

Movies for Mental Health (Online)

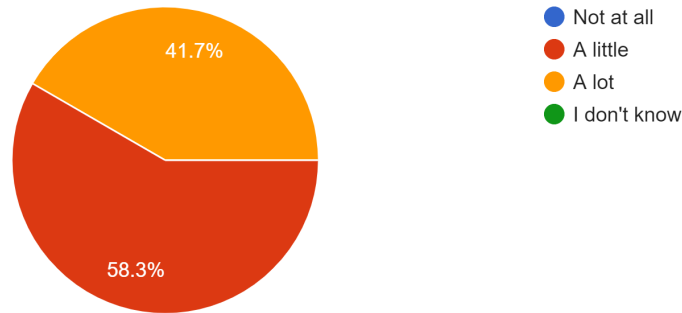
Post-Workshop Evaluations

College of Marin
October 13, 2021

Approximate maximum attendance: 45
Number of evaluations: 12

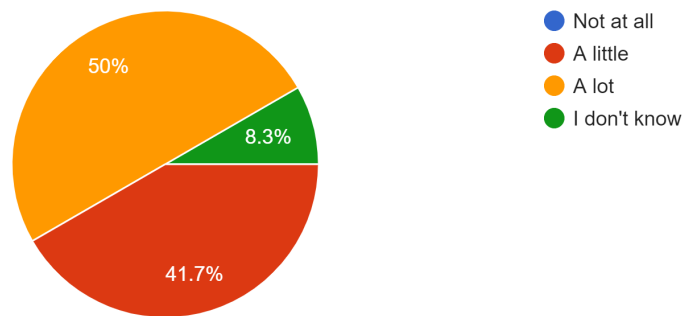
In your opinion, did this workshop increase your awareness of mental health issues?

12 responses



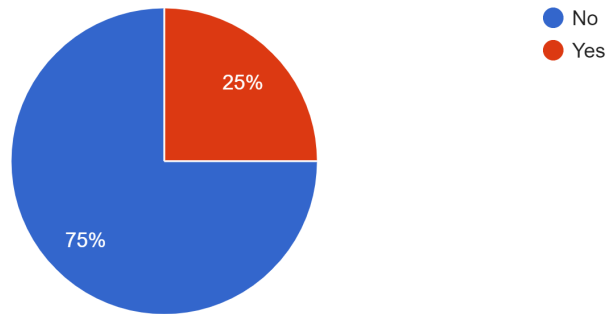
In your opinion, did this workshop help you confront and address stigma related to mental illness?

12 responses



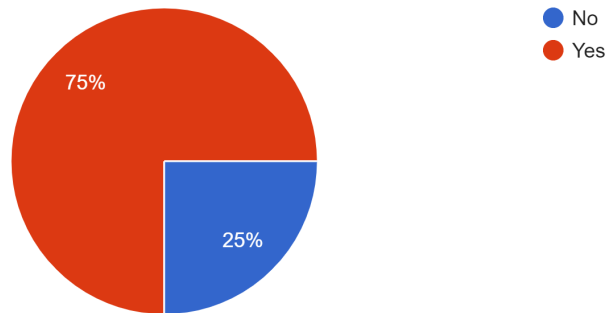
Did you know about the the Mental Health Services Act before this event?

12 responses



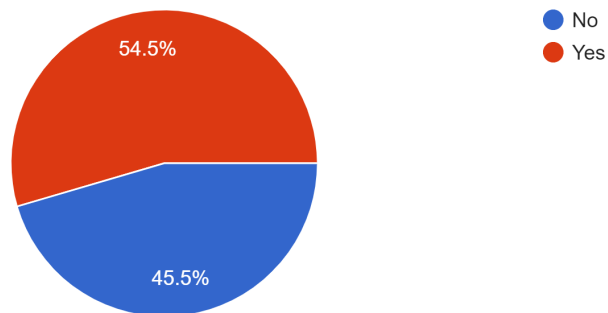
Did you know about your school's counseling services before this event?

12 responses



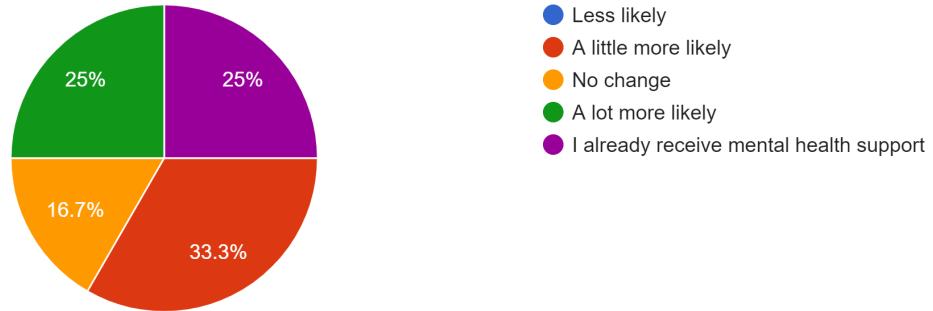
Did you know about the community resources before this event?

11 responses



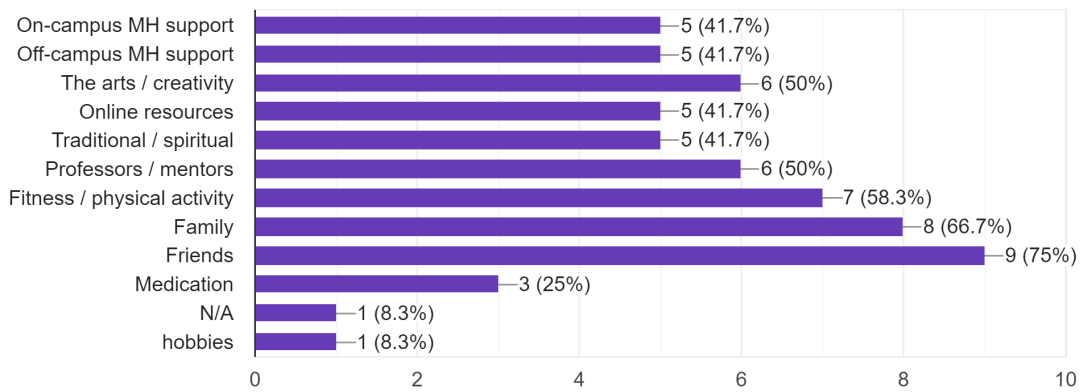
After this event, are you more or less likely to seek support for your mental health?

12 responses



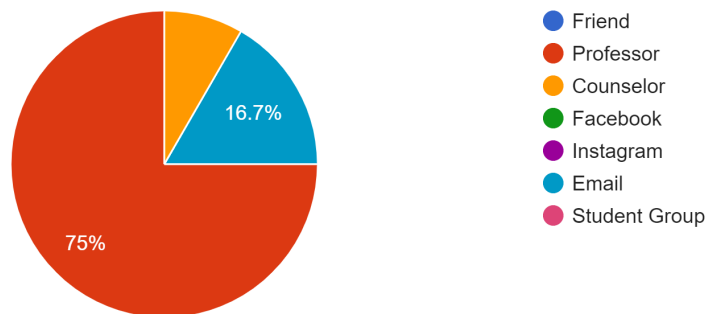
What type of mental health support do you think would be most useful to you?

12 responses



How did you hear about this event?

12 responses



What was your main takeaway?

I don't feel so alone with my depression

mental health needs to be a topic that's desensitized in everyday life

We all have different perceptions of the world- yet understanding our differences will help us to grow as a community.

Put your mental health first

This was a good workshop and I enjoyed the visual mediums/films

That many of us have mental health issues and mental health diagnosis. And also that many of feel the same feelings I do after watching some of the films. Which made me feel like I'm ok to feel so much. Others feel a lot of the same emotions once we vocalize our emotions.

Talking about mental health, even if it's just trying to find the words for the first time, is the start to healing.

We can better ourselves through self care practices

That COM is interested in helping it's students with Mental Health Challenges

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

(Highlights: see raw data for full list)

It's a very helpful workshop and it makes you feel like are not alone in your mental pain

simple

a workshop that talks about stigmas and different exercises to work on mental health.

Wholesome, Impactful

A great source to inspire you to get help when needed

Helpful, interactive.

Helpful, informative and a little triggering from the films.

A safe place to begin thinking about mental health at your own pace.

Beneficial for anyone seeking a safe space group

helpful and welcomed

Informative

How might you use what you learned today?

It's ok to feel the way that you feel and giving yourself a break is ok

I will use the breathing exercise.

Continuing to communicate with others, researching mental illness

Talking to someone when I am going through a hard time

Share with a friend when it comes up + remember for myself.

I like breathing techniques and body scan.
Having a deeper sensitivity to just how hard it can be for people to talk or think about mental health.
I plan on sharing what I've learned with someone close.
be more of yourself, stay positive, and taking care of yourself
I will reach out to COM

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

Being ashamed about my feelings.
Online school
Fear of judgement or ineffectiveness
Feeling ashamed to need help
Finances and time.
Being isolated and not having the skills to cope in a health way with daily problems.
Masculinity, particularly straight/white/male masculinity.
Stigma
being scared to ask but I do eventually ask for help
Myself

How can we improve this event in the future?

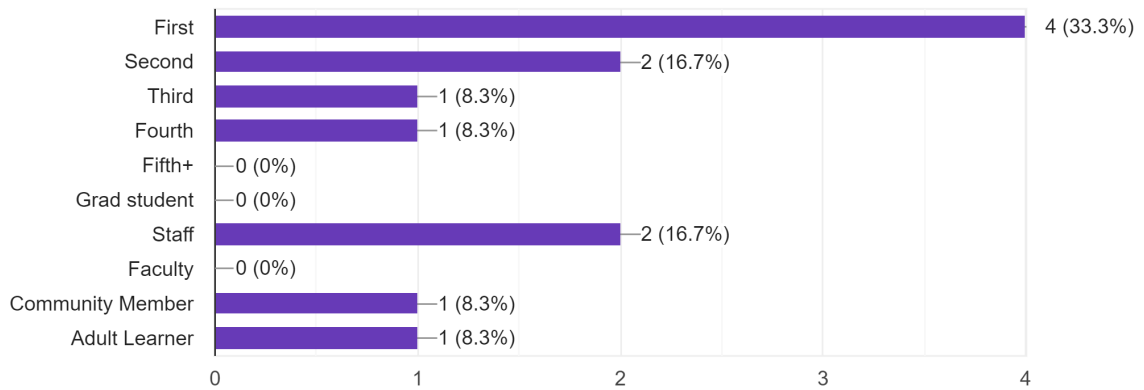
Go over mental health resources like Psychiatric Emergency Unit numbers, the importance of calling 911 in medical emergency, help finding providers,
Offering more personal sharing
More happy films
The prompts where you invited us to put our answers in the chat was awesome; maybe more of that? It was great, overall
Shorter
Everything is good but I think doing lots of activities and events would more nice

Major	
Nurse practitioner	1
Undeclared	2

English/Writing	1
Psychology	2
Nursing	1
Staff member - psychological services	1
Art	1

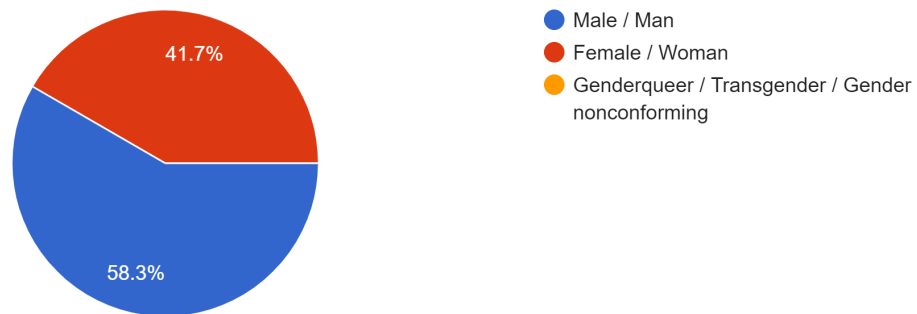
Year

12 responses



Gender Identity

12 responses



Ethnicity

12 responses

