

# Movies for Mental Health (Online)

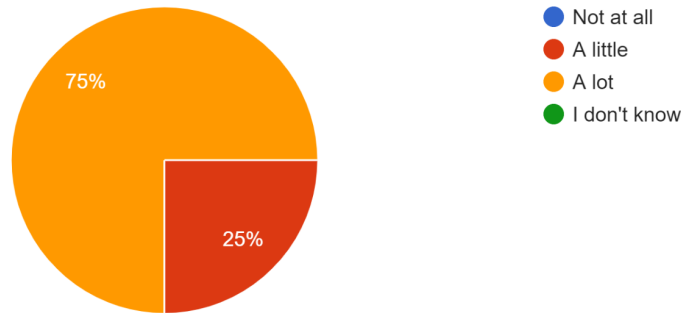
## Post-Workshop Evaluations

Cabrillo College  
May 28, 2022

Approximate maximum attendance: 31  
Number of evaluations: 8

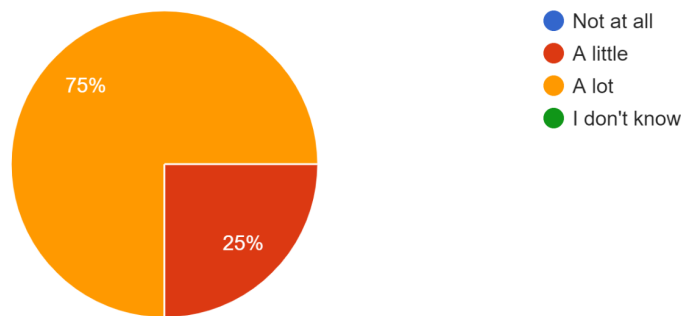
In your opinion, did this workshop increase your awareness of mental health issues?

8 responses



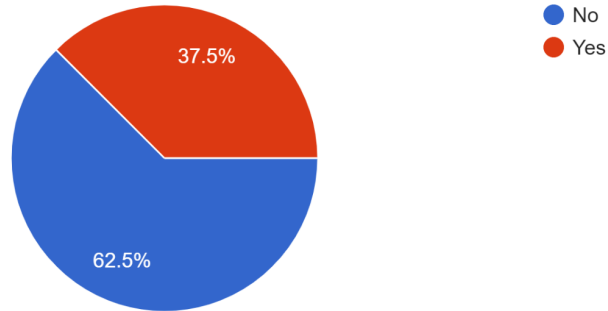
In your opinion, did this workshop help you confront and address stigma related to mental illness?

8 responses



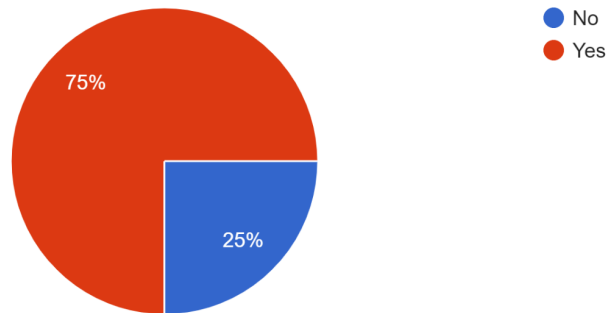
Did you know about the the Mental Health Services Act before this event?

8 responses



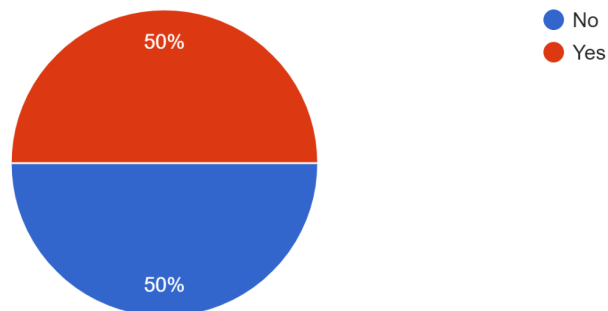
Did you know about your school's counseling services before this event?

8 responses



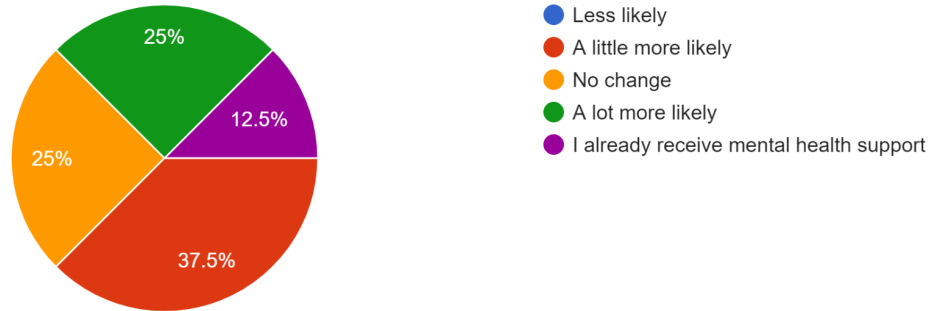
Did you know about the community resources before this event?

8 responses



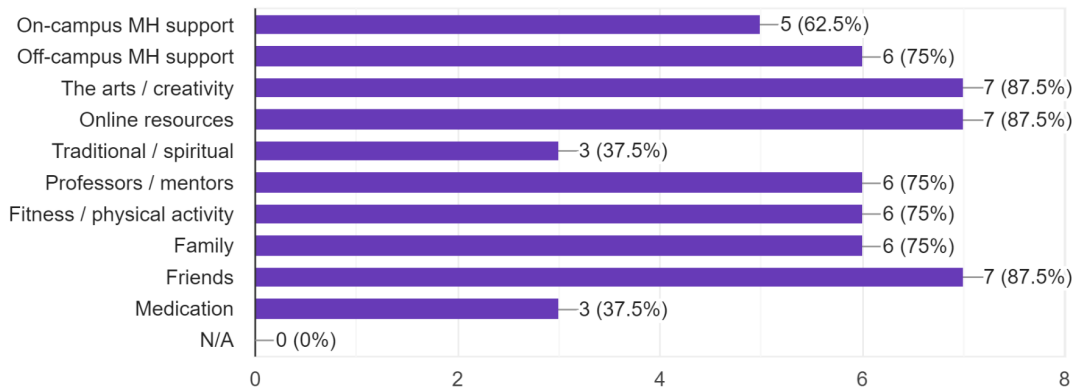
After this event, are you more or less likely to seek support for your mental health?

8 responses



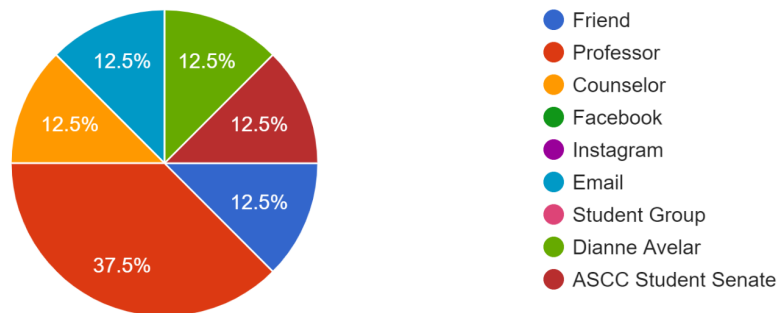
What type of mental health support do you think would be most useful to you?

8 responses



How did you hear about this event?

8 responses



### What was your main takeaway?

- How we use mental health terms in our everyday speech
- How wonderful, loving and supportive people are
- Hope & Inspiration
- Everyone needs help sometimes
- Taking care, remembering
- Breathing exercises, body scan and movies
- Have a glimpse in certain mental illnesses and be more open and even more non judgemental in this area

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

- Important to be aware of how common mental health issues are
- Uplifting
- Layers of understanding, navigating resources, support
- Informative
- A great opportunity to open your eyes to seek if you need help with anything mentally
- Interactive, relevant, good
- Very helpful, realized that there are plenty resources that are helpful
- Something to see. Movies are definitely to share, to bring broader awareness

### How might you use what you learned today?

- change the way I talk, be more mindful
- practice more self care
- Advocacy + support
- Think twice before judging
- Help others and use for my self on how I feel
- I will be practicing the breathing exercises, body scan
- I will focus more on my mental health, the how is too personal to share

### What are the biggest barriers to your mental wellness

### and/or receiving mental health support?

(Highlights: see raw data for full list)

- time
- self advocacy
- Myself personal stigma; societal stigma
- Stigma, ironically, finances
- Embarrassment, feel not accepted
- it may be pricey, my insurance may not cover it
- financial and trust in "professionals"

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

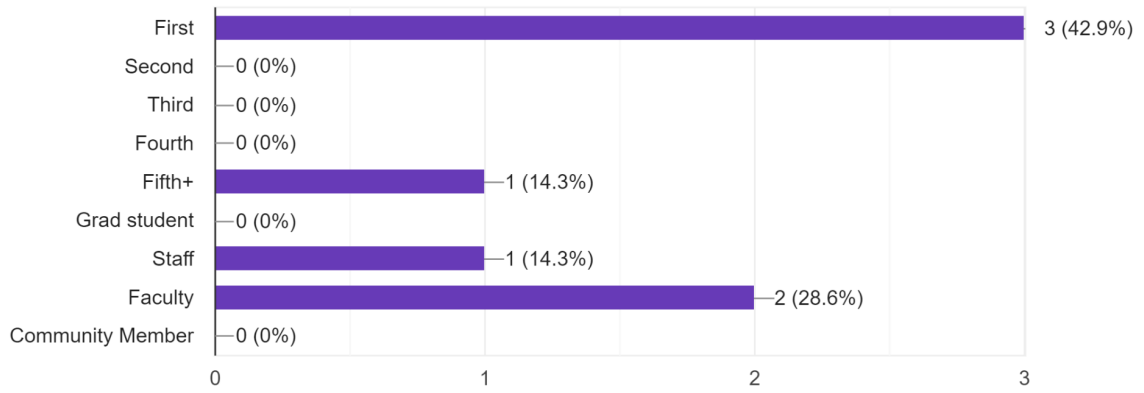
- thank you for emailing me because I completely forgot I signed up
- more people attending
- More resources n make it more days
- I like it the way it is
- Maybe let the movies settle w people instead of immediately prompting a response

### Major

- Instructor
- Political economy
- Business
- Health Sciences
- Ece and CJ
- Psychology
- ECE

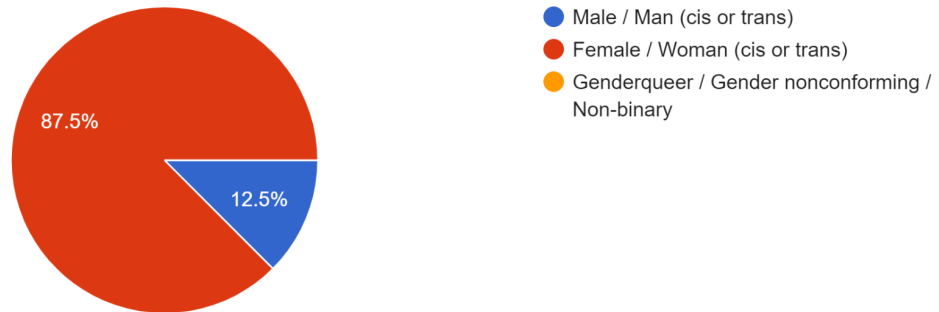
### Year

7 responses



### Gender Identity

8 responses



### Ethnicity

8 responses

