

Movies for Mental Health (Online)

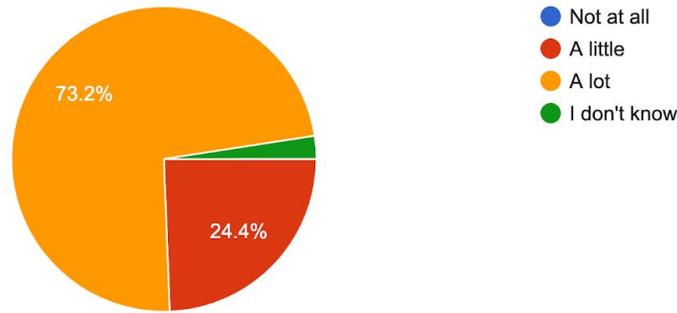
Post-Workshop Evaluations

Clovis Community College
February 18, 2021

Number of attendees: 51
Number of evaluations: 45

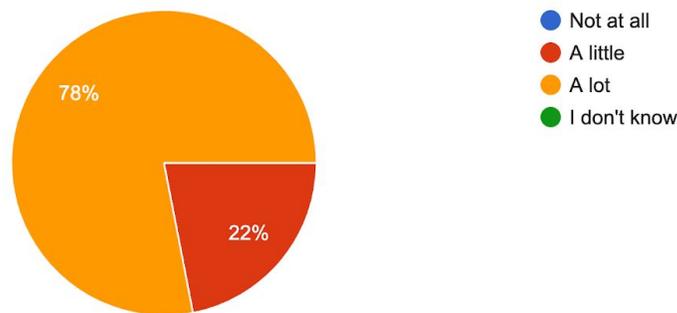
In your opinion, did this workshop increase your awareness of mental health issues?

41 responses



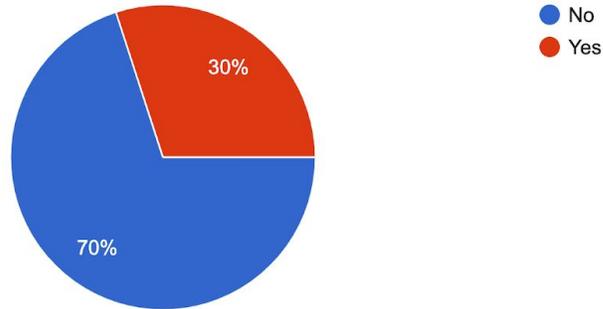
In your opinion, did this workshop help you confront and address stigma related to mental illness?

41 responses



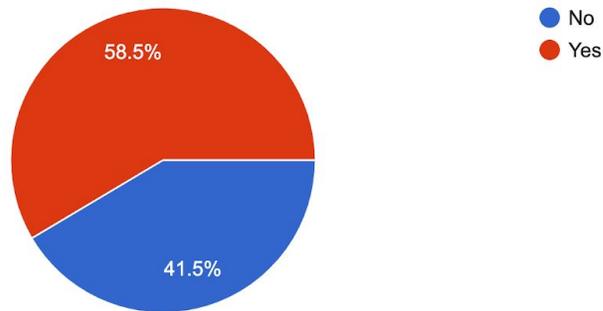
Did you know about the the Mental Health Services Act before this event?

40 responses



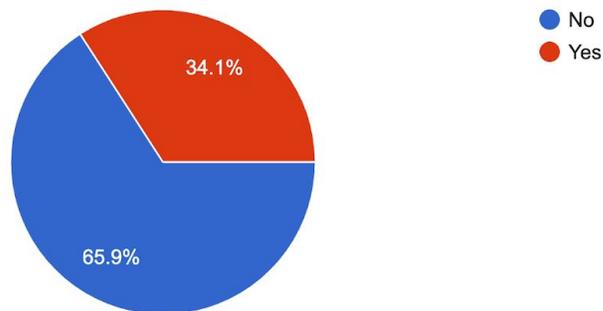
Did you know about your school's counseling services before this event?

41 responses



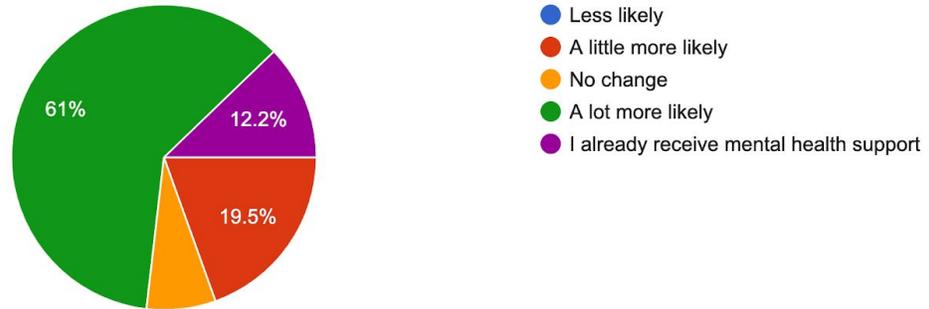
Did you know about the community resources before this event?

41 responses



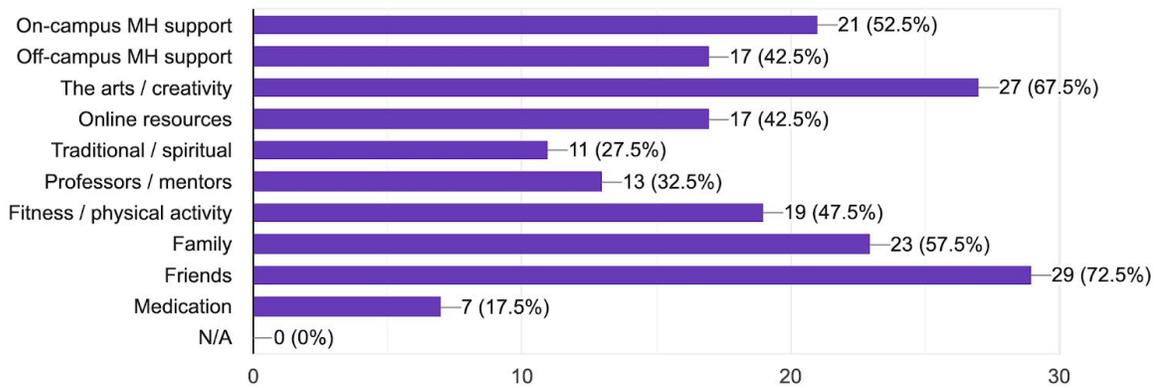
After this event, are you more or less likely to seek support for your mental health?

41 responses



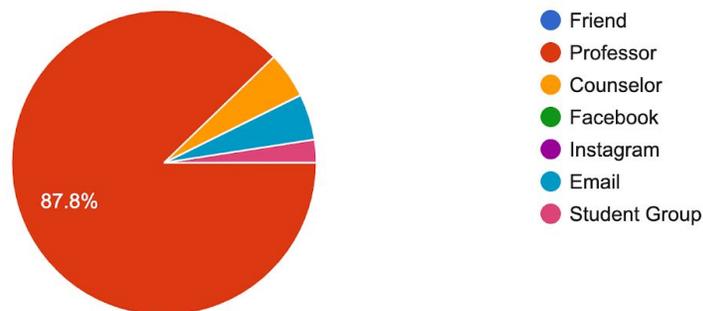
What type of mental health support do you think would be most useful to you?

40 responses



How did you hear about this event?

41 responses



What was your main takeaway?

(Highlights: see raw data for full list)

My main takeaway was that regardless of the stigma surrounding mental health, there are people and resources willing to help you.

In the last film when the mom was reaching out to her son she thought she was being supportive. I need to be more mindful of what I am saying and how I am saying to someone. I may think I am being supportive but it could potentially not be received that way

We each need to do our part to remove the stigma around mental health from society.

Perhaps this was a wake up call for me to focus more on my own mental health, instead of pushing it away.

That it is important and okay to talk about mental health.

This helped me realize more that I am not alone in my mental health challenges

Mental health issues are universal and we should be more open about it.

Find ways to help you cope with how you feel.

That it's okay to cry, it's okay to reach out.

We each need to do our part to remove the stigma around mental health from society.

Stigma is a huge reason people aren't open with their mental health

it was very informational and I enjoyed it alot it helps people know they are not alone

Talking about what we are feeling is okay and helps our mental wellness

Not to be scared of feeling feelings. Talk about it and be more aware!

To reach out to others when suffering from mental health issues. To also be there for those who are suffering from mental health issues.

That it is okay to get help, I don't have to hide.

We each need to do our part to remove the stigma around mental health from society.

Normalizing talking about mental health and caring about each other was not as important as it is now!

It's better to address mental health with an open-mind.

Staying close with your support system is very important during these times.

We each need to do our part to remove the stigma around mental health from society.

Mental health needs to be looked at differently and people need to be more open minded

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

(Highlights: see raw data for full list)

An informative workshop that helps spread awareness around mental health and available resources helpful in finding new resources.

Finding new ways for help.

Very informative and very much emotional but in a good way

Something that is helpful and gives new coping exercises.

Helpful to understanding mental health

Educating and refreshing

Really interactive and relatable

It was a very heartfelt eye opening experience, especially pertaining to the videos.

Very informative, therapeutic.

Interesting, interactive, and informative.

Helpful in information on mental health

an eye-opening experience to mental health issues

A refresher on mental health check ins and resources.

Very informative, therapeutic.

I would describe this workshop as an event to learn more about mental health through short films and a panel.

How might you use what you learned today?

I might use what I learned today to contact and research the community resources mentioned.
Take a moment to breathe when I start to feel more stressed and/or anxious.
I might use what I learned to be open-minded and address situations regarding loved ones who are struggling.
I have become more aware of the resources I am surrounded by that I can use to my advantage to receive help for myself.
Take time to listen to my body.
I can use the breathing exercise/ body scan to become more aware of how I am feeling.
By reaching out to loved ones in order to lend them my support.
I loved the breathing exercise, body scan.
To ask for help instead of staying quiet.
I can help understand myself a lil better and know I'm not alone.
I will probably feel more comfortable talking about how I am struggling.
I will try to be more open when talking to people about my anxiety
Look out for family/friends that need help
To describe one's emotions and it's ok to talk about it
To be more open about my feelings and to be open to others about their feelings.
By reaching out to loved ones in order to lend them my support
Showing kindness to all around me and that I am here if they want to talk or they need support.
By reaching out to loved ones in order to lend them my support
Just try to be more aware of what is going on in the lives of the people around me.
By reaching out to loved ones in order to lend them my support.

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

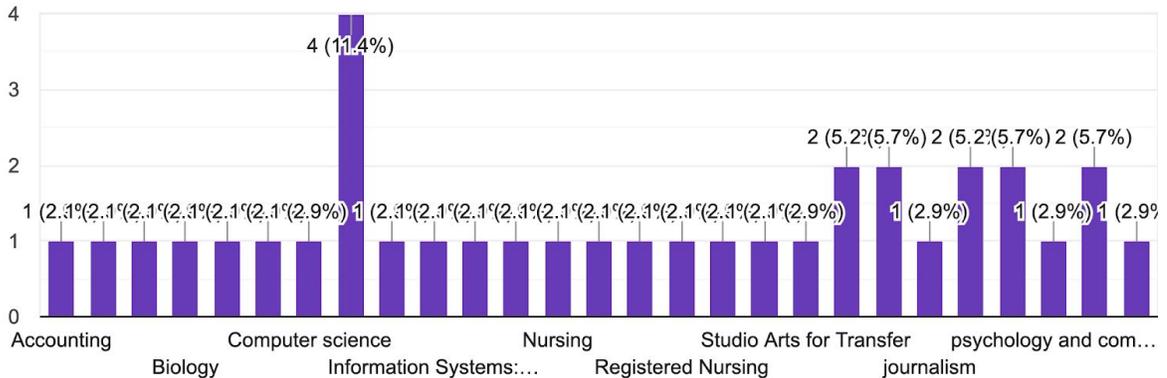
(Highlights: see raw data for full list)

Embarrassment is probably a blockade to seeking support. But I think I am more comfortable now.
COVID at the moment i'm scared to go to kaiser for counseling and i haven't gone in so long it scares me
Not knowing how to communicate.
Being nervous at times to let out feelings and scared of being judged
That my doctors don't listen to me and the only therapist I've contacted kinda brushed me off.
I am afraid of speaking out
I have social anxiety, so talking to people is scary
My family's stigma around mental health. How my dad feels about mental health
Sometimes I fear that I will sound overdramatic
school work and lack of communication with tutors or professors that don't make time
judgment and not feeling as though others understand where I am coming from.
myself, getting over my own shame
My family's stigma around mental health
My own thoughts that tell me I am bothering others
stigma, not thinking I need support
In my family culturally it's inappropriate to speak on mental health. Therefore I kind of have to retrain my brain.
The biggest barriers to seeking mental health support is my own insecurities.
School and professors not responding to emails, making me stress out

How can we improve this event in the future?

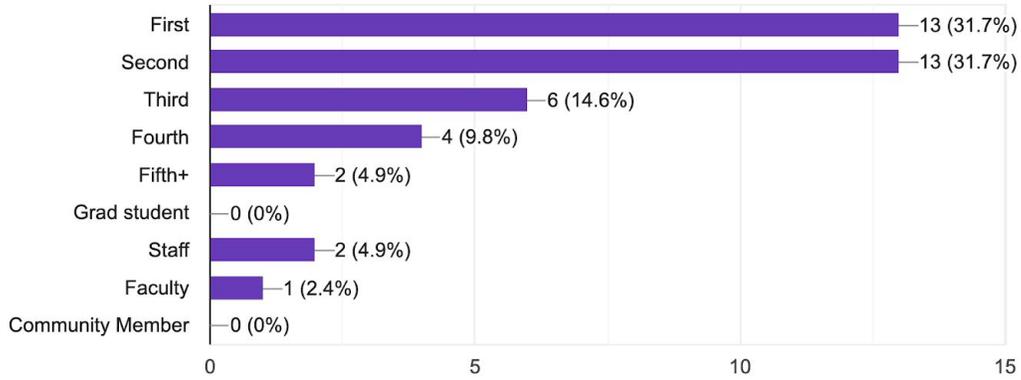
Everything was great
 I think that this event was really good, but I think having more of an outreach would be good so that more people can hear about the presentation
 Use Zoom instead. I had no audio the entire time. Also, the event organizer was confusing. I couldn't figure out how to access the event for about 15 minutes after it started, and I know I wasn't the only one.
 more short films
 i guess some people had an issue with the audio? so maybe better tech support but other than that it was great
 talk to professors and tutors or administration on reaching out more than you already are.
 Nothing it's perfect
 It was amazing other than the lagging, nothing.
 It is already fascinating and I really liked how interactive it was
 Maybe discuss more about how to deal with ones own thoughts
 a few more interactive exercises
 I think the event was fine as is. Sorry for the lack of critique.
 Involve people into the group to share mental health experiences.

Major
 35 responses



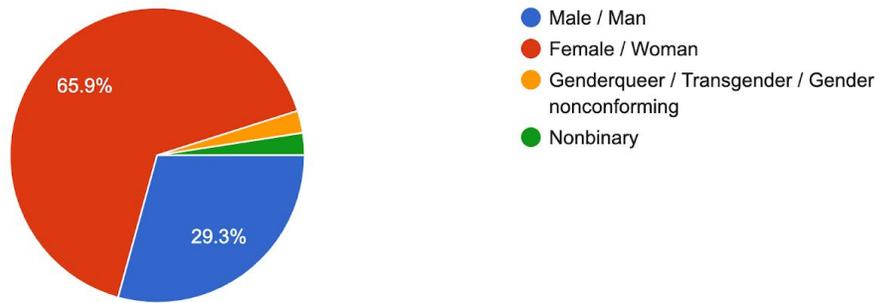
Year

41 responses



Gender Identity

41 responses



Ethnicity

41 responses

