

# Movies for Mental Health

## *Post-Workshop Evaluations*

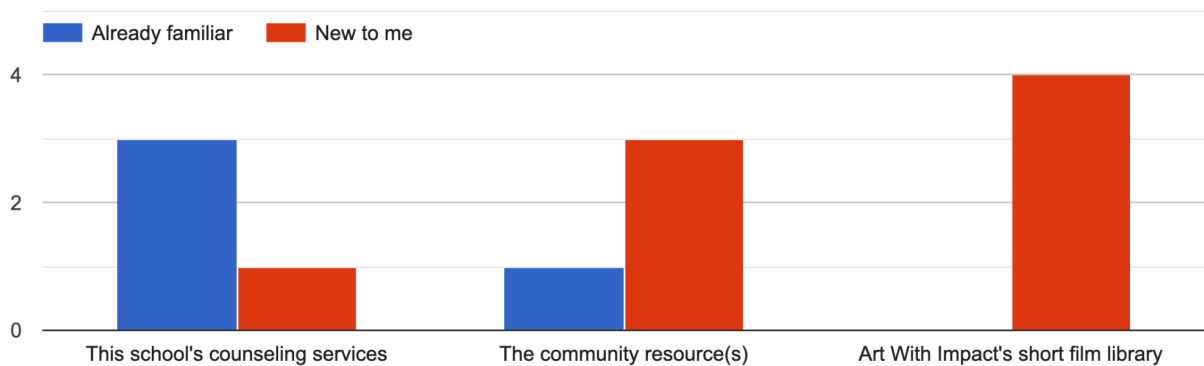
SCHOOL: San Jose City College

DATE: 2-8-24

Approximate maximum attendance: 7

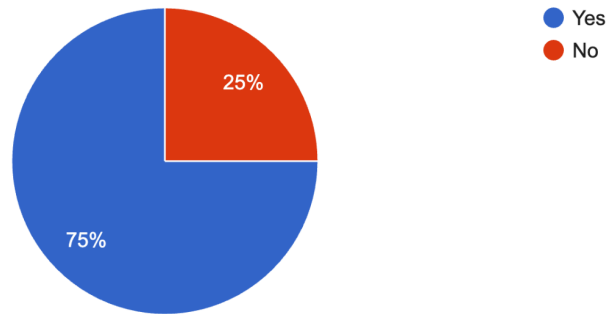
Number of evaluations: 4

Which of the following resources were new to you today?



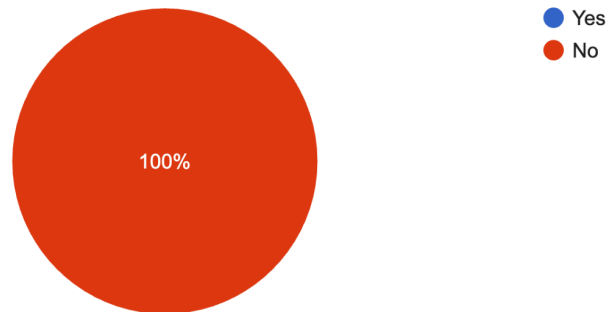
Did this workshop help you confront and address stigma related to mental illness?

4 responses

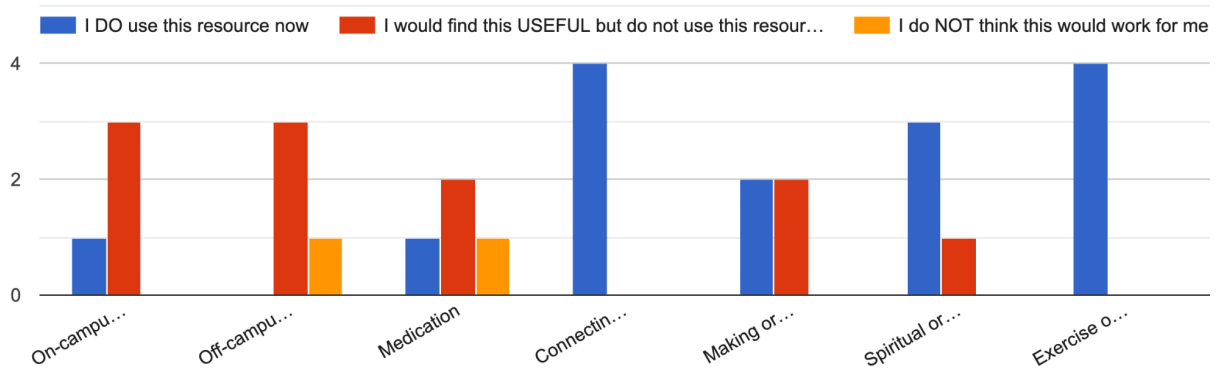


One of the supporters of this event that we talked about was California's Mental Health Commission. Had you heard of the Commission before you came to this event?

4 responses

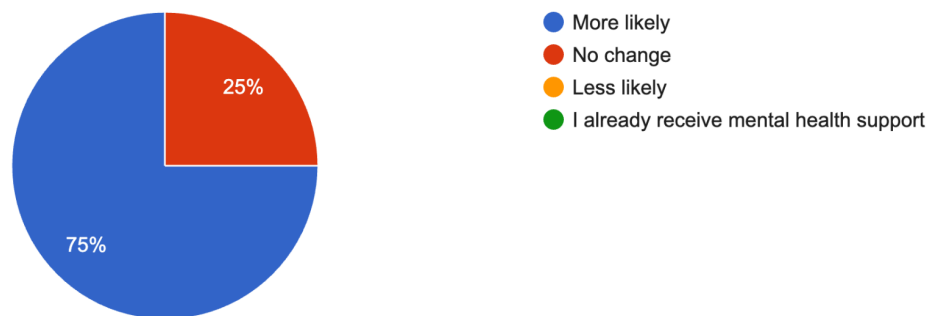


In this list of mental health resources, which do you use, and which might you find useful?



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

4 responses



75% of students who don't currently receive support reported an increased likelihood of seeking support for their own mental health

### What was your main takeaway?

- Reinforcing the belief that sharing a problem gets you half past it and it's advisable to seek help whenever burdened.
- The art media.



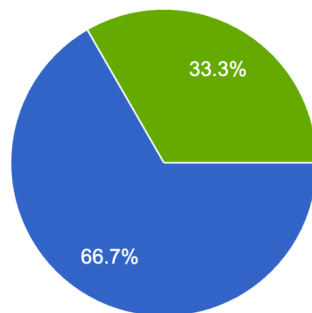
- I really enjoyed the talk about Stigma. It is something very personal to me that has affected me for a while now and the talk did help me understand to not be so hard on myself and actively seek to improve instead.
- Discussion questions

### How can we improve this event in the future?

- I really enjoyed the event but maybe the promotion should be better since I only heard about the event through my Ethics Class.
- Assess beginning knowledge of participants about mental health before beginning workshop and then focus on areas that people are less familiar with.

### What year are you?

3 responses

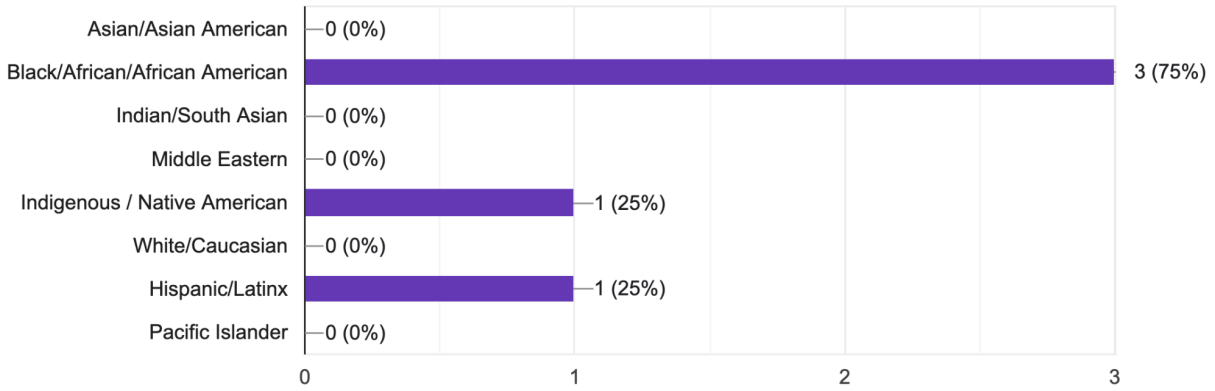


- First
- Second
- Third
- Fourth
- Fifth+
- Graduate Student
- Staff
- Faculty
- Community Member



### What is your ethnicity? (Select all that apply.)

4 responses



### What is your gender?

3 Responses

Female 66.7%

Cisgender Male 33.3%