

Movies for Mental Health (Online)

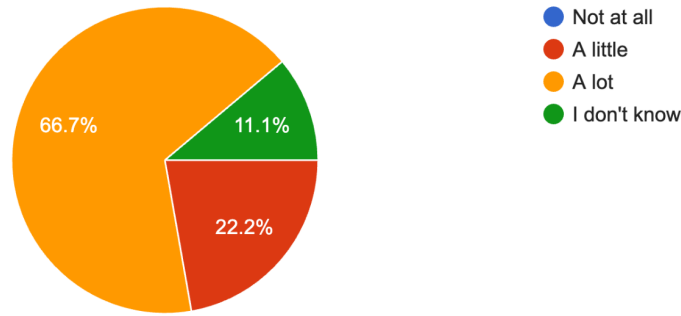
Post-Workshop Evaluations

College of Alameda
March 7, 2023

Approximate maximum attendance: 11
Number of evaluations: 9

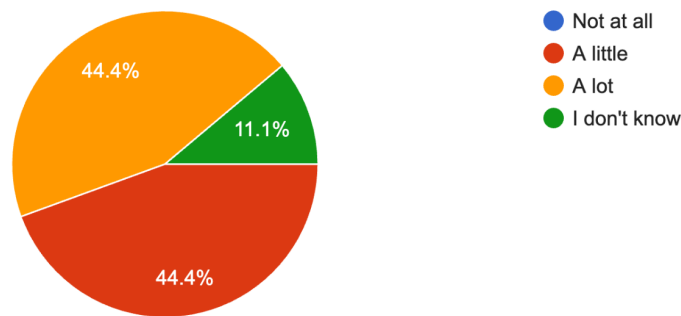
In your opinion, did this workshop increase your awareness of mental health issues?

9 responses



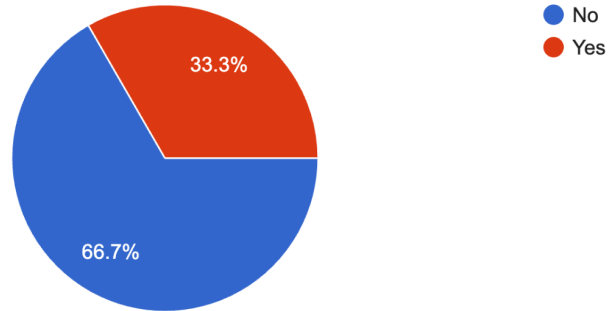
In your opinion, did this workshop help you confront and address stigma related to mental illness?

9 responses



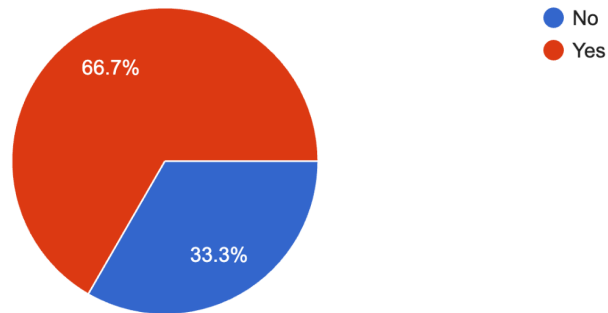
Did you know about the the Mental Health Services Act before this event?

9 responses



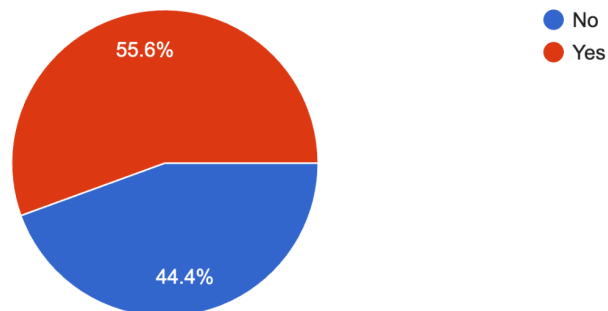
Did you know about your school's counseling services before this event?

9 responses



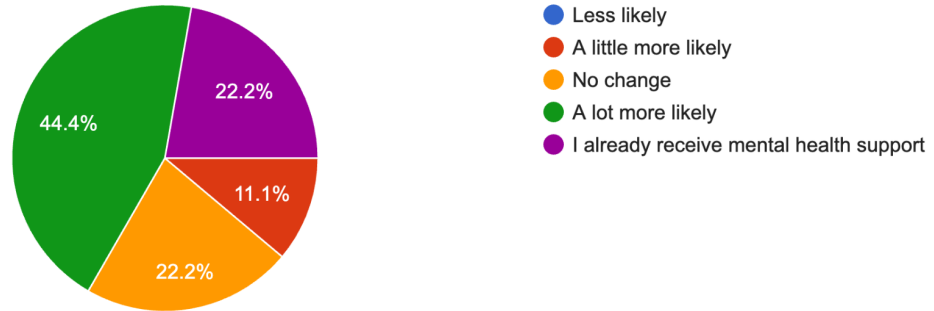
Did you know about the community resources before this event?

9 responses



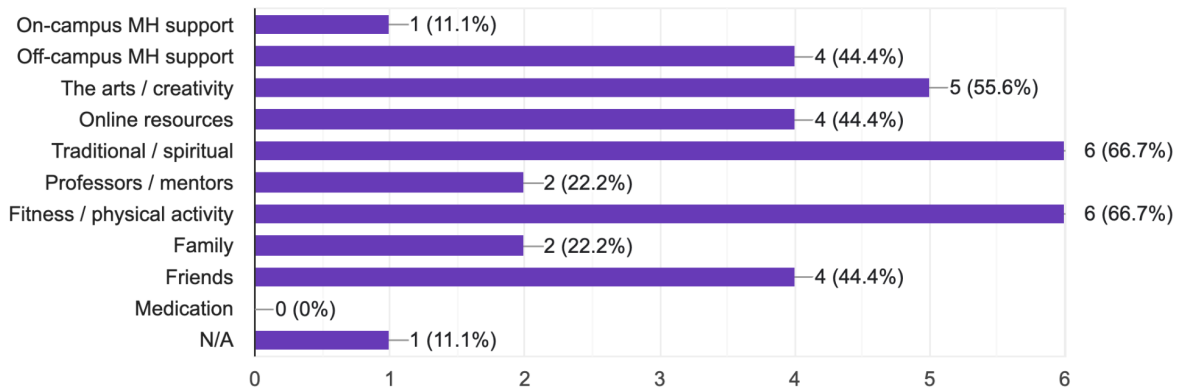
After this event, are you more or less likely to seek support for your mental health?

9 responses



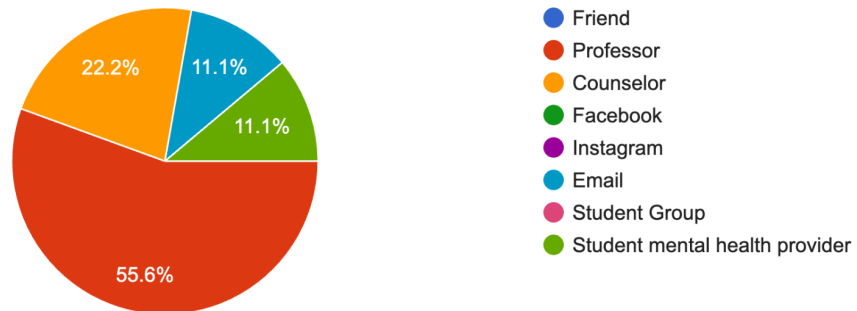
What type(s) of mental health support would you like better access to?

9 responses



How did you hear about this event?

9 responses



What was your main takeaway?

(Highlights: see raw data for full list)

Mental illness comes in any shape, color, age, sexual orientation and economic background.

there is always service for mental health

Is important to talk about it because it is a real problem.

we all need to seek mental health resources that honor who we are

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

(Highlights: see raw data for full list)

An eye opener for someone who never grew up knowing about mental wellness

As an interesting workshop that uses movies as a resource to explain easily.

has a joyful and informative workshop

How might you use what you learned today?

(Highlights: see raw data for full list)

By speaking up when I need help

in my everyday to be healthier and artistic

Trying to identify the imposter syndrome feelings

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

(Highlights: see raw data for full list)

Money and family members opinions

Mental and physical fatigue

Need to strengthen time management

How can we improve this event in the future?

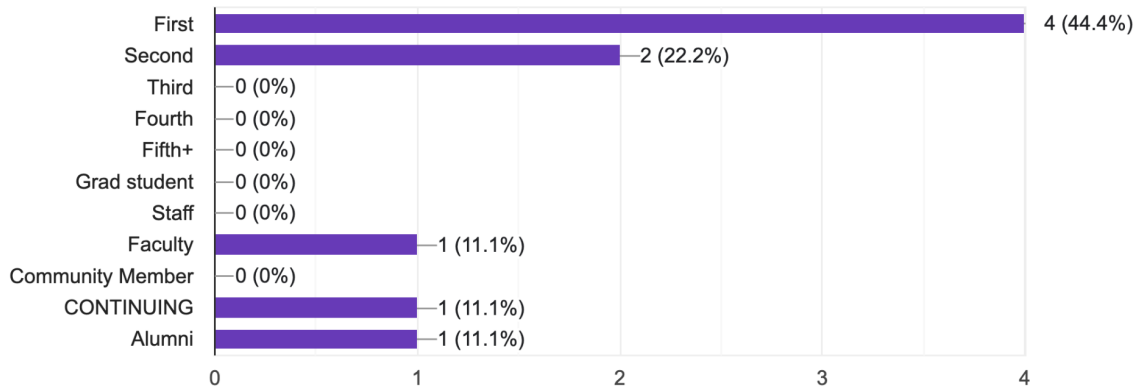
more student panelists and/or alumni and taking questions from attendees

Closed captioning. Increase accessibility and accessibility instructions at the beginning of workshop

Major	
Natural Sciences	1
Architecture Design	1
Health Science	1
ESOL	1
Psychology	1
Psychology and Sociology	1

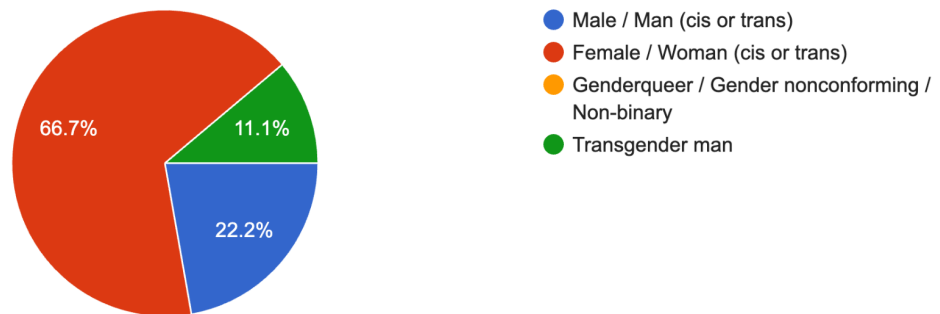
Year

9 responses



Gender Identity

9 responses



Race / Ethnicity		
Asian / Asian-American	2	22.2%
Black / African / African-American	2	22.2%
Hispanic / Latinx	5	55.6%
Indian / South Asian	0	0%
Middle Eastern	0	0%
Native American / First Nations	0	0%
Pacific Islander	0	0%
White / Caucasian	1	11.1%
Multiracial	0	0%
Other	2	22.2%