

Movies for Mental Health (Online)

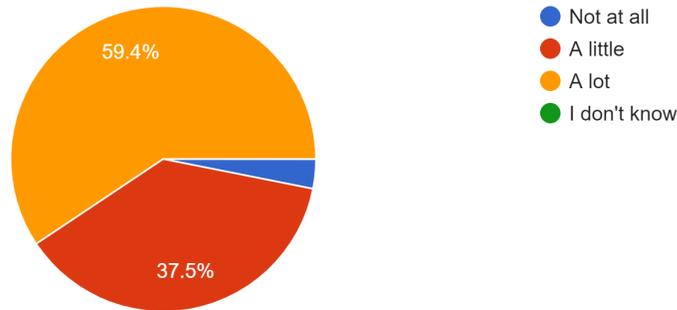
Post-Workshop Evaluations

Cabrillo College
April 19, 2021

Approximate maximum attendance: 62
Number of evaluations: 34

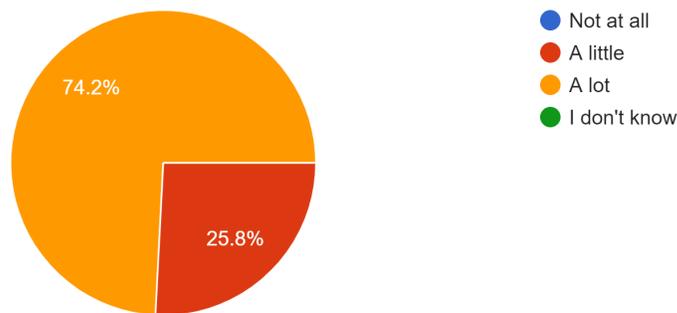
In your opinion, did this workshop increase your awareness of mental health issues?

32 responses



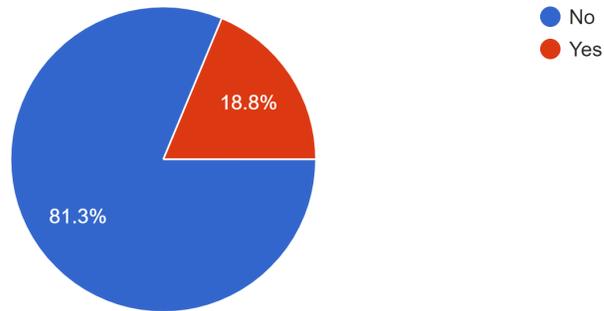
In your opinion, did this workshop help you confront and address stigma related to mental illness?

31 responses



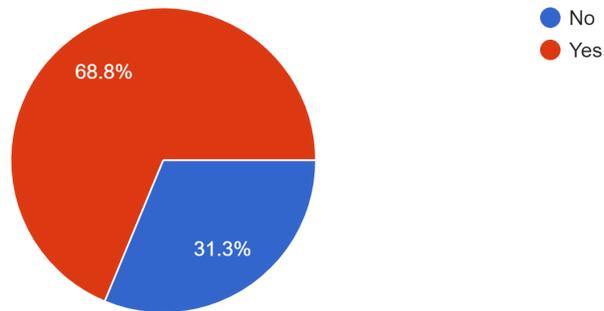
Did you know about the the Mental Health Services Act before this event?

32 responses



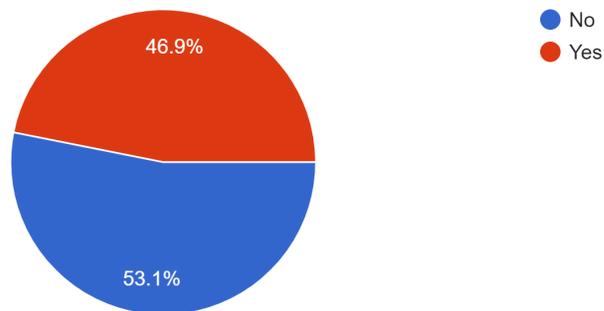
Did you know about your school's counseling services before this event?

32 responses



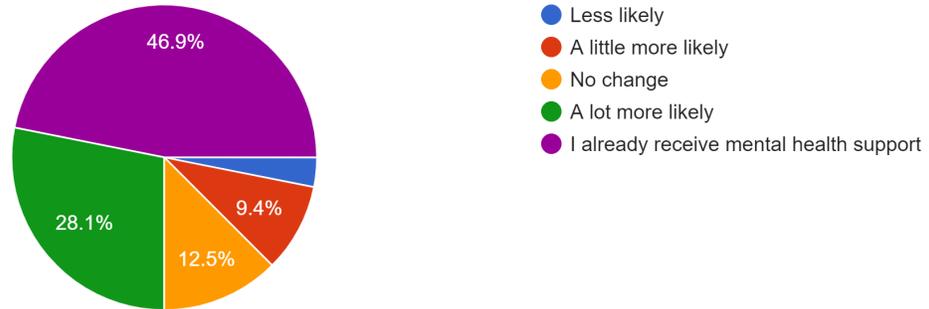
Did you know about the community resources before this event?

32 responses



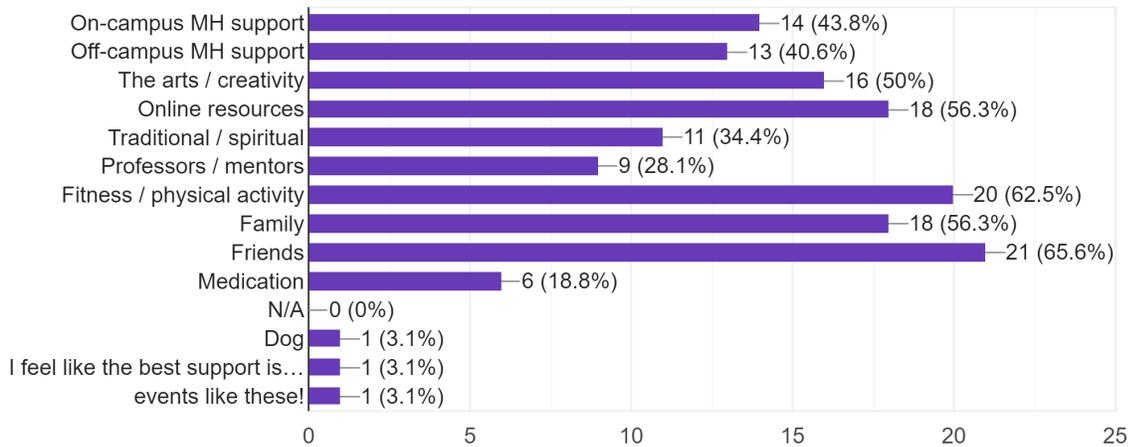
After this event, are you more or less likely to seek support for your mental health?

32 responses



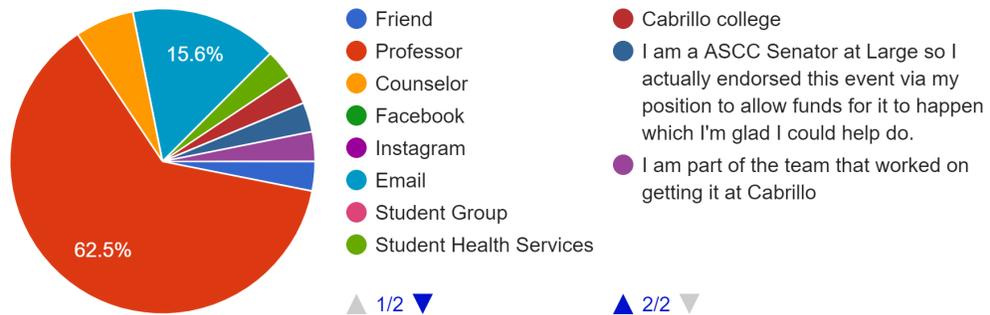
What type of mental health support do you think would be most useful to you?

32 responses



How did you hear about this event?

32 responses



What was your main takeaway?

(Highlights: see raw data for full list)

- This workshop helped me reflect on my own experiences as well as my loved one's completely different experiences with mental health. I'm more in the present moment than I was earlier.
- How much mental illness is stigmatized especially for those who grew up in different cultures. Not many are willing to open up about their experience or have those who listen.
- That there are many people who feel or go through the same thing as me.
- That mental health looks different to everyone and one's struggle is not always apparent.
- That there is a good deal of mental health support through Cabrillo
- Be open about mental help and let people you know, know that you're there for them if they need to talk.
- Learning that others do have mental illness and how they cope with it
- It's okay to take a breather to sort of reset yourself
- That there are many out there who want to reach out just as much as I do
- that my school has a bunch of services I didn't know they had
- Mental illness is normal and it is ok to seek help.
- Mental Illness and Mental Wellness can coexist
- You are not alone!
- That support is available
- Recognizing the stigma of mental health in our culture
- The Cabrillo community is very supportive
- This was very well run, I can tell there was a lot of thought put into it
- Community and arts are available and accessible.
- The videos were great and super insightful.
- How important it is to work on your wellness
- Mental Health and wellness is worth protecting

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

(Highlights: see raw data for full list)

- It was so well run and had a thoughtful discourse, probably the best mental health seminar I have been part of. More schools and companies should follow lead, rather than just stating "mental health matters"
- A wonderful support group to help you become more aware of the services out there.
- Innovative, accepting, empathetic
- A safe place to discuss mental health and treatment.
- A nice place to get a good understanding about mental illness while also learning about how we as people can overcome depression
- empowering opportunity to learn more about how to connect with your wellness community
- It's a helpful workshop that has information on mental health.
- Informative and striking.
- Very informative with amazing short films.
- very helpful for reflection and exposure to resources
- it was so great!! Very educational
- Informative and welcoming
- informative and very emotionally moving.

How might you use what you learned today?

(Highlights: see raw data for full list)

- Next time my friends express that they're struggling I will be able to provide some resource for them to use if they need (as well as listening to them, which I always do)
- I will use what I learned to seek help with my own mental health.
- The community built here feels so safe, and I hope to emulate that more into my life
- Be more aware of the cultural stigma surrounding mental health.
- I am actually thinking of using more breath work and thinking of finding more ways to include things around self-care.
- To inform others and to keep in mind that I'm not alone.
- modeling vulnerability around mental health
- Be more patient
- The breathing exercises will be helpful when i start to have anxiety
- Continue to get educated on mental health illnesses.
- To better mine and my families understanding of mental wellness
- Support friends/ family
- Reaching out more and joining mental health groups .
- continue to be empathetic and aware of people around me
- to stay more aware of my mental well being
- To help sooth myself with the breathing practice
- Progressive relaxation
- Take a moment for myself every now and then
- Have students reflect on event.
- Go to the links provided.
- I will definitely use the guided breathing techniques
- Sharing with others

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

(Highlights: see raw data for full list)

- Availability of counselors/support personnel in this area that look like me
- Time, I have a lot on my plate at this time and I am very absorbed in what is happening right now
- Not knowing where to begin or who to ask for help. Not knowing exactly what is wrong with me.
- My therapist's schedule can be inconsistent, and my mental state can change from day to day. also it can be difficult to get medication refills.
- Money and embarrassment
- Time constraints
- Finances
- Fear of being judged & embarrassment
- lack of understanding of people around me
- Time and money.
- Access
- pessimism, self made barriers
- I tend to downplay my own experiences a lot. Especially when it comes to around my family.
- Depression makes me not want to talk t people.
- Acceptance to myself
- I'm shy and don't want to show weakness

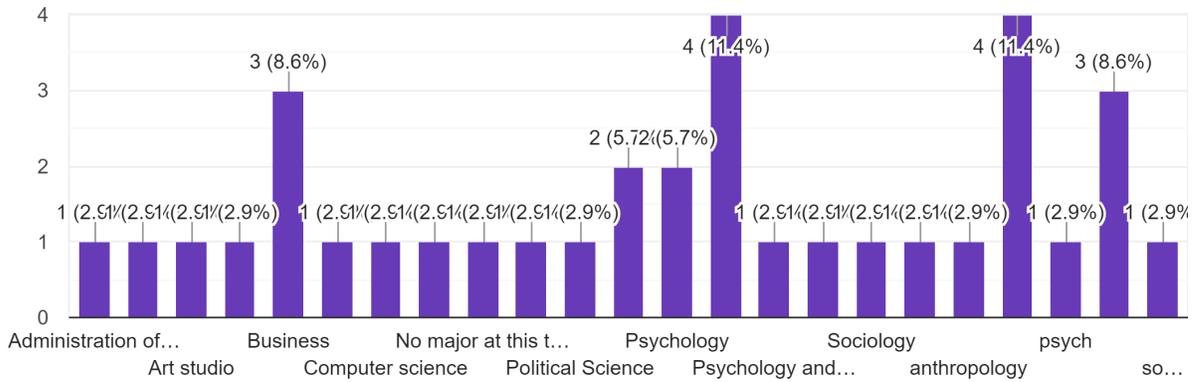
How can we improve this event in the future?

(Highlights: see raw data for full list)

- Offer it several times a year
- having this workshop more often.
- nothing!! I wish it was a series or a class I could attend more of
- Do more of them at different times.
- honestly I really liked this event and greatly appreciated the emphasis on cross cultural experiences and explanation of what causes mental health to differ from person to person
- Touch on domestic violence a bit. There is a gap not giving an acknowledgment to those who are isolated due to relationship
- Perhaps making it more involved so there is more ways to engage
- Add one more film? I just felt like adding a 4th short film can make this more engaging at least for me.
- Tech probs— probably on my part with older operating systems.
- Allow for mics to be turned on if it won't distract from the presentation.
- Eventually meet in person when it's safe

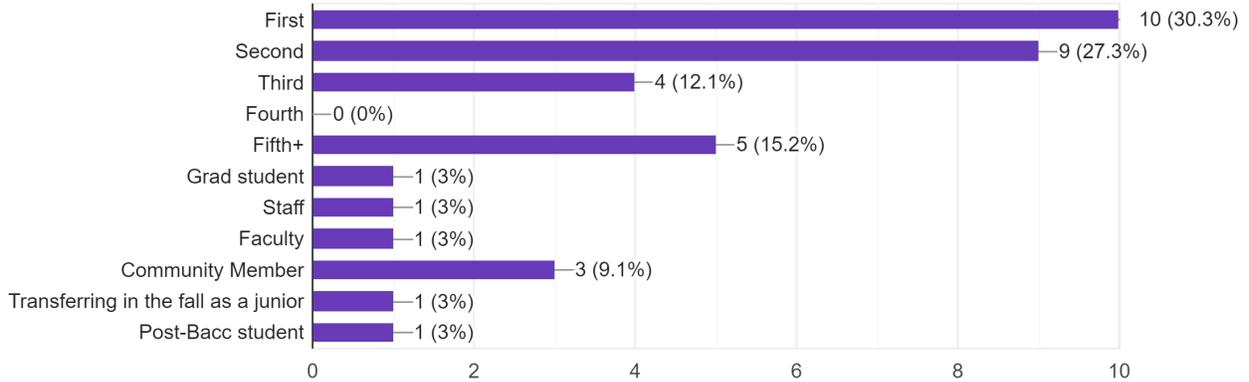
Major

35 responses

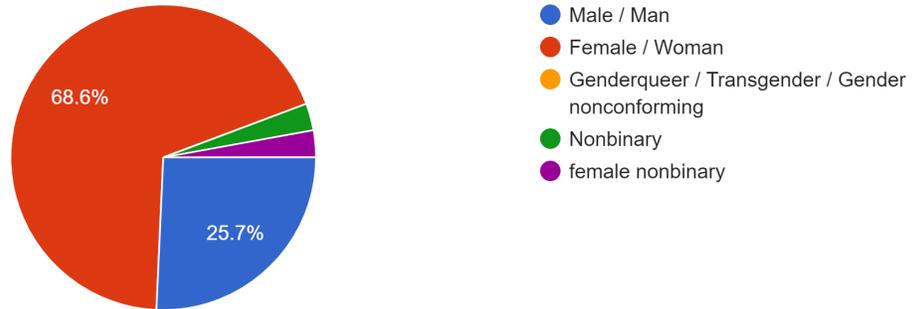


Year

33 responses



Gender Identity
35 responses



Ethnicity
37 responses

