

Movies for Mental Health (Online)

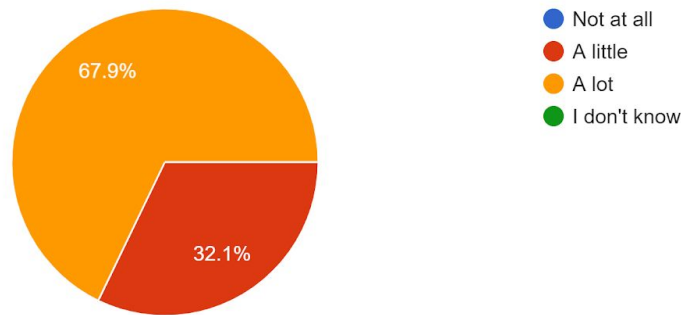
Post-Workshop Evaluations

College of San Mateo
March 17, 2021

Approximate maximum attendance: 33
Number of evaluations: 29

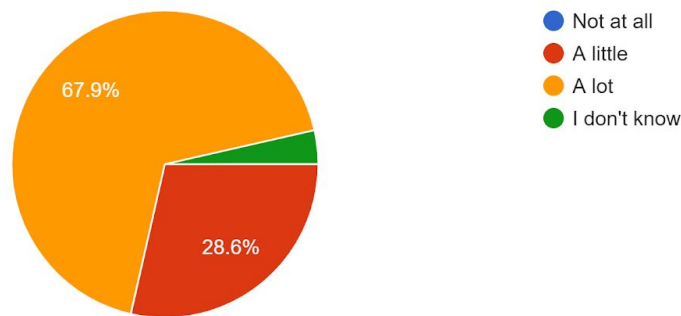
In your opinion, did this workshop increase your awareness of mental health issues?

28 responses



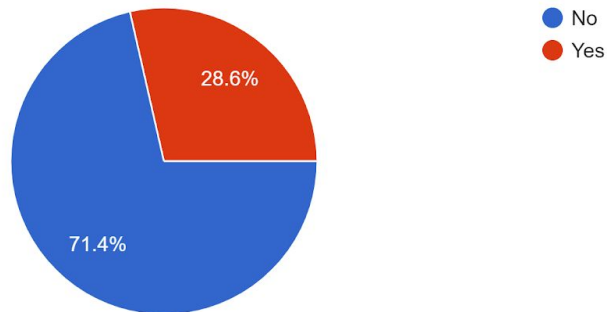
In your opinion, did this workshop help you confront and address stigma related to mental illness?

28 responses



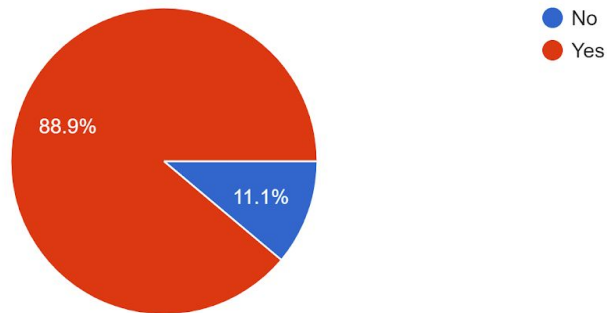
Did you know about the the Mental Health Services Act before this event?

28 responses



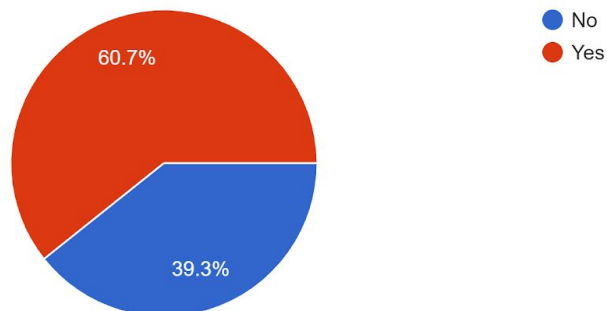
Did you know about your school's counseling services before this event?

27 responses



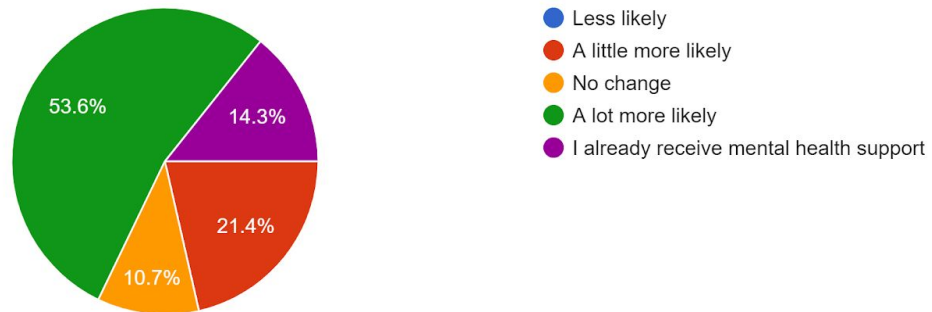
Did you know about the community resources before this event?

28 responses



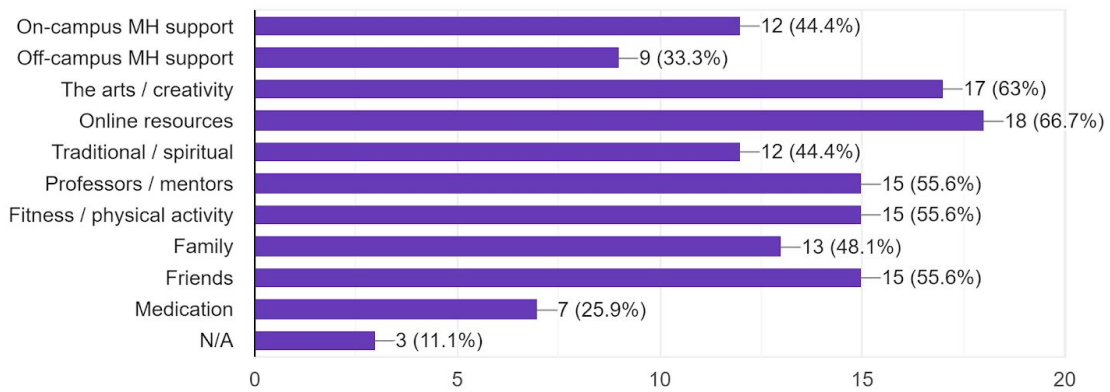
After this event, are you more or less likely to seek support for your mental health?

28 responses



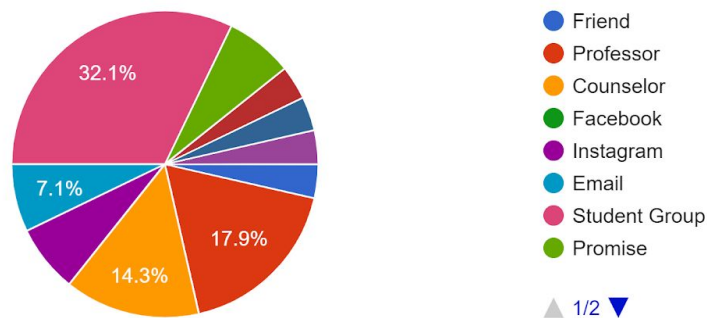
What type of mental health support do you think would be most useful to you?

27 responses



How did you hear about this event?

28 responses



What was your main takeaway?

To be brave in having the conversations around mental health and being present/supportive
I know a few more ways to deal with anxiety
You're not alone, so many people can relate and are struggling and starting a conversation is the best way to seek help
"I" statements need to be used more
That there are many resources and support groups that care for the community and want the wellness of others
To communicate and destigmatize mental health
To feel confident to express how I really feel and don't feel judged.
There are other groups like mine who can relate with how hard mental health can be culturally.
Seek help when you really need it and to show resilience and show you really love yourself and want to better your mental health.
There are a lot of wonderful films that demonstrate the struggles of mental health and spreading awareness in various cultures & communities
Getting to talk to other humans and learn more ways to take care of myself
Don't be afraid to ask others about their mental wellness.

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

A great start to discussing mental health
Helpful for dealing and understanding mental health
An accepting community where you're watching educational videos on mental health that show different feelings
A boost in mental health and feeling secure
I would describe this workshop as a free space and encouraging for those who are seeking mental help support
Community-building and de-stigmatizing
Time well spent. It is a good place to see other perspectives.
Mental Health is so important.
Valuable and very informative
Relaxing, relevant, necessary.

How might you use what you learned today?

As an affirmation/confirmation that these conversations are beneficial
With future panic attacks
Having a conversation with a friend who is struggling
Take it slow
I learned that there are many programs and resources that I did not know about that are available
To foster tough conversations in session and inspire others to break the stigma around mental health
It is okay to take breaks and rest
To start educating my family about mental health and how important it is.
It will remind me to take care of myself & take time to breathe & just relax when I need to.
I will be more careful with my words and try to reach out more to others.

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

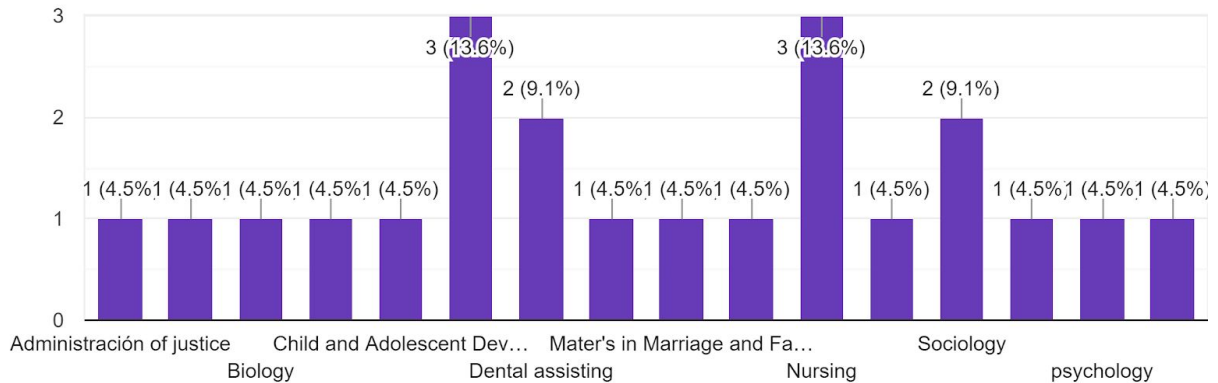
(Highlights: see raw data for full list)

Time and trying to put my well being first
 Lack of family support
 My parents
 Not being taken seriously and seen as just lazy
 Being pressured to finish faster on my major
 Embarrassed or scared to seek help
 Uncomfortable conversation
 Other people who unfortunately aren't aware of their own actions and how they may affect others.
 Taking the step to seek help, and what would friends/family think about me
 Honestly, I don't think I have any right now because I'm very fortunate enough in my life, to have a good support group for my mental health.
 Feeling alone & fear of rejection, not having the courage to speak up & ask for help.

How can we improve this event in the future?

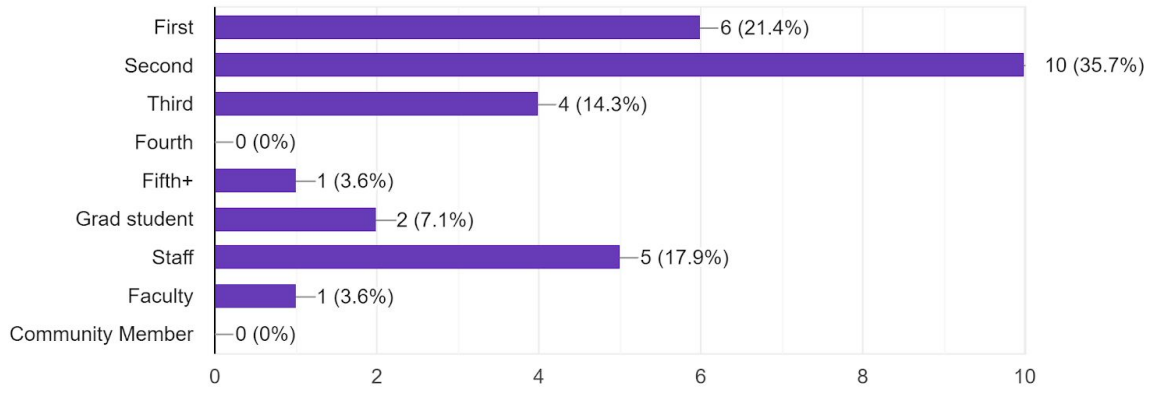
Not sure, I liked the information and the polls as an interactive source
 Activities
 I think that this workshop was very informative and influential and should happen more often
 On-campus will be greater
 More films & other media input
 It was the best online presentation I've attended.

Major
 22 responses



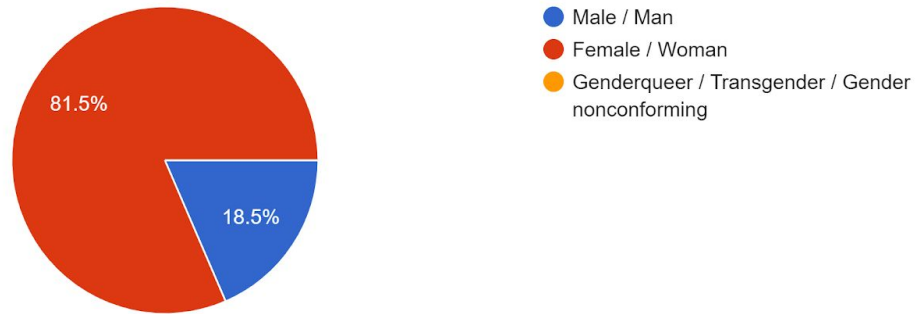
Year

28 responses



Gender Identity

27 responses



Ethnicity

28 responses

