

Movies for Mental Health (Online)

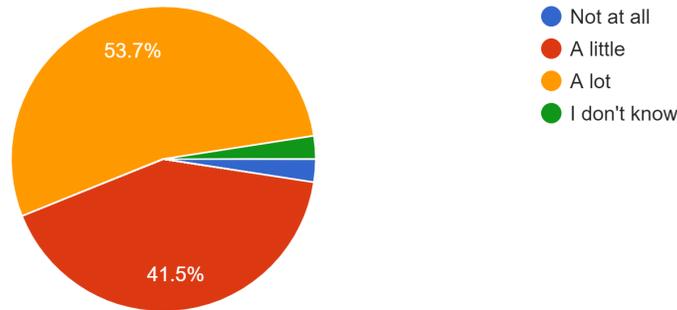
Post-Workshop Evaluations

Cerro Coso Community College
October 19, 2021

Approximate maximum attendance: 40
Number of evaluations: 43

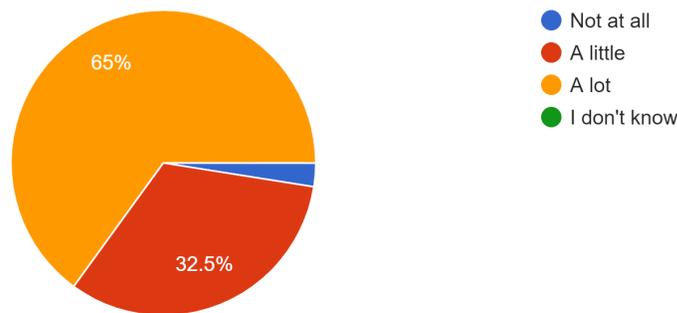
In your opinion, did this workshop increase your awareness of mental health issues?

41 responses



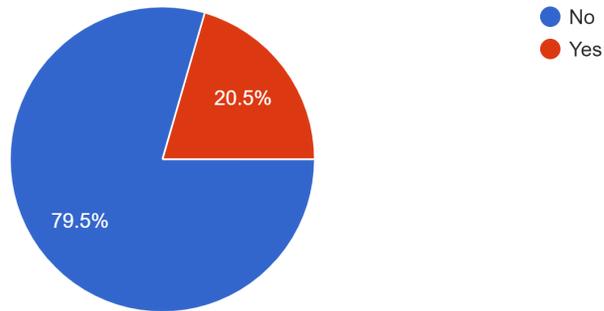
In your opinion, did this workshop help you confront and address stigma related to mental illness?

40 responses



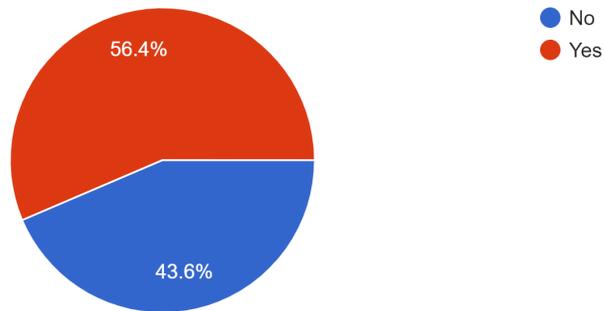
Did you know about the the Mental Health Services Act before this event?

39 responses



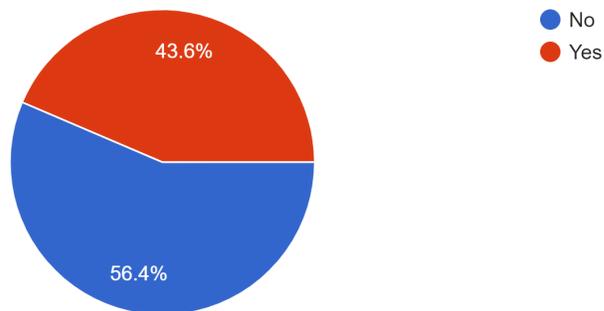
Did you know about your school's counseling services before this event?

39 responses



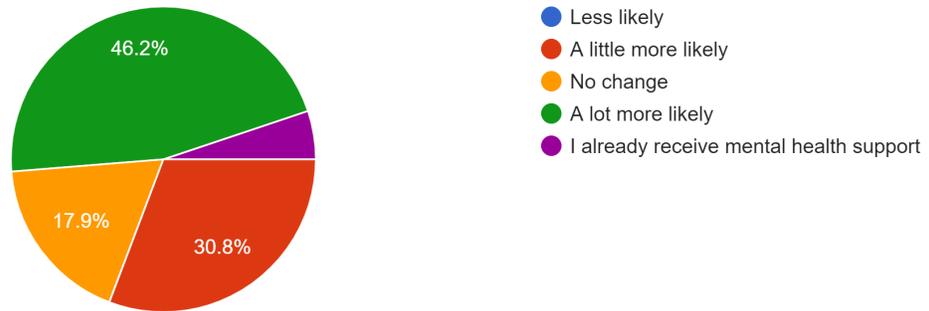
Did you know about the community resources before this event?

39 responses



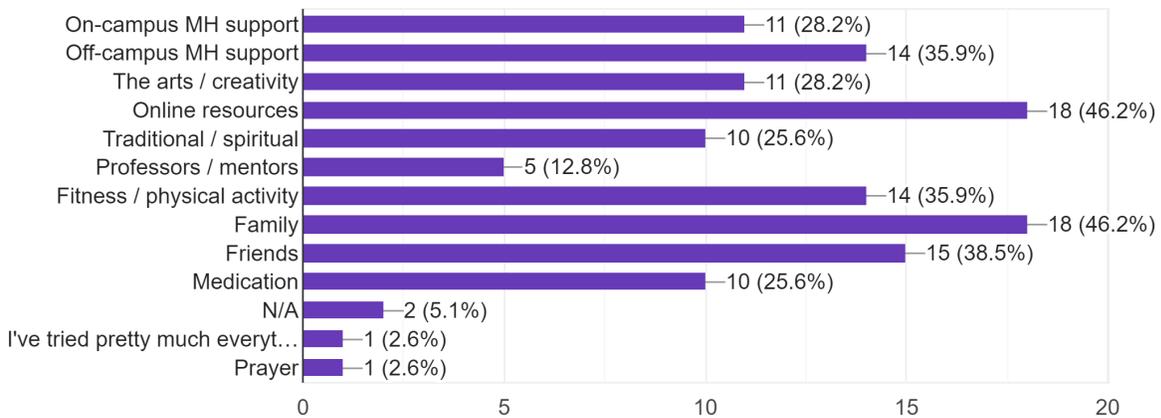
After this event, are you more or less likely to seek support for your mental health?

39 responses



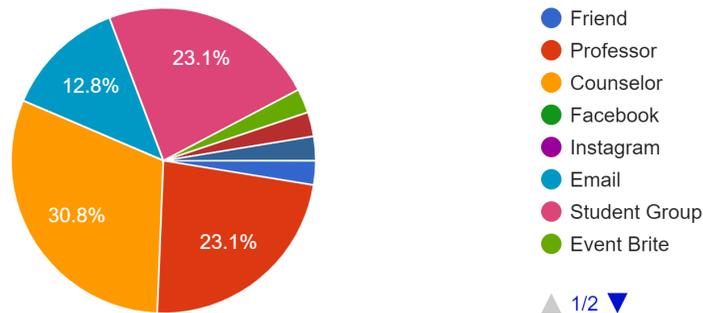
What type of mental health support do you think would be most useful to you?

39 responses



How did you hear about this event?

39 responses



What was your main takeaway?

- I am not alone, what I'm going through is so much more common than what I thought.
- Mental health is just as important as physical health. It's not always noticeable to see those who struggle with their mental health and just being understanding of each other is one step towards the right direction.
- Taking care of mental health is a necessary part of life, and should not be stigmatized.
- We can all do something to improve and help ourselves and others.
- My main takeaway was I learned about more resources and people that are willing to support me.
- I really need to focus more on self-care and my mental health. I've been ignoring it for too long.
- Mental health is a serious issue that should not be stigmatized. Everyone needs to take care of themselves mentally, and there is no shame in it.
- Honestly I appreciated the awareness of bipolarism.
- Mental Health is okay and acceptable, nothing to be ashamed of as society makes it seem.
- It's great that people are talking about these issues

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

- Informative and allowed me to relate with others/not feel alone
- It's very informative and gives lots of resources for those struggling with their mental health.
- It was life-changing and helpful.
- It's incredibly beneficial to anyone who wants learn more or become more involved
- I would describe it as fun, creative, and happy!
- I felt emotionally moved, in a good way.
- It's an eye-opening look into how mental health affects yourself and others
- It's very insightful, and will answer questions you might have on how to get the help you need.

How might you use what you learned today?

- I am definitely going to take advantage of what Cerro Coso offers for students dealing with mental health
- I might reach out to the college mental health offerings in the future
- I would look more into the resources and find ways to better cope with things that tend to drag me down. It's been hard to find motivation and it's comforting to know that I'm not alone.
- I would teach others what I learned today by showing the various support and resources.
- The breathing exercises will help in stressful times.
- In a good way if I know someone that needs help I would tell them they can go to places.

By reflecting on the importance of not stigmatizing and being aware of others for either intervention or prevention.

I'm going to see if I can make an appointment to see a therapist

I would use it to better my mental health and finally ask for help.

I would start to listen to people more and be there for them.

By having a great understanding and grace toward people who have these struggles.

What are the biggest barriers to your mental wellness and/or receiving mental health support? (Highlights: see raw data for full list)

Cost/embarrassment

I have Kaiser and they are very difficult to communicate with or make me feel as if I'm important so I kind of stop reaching out to them.

Being too anxious to go to therapy because I do not trust them or their organization

Feeling misunderstood

Myself. I don't like seeking help and I want to think that I can just depend on myself.

Letting people know how I actually feel.

Pride

The consequences attached to the stigma and stereotypes involved with my issues.

Feeling like I need to be okay on my own and realizing that we all need help sometimes.

Grief.

Stress

How can we improve this event in the future?

Maybe ways for us to connect with each other? Or an online group that we can join would be cool

Just improve the internet connections of each of the presenters so that we don't miss anything

Make it easier to interact with the speaker. Yeah the chat feature was available but I felt like I had to type super fast or missed out on the chance to participate for that certain prompt.

I believe that this event could be better by letting viewers share some of their stories.

Advertise it more

I really enjoy the breathing part, I wish it was a little longer.

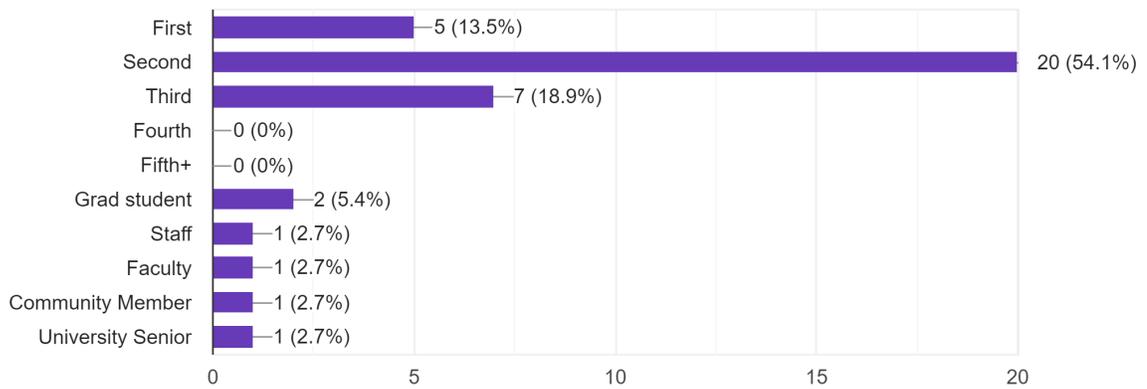
Ah, please make it more clear where I have to go to join the event. It took me a long time to join because my ticket and the website didn't lead me anywhere. I had to go into my email.

More student panelists/more student interaction

Discuss other ways MH is portrayed in other media

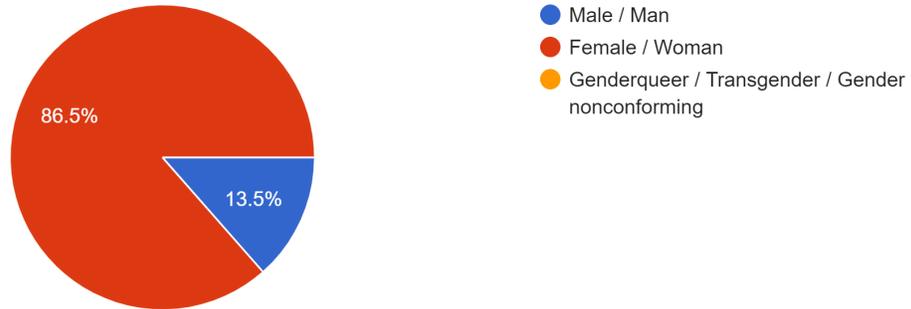
Major	
Nutrition	1
Business	9
Psychology	5
Nursing	5
Education	1
Management	2
Science	1
Psychology, History, Politic Science, and Anthropology.	1
Human Services	1
Health Careers	1
IT and Cyber Security	1
Social Work (graduate level)	1

Year
37 responses



Gender Identity

37 responses



Ethnicity

38 responses

