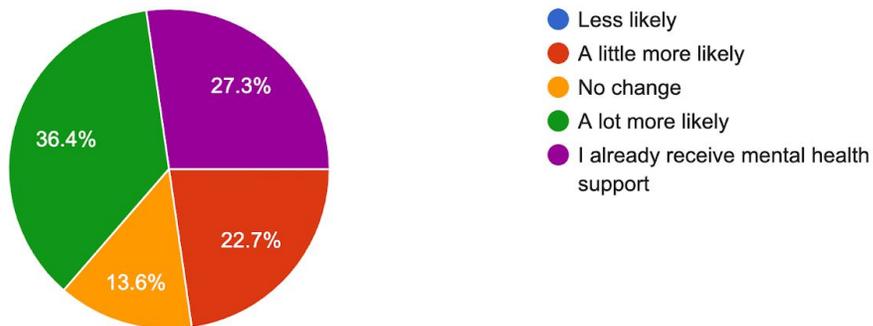
Did you know about the Mental Health Services Act (Prop. 63) before this event?

19 responses



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

22 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	7
Traditional / spiritual	3
Family	9
Friends	16
Professors / mentors	5
The arts / creativity	9
Fitness / physical activity	15
Online resources	3

How did you hear about this event?

Friend	3
Professor / class	0
Student group: Active Minds	15
Email	1
Online / Facebook	0
Posters / flyers	1
Other: Cary McQueen	1

What was your main takeaway?

(Highlights: see raw data for full list)

Talking about mental health is powerful.
 We all struggle with many different experiences in our lives.
 Mental health issues come in a lot of different forms.
 To be there for others
 We are not alone
 Mental Health affects us all in different ways.
 It was amazing hearing and relating to people's struggles with anxiety.

Powerful Panel

Even when people don't look as if they are struggling, they can be.
There is no one phenotype of mental illness.
Reach out, others are going through similar things!
People are never alone in their experiences.
It's okay to get help.
Everyone has a story and it is important to share if you can.
To love yourself
Community is important.
Everyone has their own unique struggles and you can almost always find ways to connect to others.

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

Uplifting

Emotionally moving; very powerful.
Helpful, safe space
A very eye opening experience that everyone should experience
To help show multiple perspectives of mental health.
Raw, interesting, and emotional.
Worthwhile
An empowering, courageous event.
A way to gain a new perspective
Inspiring
Very important & necessary
Extremely rewarding
Powerful, relatable, helpful
So informative & relating!
A way to reduce the stigma is to start a conversation.
Uplifting
Emotionally invigorating
Heart-opening & moving
Phenomenal, inspiring, eye-opening, community-oriented

How might you use what you learned today?

(Highlights: see raw data for full list)

I would like to be more open & vulnerable about my own struggles.
To be more mindful of others' struggles.
Work on exercising more.
I think I need to give myself a break with my anxiety.
Have more tolerance and compassion.
Being more open and brave.
Understand the diversity of what people go through.
I'm going back to my therapist :)
Check in with my friends more about my and their mental health.
Listen more. Take the time to listen to people.
Support my family and friends.
Supporting & feeling more connected to others

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

(Highlights: see raw data for full list)

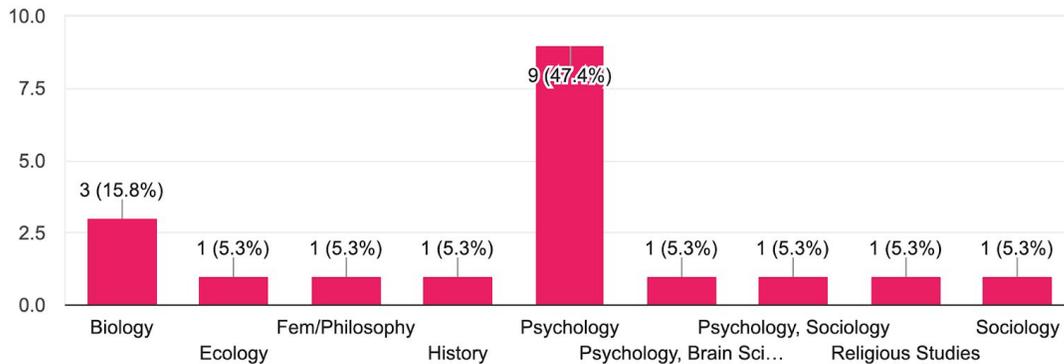
- Stigma
- Financial concerns, insecurity about my financial instability and career future.
- Laziness
- Family
- Validating my own problems and coming to the realization that I can't do this all on my own.
- Unwillingness on my part.
- Feeling overwhelmed and like I don't have time to get help.
- Resource availability
- Time
- Cultural stigma against MH
- Resources are overbooked
- Cost, stigma
- Being a man
- Funding
- Process of finding a therapist (time it takes, knowing they're "good")

How can we improve this event in the future?

- I thought you did a great job (x4)
- Timing
- More advertisement (x2)
- More funding for CAPS and mental health, first aid trainings to teach students how to help your peers
- More educating of younger generation
- More time
- More ways of advertising, more opportunities to share our own experience (from audience members)

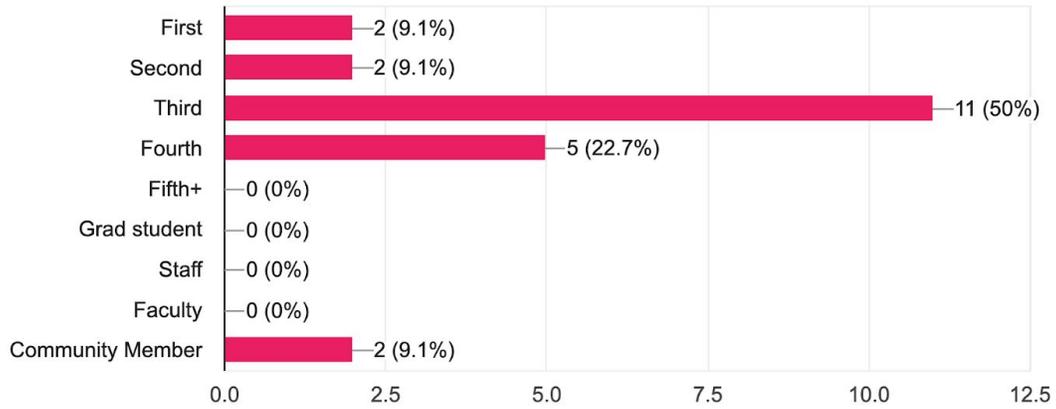
Major

19 responses



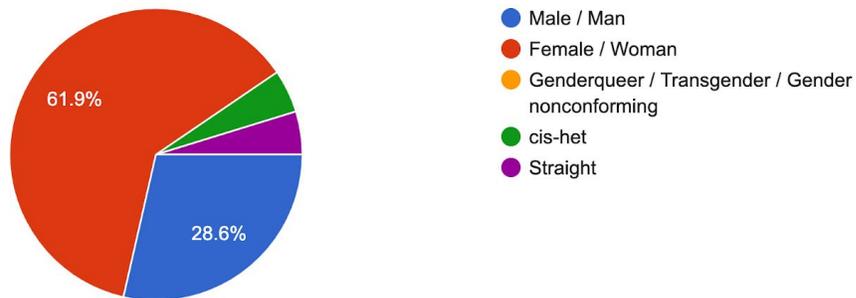
Year

22 responses



Gender Identity

21 responses



Race / Ethnicity		
Asian / Asian-American	7	35%
Hispanic / Latinx	2	10%
Indian / South Asian	1	5%
Middle Eastern	2	10%
White / Caucasian	3	15%
Multiracial	5	25%