

# Movies for Mental Health (Online)

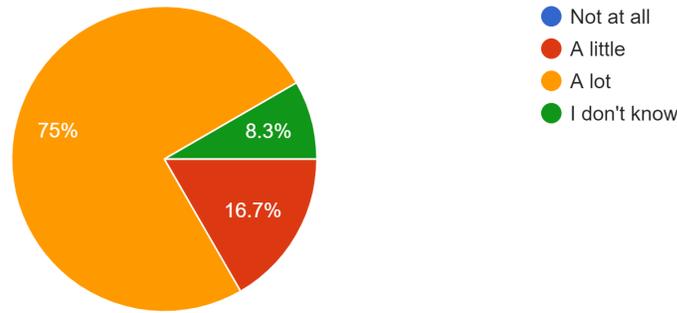
## Post-Workshop Evaluations

College of Marin  
April 15, 2021

Number of attendees: 26  
Number of evaluations: 15

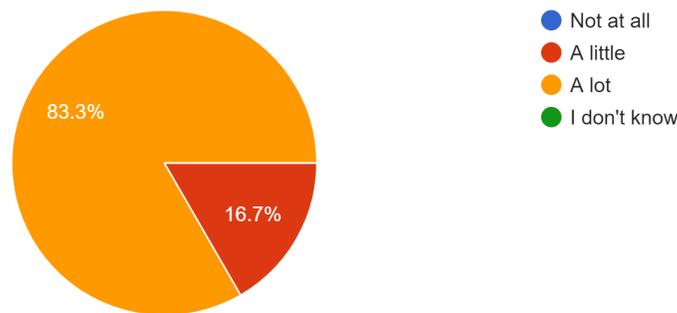
In your opinion, did this workshop increase your awareness of mental health issues?

12 responses



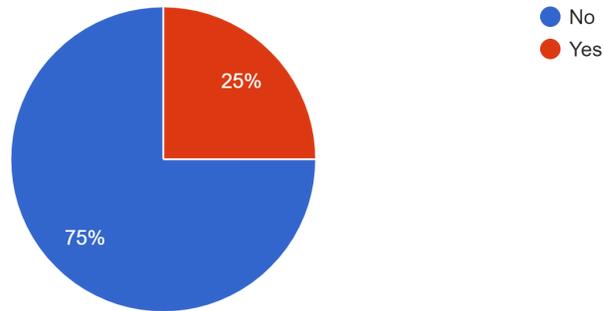
In your opinion, did this workshop help you confront and address stigma related to mental illness?

12 responses



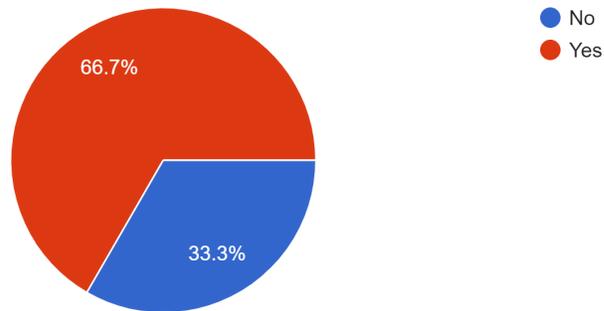
Did you know about the the Mental Health Services Act before this event?

12 responses



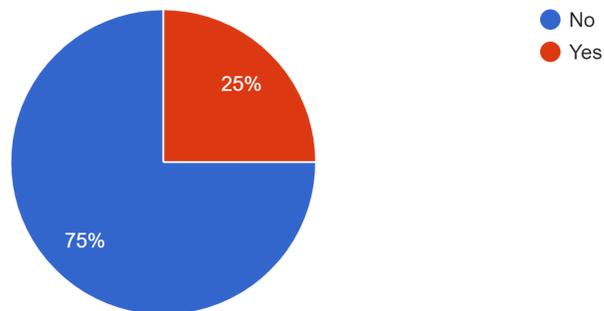
Did you know about your school's counseling services before this event?

12 responses



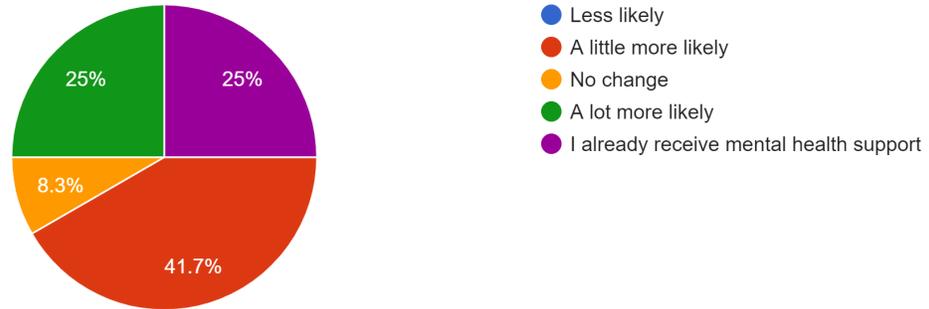
Did you know about the community resources before this event?

12 responses



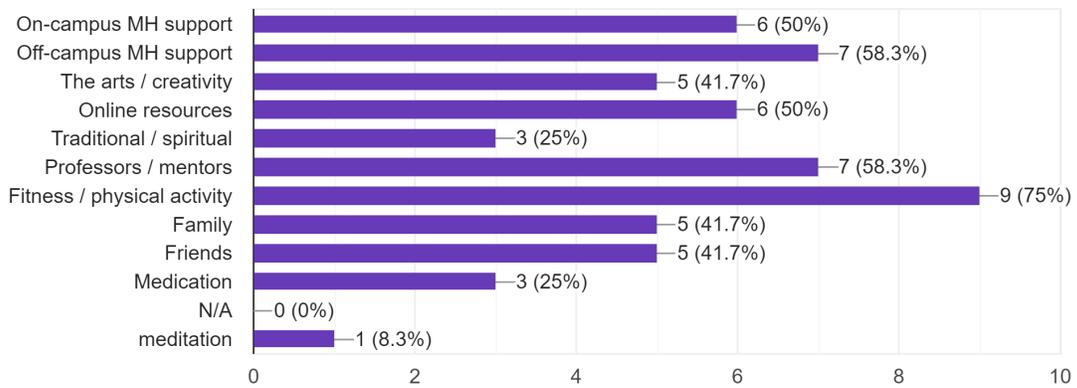
After this event, are you more or less likely to seek support for your mental health?

12 responses



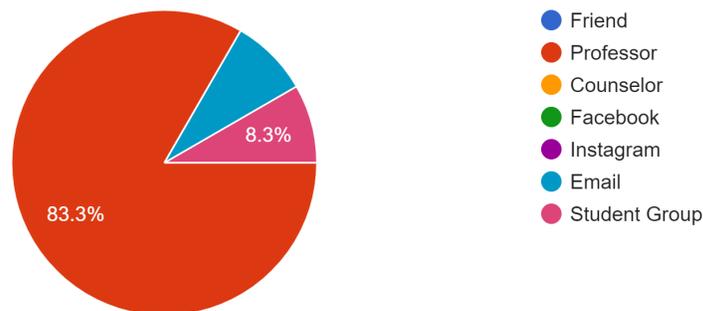
What type of mental health support do you think would be most useful to you?

12 responses



How did you hear about this event?

12 responses



### What was your main takeaway?

It's okay to reach out for help and just to speak in general as a man.  
Breaking the stigma of masculinity in emotional honesty  
Poetry can help clear thoughts on complicated emotions.  
You don't have to do anything alone  
Men need a safe place to talk.  
There are more people that struggle with mental health than I think.  
Being and staying open for anybody and everybody, male female and those in between. All their issues or problems they face are just as valid as others.  
It is always best to be open and keep learning  
Mental health is pervasive and commonplace, whether acknowledged or not.  
The process of immersing, exploring and expressing.  
Mental health is complex, and taking some time to reflect on that through poetry is a powerful idea.

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

Spreading awareness on mental health regarding masculinity.  
Welcoming and trustworthy leader leading a sensitive topic  
Informative stuff about  
Eye-opening, inspiring  
It was relieving, but also heavy.  
Informational and helpful on breaking down stigmas from mental health,  
safe and vulnerable  
A beautiful opportunity to increase awareness while exploring the depths of yourself in a safe and artful way.  
A poetry workshop centered on masculinity.  
A beautiful space to explore various male identities through poetry.

### How might you use what you learned today?

I guess in a social setting, just being more considerate of everyone's mental health  
Taking note of all the resources given to me today. This gave me reassurance. Thank you.  
speak with male friends  
I might utilize this information in my interpersonal relationships  
Reach out to male friends and see how they are doing.  
To tell people I love that it's okay to get help if they need it.  
The way I might approach others if they're struggling. Overall the way I communicate with others as well.  
how I communicate with men  
To better accept and acknowledge the state of my own mental health; and deepen my acceptance of others.  
Use the process to write and reflect on all sorts of art.  
With my male identifying friends.

### What are the biggest barriers to your mental wellness

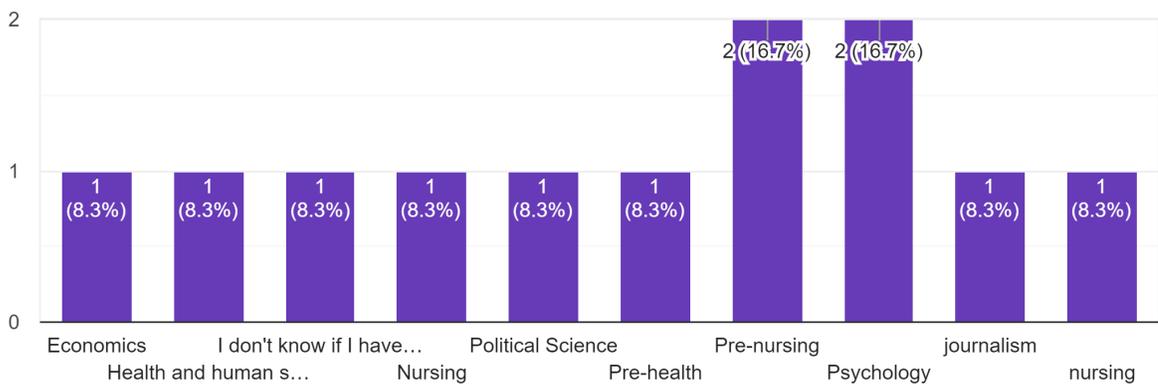
**and/or receiving mental health support?**  
(Highlights: see raw data for full list)

My parents  
 Worrying about the thoughts of others instead of putting myself first.  
 Getting over my own pride  
 Access. Unsure where to start.  
 Finding Time and a non-judgemental therapist who understands struggles specific to BIPOC  
 Self-confidence  
 Feeling like I'm being bothersome  
 The cost, stigma and even fear for getting help as well  
 Cost and access. (Thank goodness the services are available at COM. Good to know!)  
 I see a therapist weekly, but I do struggle with ADHD and am skeptical of medication. So... my own skepticism of how pharmaceuticals impact the therapeutic process. Am I treating a symptom as opposed to the problem? Can alleviating the symptom help resolve the problem or make it harder to feel?  
 Looking weak, or dumb.

**How can we improve this event in the future?**

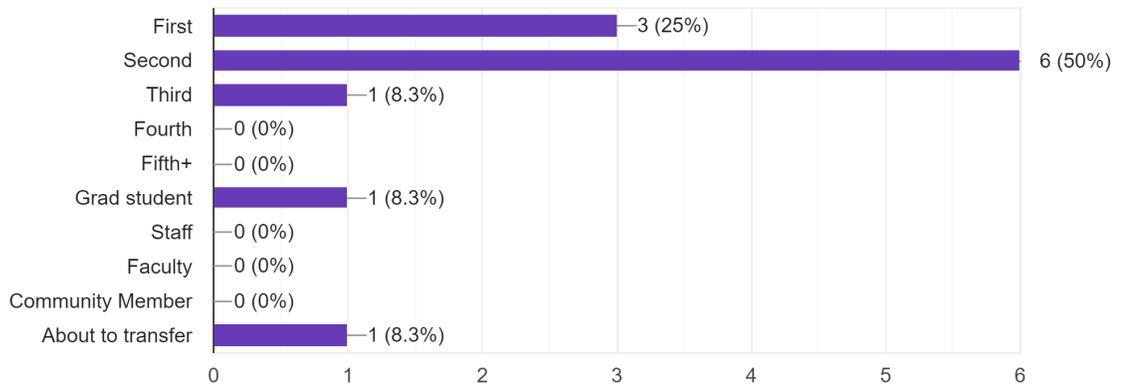
Make it longer!  
 I thought it was great and can't think of any improvements.  
 It was amazing I have nothing to add  
 Discussion with a panel.  
 Maybe a little shorter, while I appreciate the breath, I feel it could reach more by being more concise.  
 More promotion

Major  
 12 responses



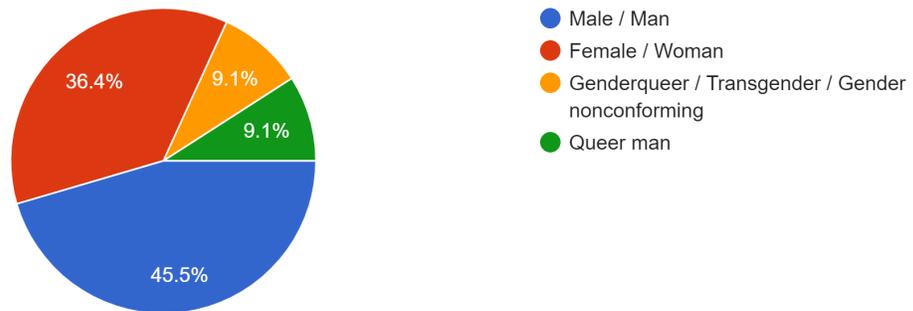
Year

12 responses



Gender Identity

11 responses



### Ethnicity

12 responses

