

Movies for Mental Health (Online)

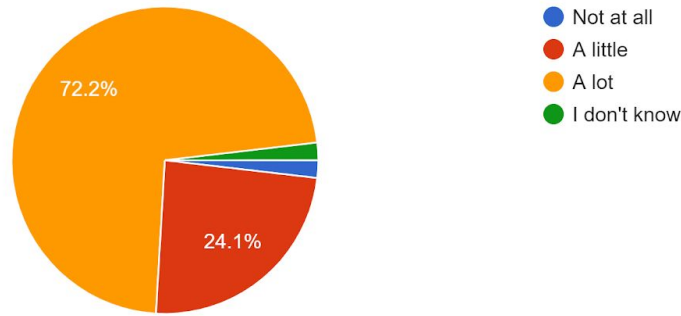
Post-Workshop Evaluations

CERRO COSO COMMUNITY COLLEGE
February 16, 2021

Number of attendees: 65
Number of evaluations: 55

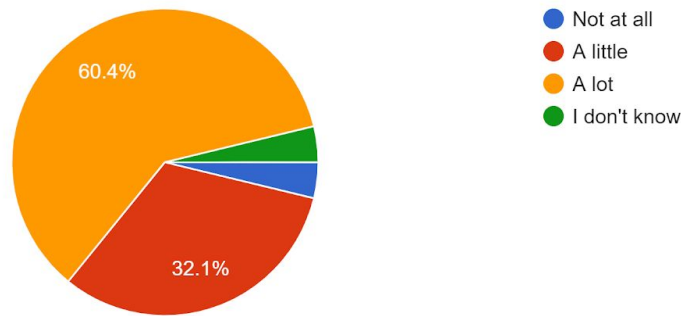
In your opinion, did this workshop increase your awareness of mental health issues?

54 responses



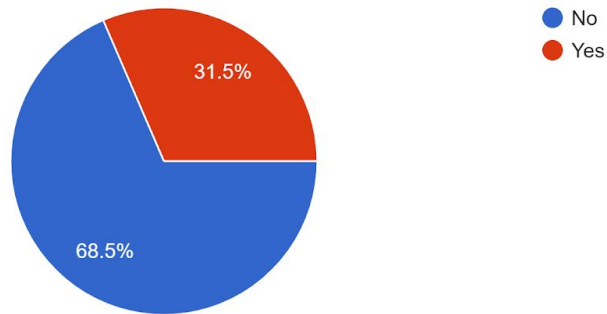
In your opinion, did this workshop help you confront and address stigma related to mental illness?

53 responses



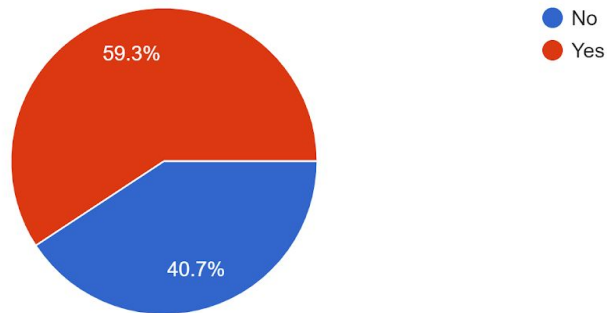
Did you know about the the Mental Health Services Act before this event?

54 responses



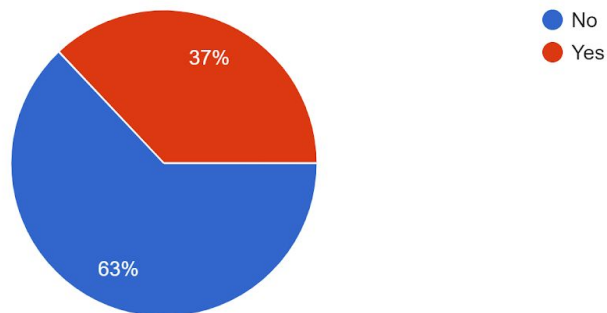
Did you know about your school's counseling services before this event?

54 responses



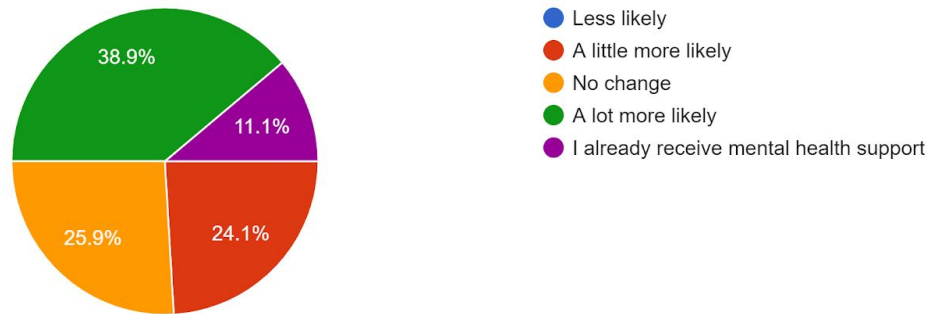
Did you know about the community resources before this event?

54 responses



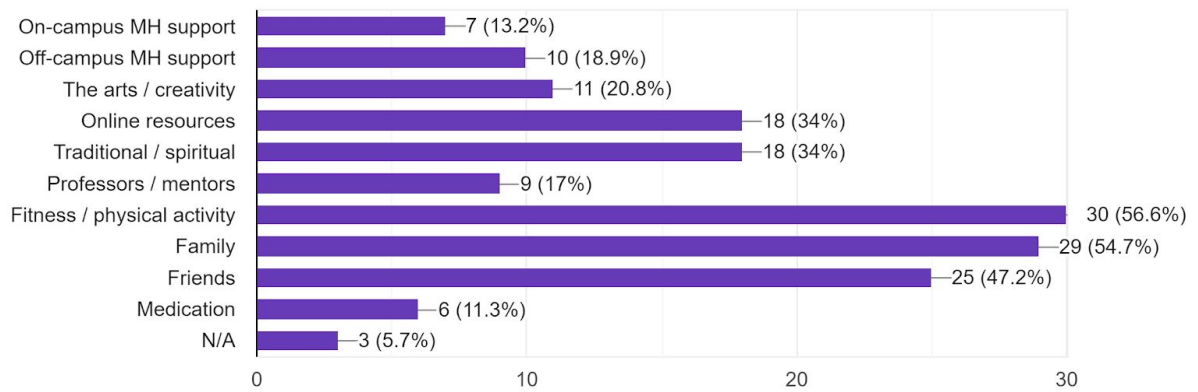
After this event, are you more or less likely to seek support for your mental health?

54 responses



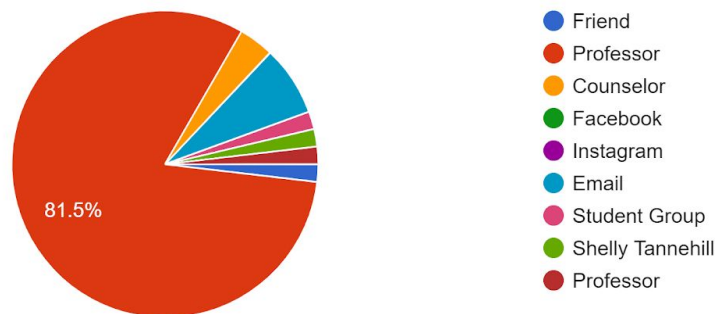
What type of mental health support do you think would be most useful to you?

53 responses



How did you hear about this event?

54 responses



What was your main takeaway?

Not to be judgemental of others
Don't be afraid to ask for help.
Be mindful. Don't judge.
its important to think about mental health, mine and those around me
The importance of a great support system is key.
That many people go through something
I have recovered from so much. Hopeful for future
It helps me understand family members that have mental health issues.
That we are not the only person that go through this. We are not alone, there is hope
we all have the ability to help one another
There are a lot of medical services provided for students.
Educate yourself to support (someone's) mental wellness.
My main takeaway was the films but also how everyone shared their personal stories and how we came together to talk about mental health.
People with mental illness don't seek help because of the stigmas surrounding it.
Mental illness and Mental wellness is a huge concern that many carries so much aspects and perspectives that a lot of people don't understand. This event opened up more perspectives for me.
Lots of medical resources
Very informative and have a lot of services can be run into when you experience mental health issues.
That people are different, so try to understand as much as you can about them.
someone can be mentally well but still suffer from a mental illness and visa versa
I'm not alone in what I am feeling.
The mental illnes stigma is alive and well. :(
There are many ways and people to provide help and services.
Help everywhere, keep looking and seeking for help
There are programs to assist those that need help and it is good that to knowledge of the resources to share.
Be mindful, present and listen
Mental Health is real and there are so many resources around that will help anyone in need.
That people shouldn't be afraid to seek help
To be aware of stigma and to genuinely care and support those with mental health concerns
That it is good to have an awareness of mental illnesses and be supportive. Being able to learn about and how to be helpful/supportive. The Xiety was very powerful and the Chained also. Great way to present the subjects.

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

Educational
Helpful
Eye opening.
Insightful
A video/discussion that everyone should join in on.
I would describe it as a place where there is a community to help people that are going through a mental illness and they are not alone.
enlightening
Good resource and helpful.
Informative and Inspiring
introduction to mental health stigma
If I were telling a friend about this workshop, I would describe this workshop as very informative, helpful, and welcoming. This workshop is very helpful for anyone struggling with mental health and how everyone is helping each other.
Watch a few videos that talk about different illnesses and how people feel on the inside. Also, what steps you can take to help yourself and others.
Mental Health guidance
Panel is helpful
I would tell them it was engaging and insightful. It made me feel safe and understood.
great videos related to mental health and an array of local resources
Amazing!
I would tell u to go watch cerro coso mental health
Boring
It was very helpful and we can use it at work and in real life.
That watching the films gave me a better understanding of what some may be going through in their lives - it was insightful
A workshop with a close community that helps each other and supports people no matter what
Away to learn more
very important and worth to be part
informative, interactive and supportive
engaging, informative, and hopeful
Panel is helpful
Informative and insightful. Bringing to light the fear one may have if others know you have a mental illness.

How might you use what you learned today?
Seek support, there are a lot of resources
To help someone with mental health issues
Listen more.
by pausing and not jumping to conclusions
I should reach out to friends and family more often, you never know what someone's going through.
Doing more research, and to listen better and not to judge anyone
To help others open up about PTSD, cutting, trichotillomania
To help a friend
Share with others.
Breathing techniques
to be more supportive and understanding with those who may be suffering silently
understanding that there are people out there that need a listening ear and just need to be heard
Take advantage of the therapy services
I learned today that there is multiple ways to get the help if dealing with mental health. I also learned that it's ok to reach out for help and that you're not alone.
I learned about breathing and doing a body scan.
educate myself and my kids about mental illness and mental wellness so that they are aware how to take care of themselves and others.
Therapy
There's help, keep looking
at school, and at home- be more aware of people
To better understand ppl and circumstance
To get help where I was too scared to ask.
recommending resources to families I work with
I think I will share it with friends and family as well as remind myself everyday.
Changing the stigma
Using breathing exercise for relaxing and encourage my family to do the same.
To be an encouragement to others and be willing to listen, because just having someone listen may be the first step to getting help.
At work
actually be open to work through trauma
I will reach out for help when I feel like I need it and my mental health is declining

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

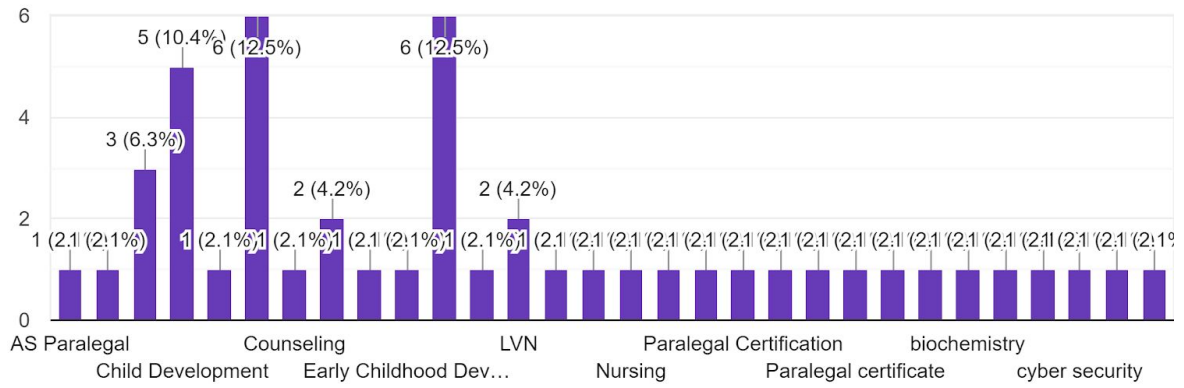
(Highlights: see raw data for full list)

Money, resources
Time
embarassment.
what would others say
Feeling like a burden is my main issue.
This dang pandemic.
Time
Stress, work/home balance
Creating time for myself with a family.
Not being more open to my mental wellness with my family.
Work/family balance
None I am open and willing to seek mental health support
just being consistent to working out - which helps me a lot feel good about myself
Culture
Honetly, the stigma of it. I am scared the professors and students might view me differently or assume I am not capable of being "good enough."
Stubbornness

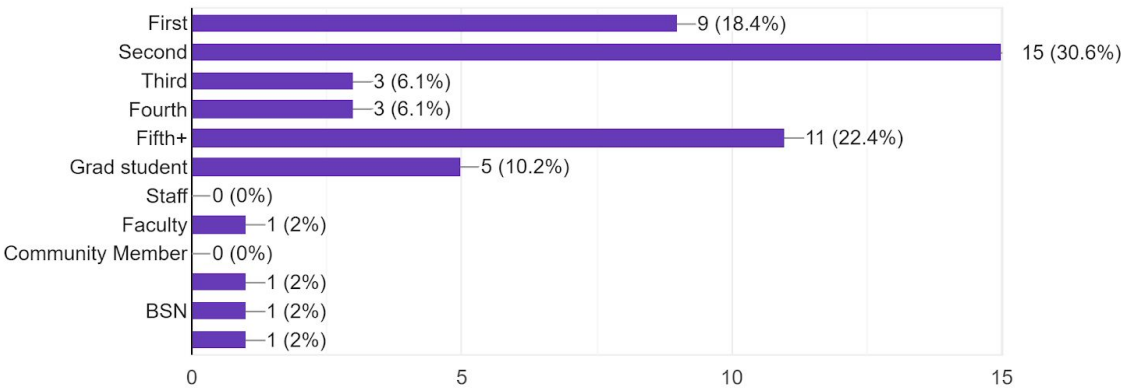
How can we improve this event in the future?

Do these events more often!
I think it was great!
A few more shorts...was expecting more from the title
This was a wonderful, well organized event. I highly recommend it!
This event is already amazing and helpful
Please speak at a steady pace , not all your viewer speak and understand english fluently.
more interactive
Have mental health people in your panel
post the links to social media to get the word out
Maybe start a bit early and time frame.
maybe quiz questions?

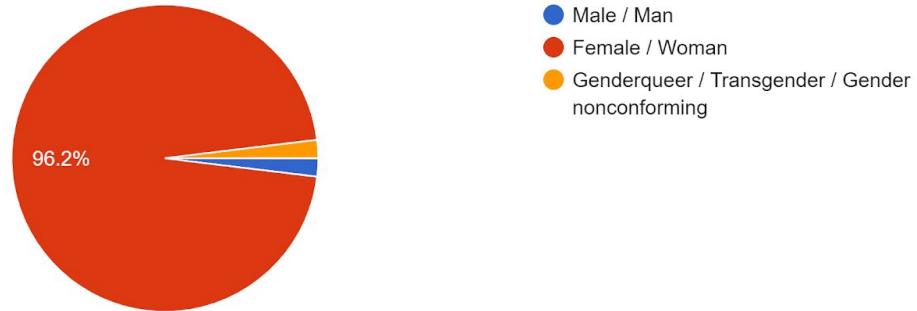
Major
48 responses



Year
49 responses



Gender Identity
52 responses



Ethnicity
53 responses

