

Movies for Mental Health (Online)

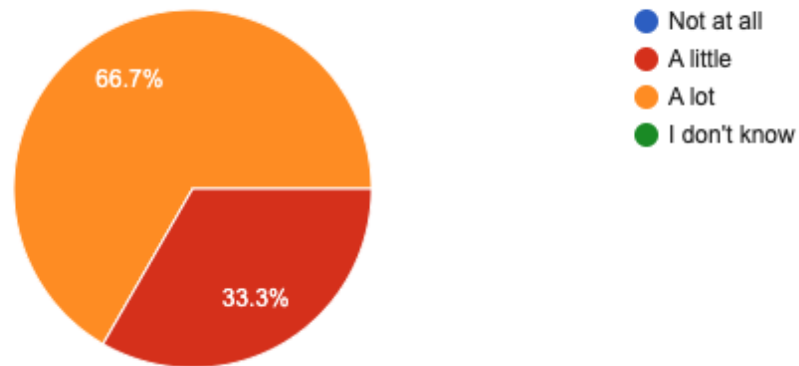
Post-Workshop Evaluations

Coastline College
5.11.23

Approximate maximum attendance: 7
Number of evaluations: 3

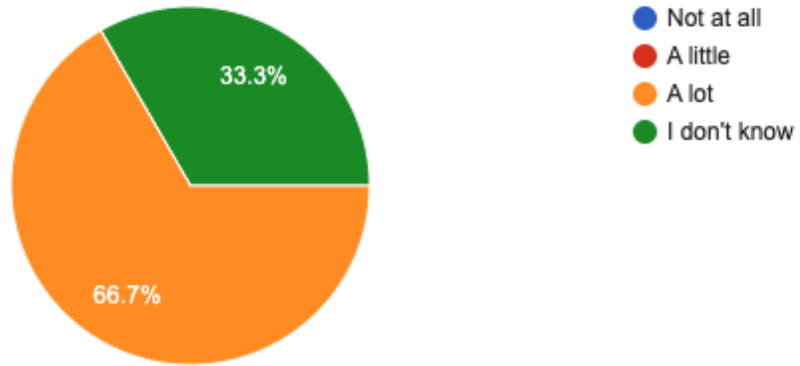
In your opinion, did this workshop increase your awareness of mental health issues?

3 responses



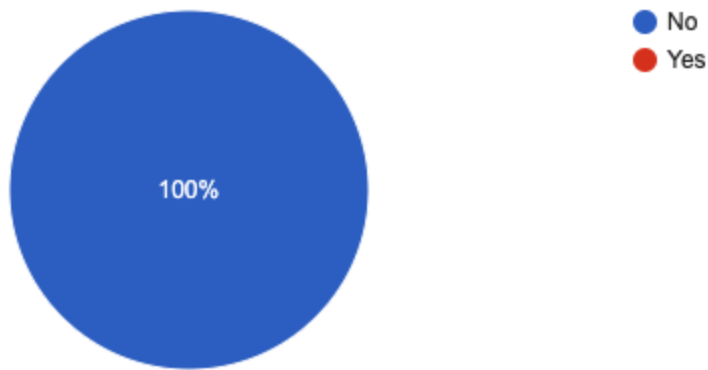
In your opinion, did this workshop help you confront and address stigma related to mental illness?

3 responses



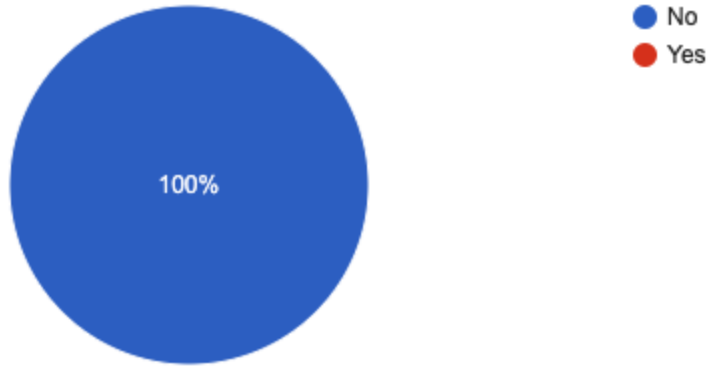
Did you know about the the Mental Health Services Act before this event?

3 responses



Did you know about the community resources before this event?

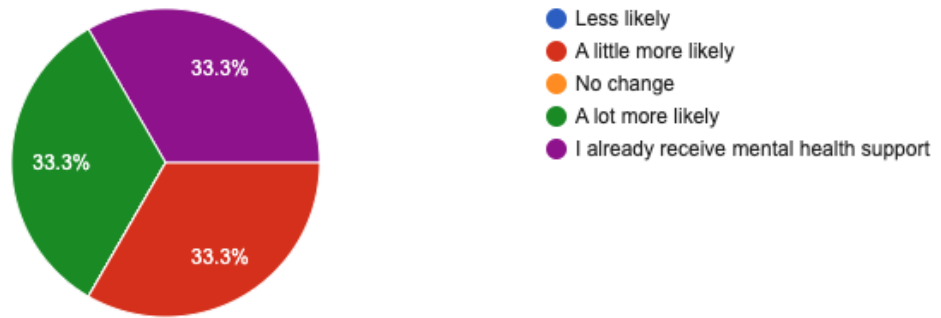
3 responses



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

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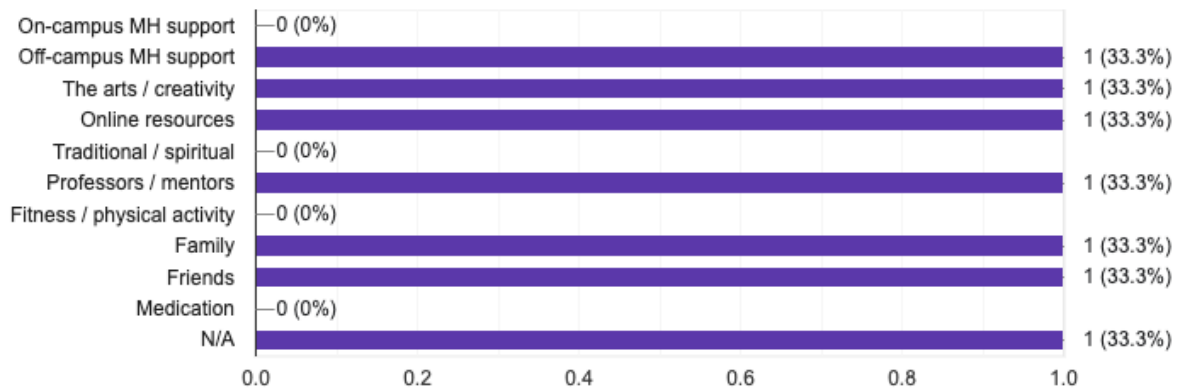
3 responses



What type(s) of mental health support would you like better access to?

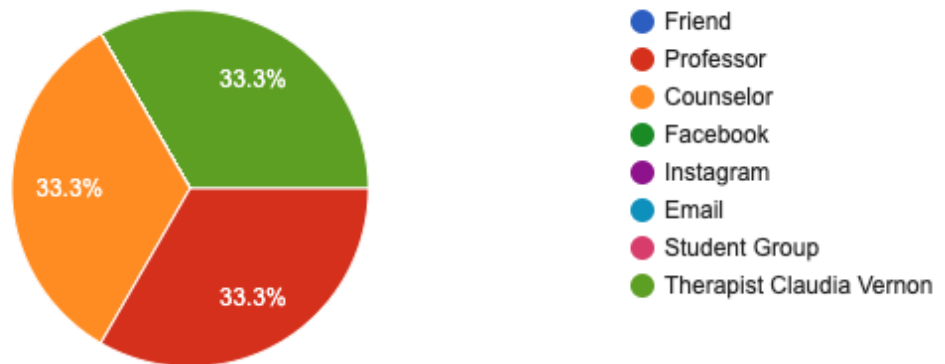
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3 responses



How did you hear about this event?

3 responses



What was your main takeaway?

No matter how you feel there are resources to help when you need and want it knowing you aren't alone

It would have to be that you're not alone. There are others with mental health illnesses and a community willing to help and listen.

MH should be celebrated

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

I would describe it as life changing and insightful

Helpful and refreshing

Heartfelt

How might you use what you learned today?

I would use it everyday when I struggle with depression and self worth

I would use as motivation.

Talk with other people

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

The biggest berries is the stigma both in my culture and family seeking assistance is viewed as a form of weakness

Stigma

Financial

How can we improve this event in the future?

Honestly everything was amazing I would have loved more films if possible

N/A

Better advertisement/ marketing

How can we improve this event in the future?

I would like to see another is just focusing on the stigmas of seeking mental help and discussing them as well

N/A

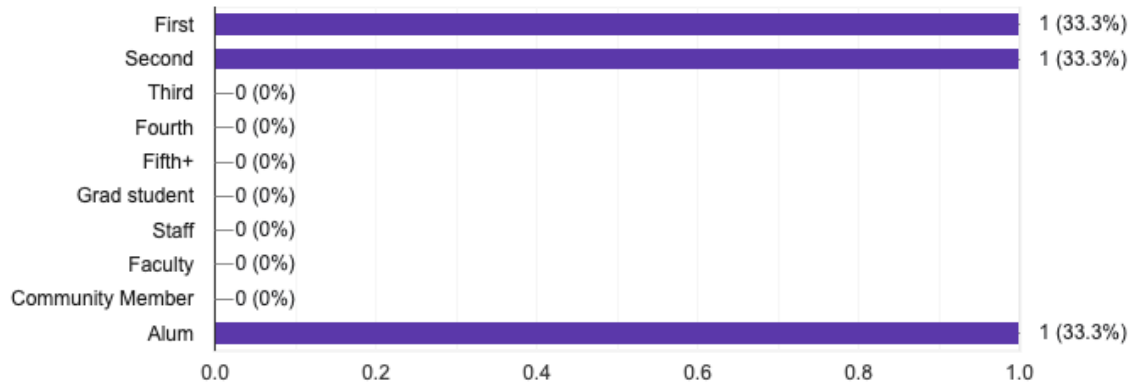
Less videos

Major
Business Management
Science and Math
Nursing

Year

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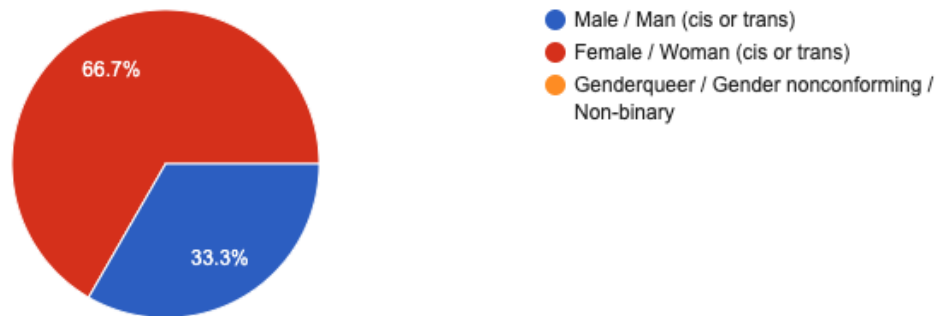
3 responses



Gender Identity

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3 responses



Ethnicity

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3 responses

