

# Movies for Mental Health

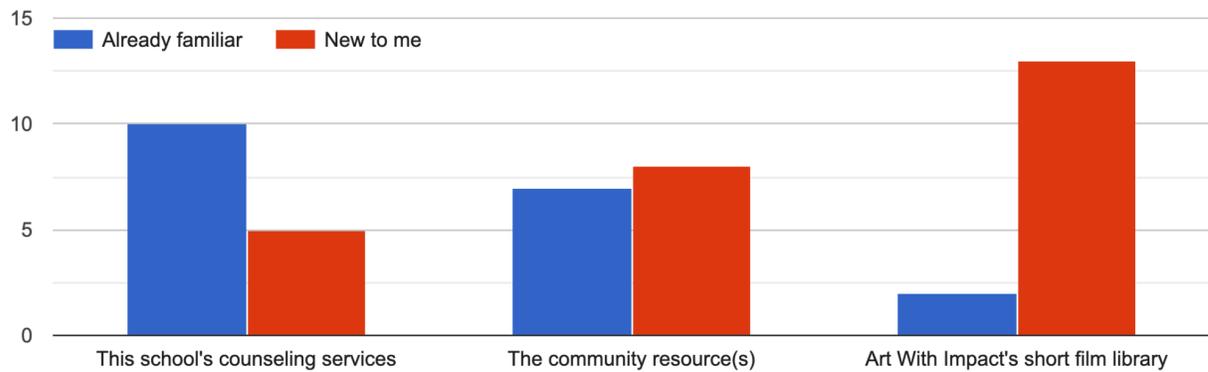
## Post-Workshop Surveys

School: Porterville College  
Date: 3/27/24

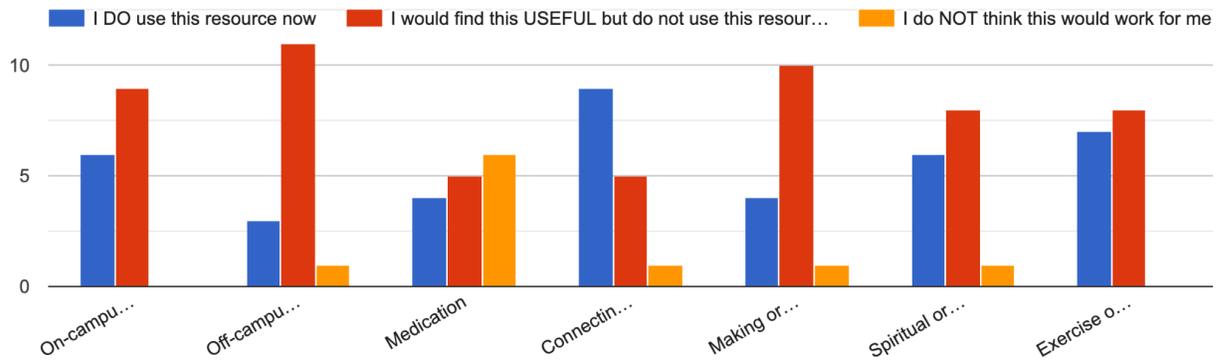
Number of attendees: 20  
Number of surveys: 15

### Resource Awareness and Access

Which of the following resources were new to you today?

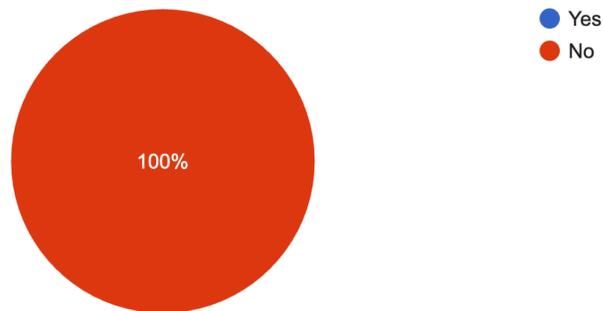


In this list of mental health resources, which do you use, and which might you find useful?



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?

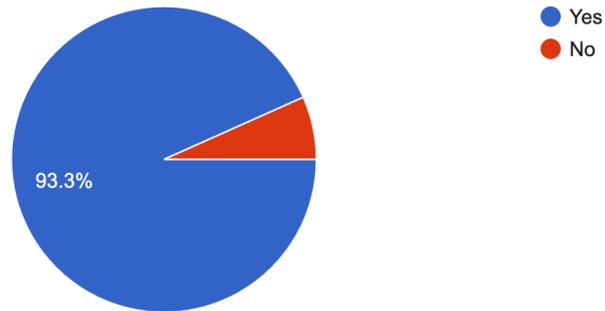
15 responses



## Workshop Impact

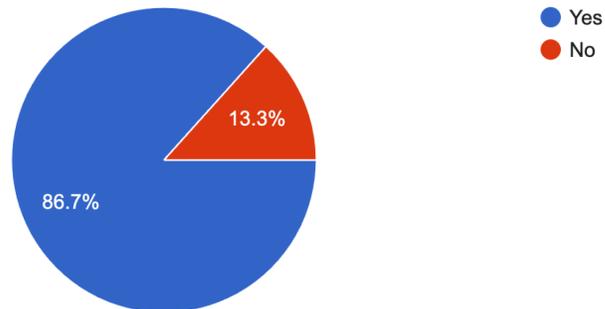
Did this workshop help you confront and address stigma related to mental illness?

15 responses



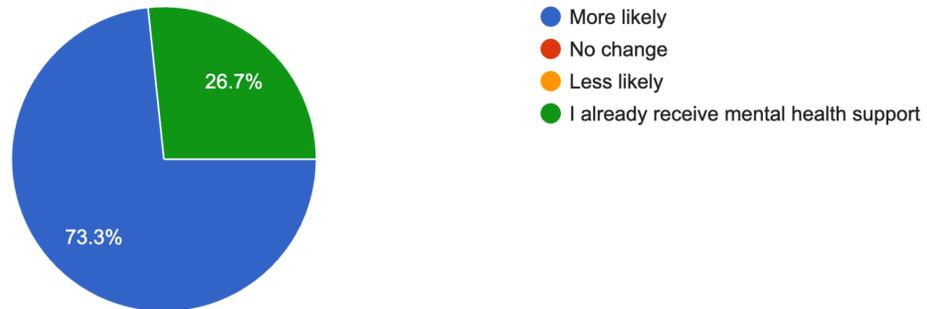
Did you learn something new about mental health?

15 responses



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

15 responses



100% of students who don't currently receive support reported an increased likelihood of seeking support for their own mental health

### What was the most impactful thing about this workshop?

- The realization of how much work I have to do on myself
- Talking about the various stigmas and how they affect others was very impactful.
- The panelist and participant honesty about their MH struggles. The compassion of the staff
- it's okay to reach out
- Most impactful aspect for this workshop was that this served as an outlet for people to take a breather during this time of the year/semester in their lives. This workshop allowed many to open up (due to the interactive slides with the material and the audience) and expressed to me personally that although I wasn't going through the same things others were or had gone through, it still made me feel like I was going to be okay because I wasn't the only one struggling. This workshop kind of felt like a therapy session but with friends (although mostly everyone in there were complete strangers to me) and I enjoyed everyone's input on how certain material affected them or myself. It was great being in such a vulnerable, supportive and safe place in the world where as in other times of our life we endure tragedies or hardships and thus a very well needed and pleasant breather for what seemed like many but most certainly for myself.
- The most impactful thing from this workshop that stood out to me would be all the stories shared and that it is something serious.
- How bold all those who attended were to share their struggles

- The honesty in the room
- The boldness of those who came to the workshop
- The most impactful thing about this workshop was hearing others' experiences.
- It allowed me to see different perspectives of what depression and anxiety may look like. This workshop allowed me to see I'm not alone in the sense that when I am feeling down it is normal to not want to get out of bed. This also taught me and showed me, maybe therapy isn't such a bad thing and I should utilize therapy more to help with anxiety or depression.
- Hearing other peoples stories and hearing how similar they are to mine.
- Knowing I need to seek help
- The most impactful thing about the workshop is how stigma was brought up. Stigma was not something that I realized many others felt as well.

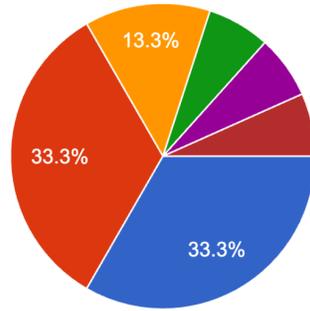
### How can we improve this event in the future?

- I think it was perfect
- Adding a couple of more videos showcasing other mental health issues others may be struggling with.
- Nothing. It was great.
- it was perfect
- It's hard to say how it could improve really, I really enjoyed the event and wished I had stayed longer but unfortunately couldn't. The movies, the mental health exercises, the interacting with the audience, they were all great.
- Hearing stories from others and doing activities.
- I think everything was perfect
- Maybe less pair ups.
- N/A
- Reaching out and advertising more. The event was wonderful and I know it would be impactful to others if they heard about it.
- Everything was great

**A Bit About You (optional)**

What year are you?

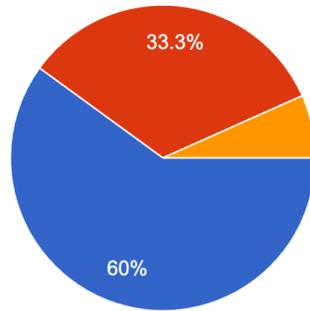
15 responses



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

How old are you?

15 responses



- 18-25
- 26-40
- 41-55
- 55+

What is your gender?

Female	93.3%
Male	6.7%

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

15 responses

