

Movies for Mental Health (Online)

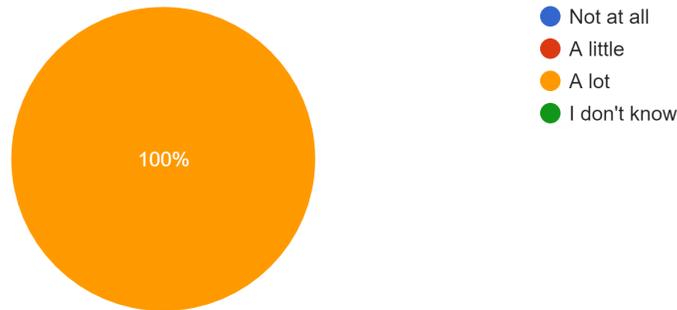
Post-Workshop Evaluations

College of Alameda
April 21, 2021

Approximate maximum attendance: 40
Number of evaluations: 26

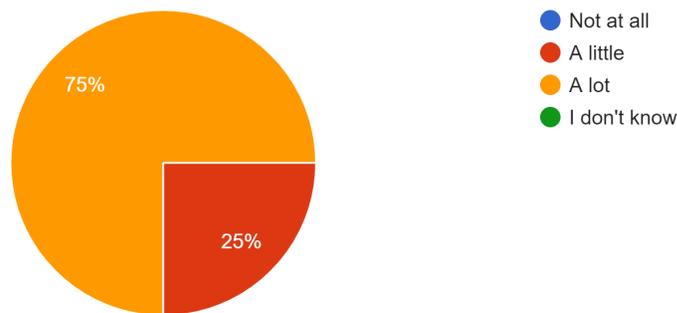
In your opinion, did this workshop increase your awareness of mental health issues?

12 responses



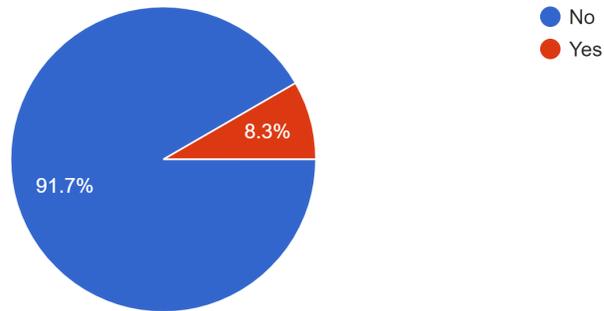
In your opinion, did this workshop help you confront and address stigma related to mental illness?

12 responses



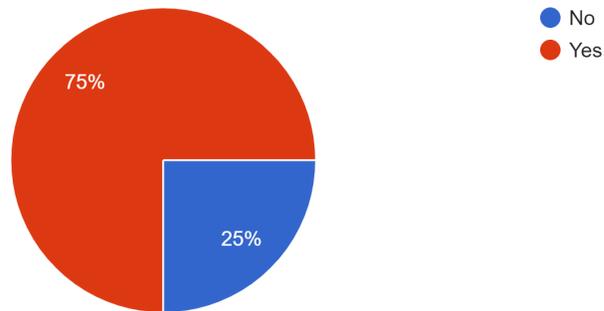
Did you know about the the Mental Health Services Act before this event?

12 responses



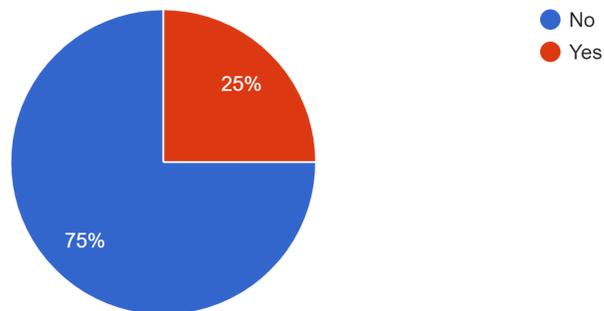
Did you know about your school's counseling services before this event?

12 responses



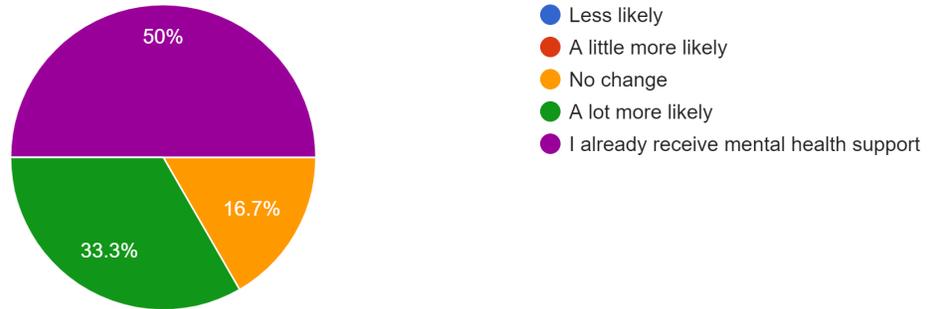
Did you know about the community resources before this event?

12 responses



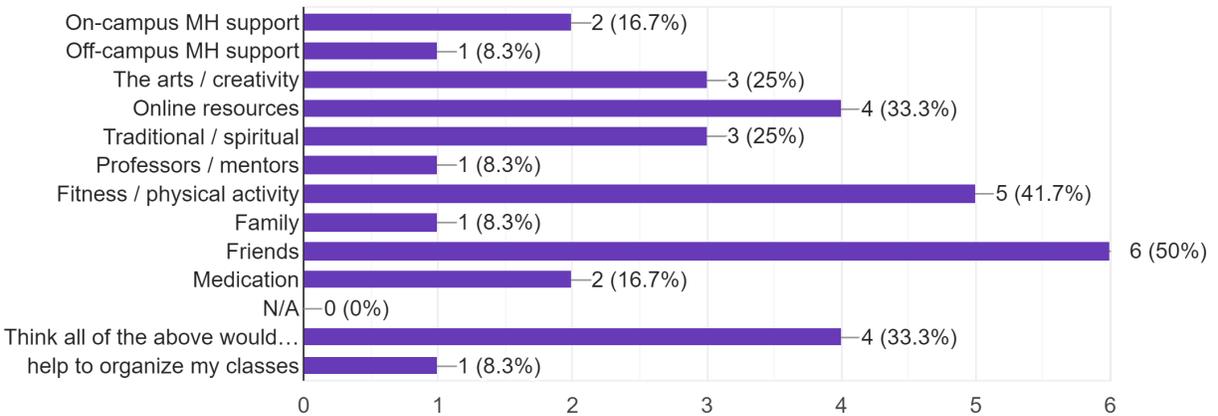
After this event, are you more or less likely to seek support for your mental health?

12 responses



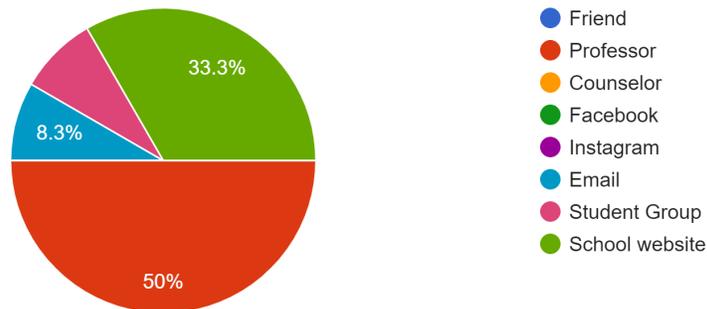
What type of mental health support do you think would be most useful to you?

12 responses



How did you hear about this event?

12 responses



What was your main takeaway?

I love listening to the stories of the students from Peralta Colleges because I identified with their experiences so much. Also learning about all of the services in my community was amazing!
Together we can get through anything so reach out for resources.
That there are people like us and we are not alone
Perfect timing. Sometimes I forget why i'm going to school and life situations get in the way, but talking about this topic somehow re-grounds me.
My main takeaway is that everyone has their own unique journey regarding mental health and shouldn't compare it to others.
Reminder of the importance of seeking help.
Mental health looks different for everyone.

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

The most wonderful opportunity to learn to heal and grow! people look like me and share experiences that I understand
Enlightening, warm and supportive
I would describe it as inspiring, relatable, and informative
Mental Health Education and beginnings of Healing
A helping hand to lean on when you can't find a solution
I would describe it as a safe space to discuss experience regarding mental health. The short films help to start a conversation where people share their own experiences.
A great resource with an experiential component and a place to be a part of this community.
More insight and awareness on mental health.

How might you use what you learned today?

I will share this information that i learned with people that i love!
Will offer a lot of this information to others.
Help future friends that come to me when their mental health is not great
I will use the videos most of all and share it with my children and my participants from work.
I could do certain activities to reduce my stress and mild depression
I might use it when I have my own mental health struggles.
To help my mom-in-law.
Applying it to my own mental health struggles, and having more consideration for those who have a hard time distinguishing their own mental health.

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

(Highlights: see raw data for full list)

my shame and my lack of sense of belonging in my community. I feel an outsider because i am an immigrant and don't speak english well.
 Blessed not to have these barriers.
 Telling my parents, mental health is not talked about and not believed in because it was not as common in their time
 None at the moment. Ive found free and accessible services
 I'd say it's depression and loneliness
 I would say the stigma around it because some people think that you're crazy if you seek professional help. Don't think I can commit the time and money, even knowing the importance.
 These specific barriers don't affect me personally, but I do know of friends and family who have been affected by these barriers, being: affordable health insurance, comfort and support on getting help, and definitely finding a therapist or counselor they feel the most comfortable with.

How can we improve this event in the future?

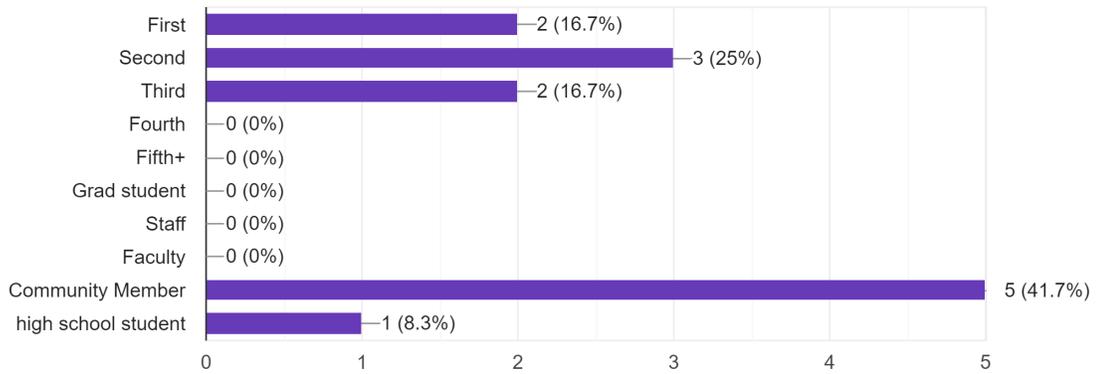
keep doing it. everything was great! keep women of color please
 Think you all did a great job! Very authentic and heartwarming.
 Nothing comes to mind at the moment, the event is very organized and they did a good job at keeping my interest and attention
 I really enjoyed the entire session, im sure there a ways, but Im just grateful I was part of it
 Notify a day or two in advance so people can make time in their agenda to attend
 N/a I thought the event was well organized and put together:)

Major

sociology	2
Psychology	1
Social Welfare	1
Social and behavior sciences	1

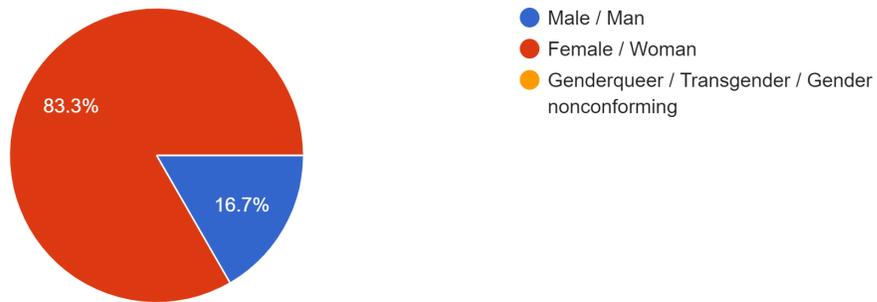
Year

12 responses



Gender Identity

12 responses



Ethnicity

12 responses

