

# Movies for Mental Health (Online)

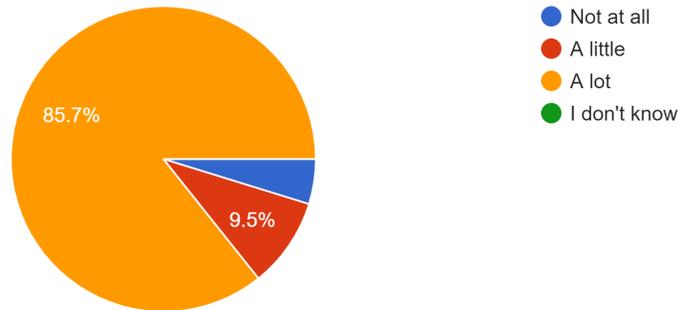
## Post-Workshop Evaluations

College of the Canyons  
November 10, 2021

Approximate maximum attendance: 29  
Number of evaluations: 23

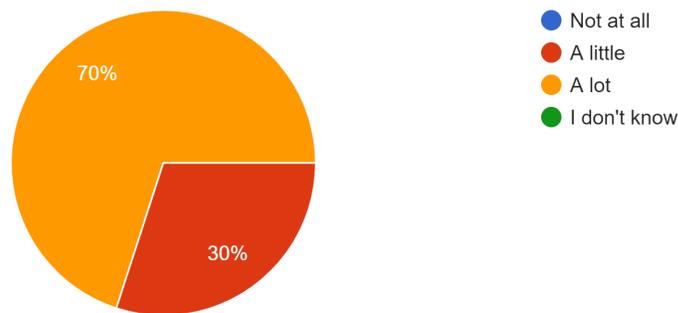
In your opinion, did this workshop increase your awareness of mental health issues?

21 responses



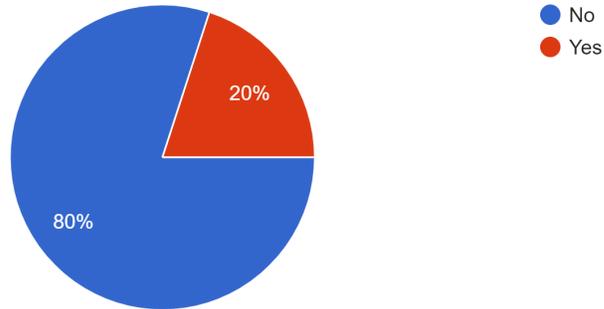
In your opinion, did this workshop help you confront and address stigma related to mental illness?

20 responses



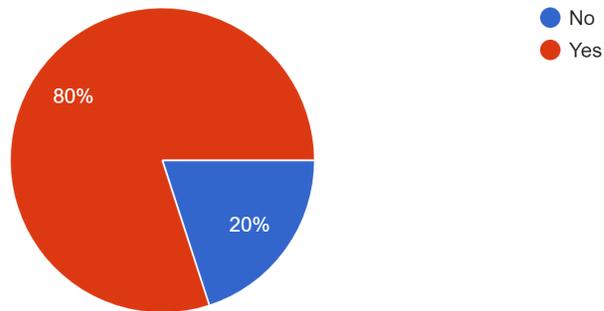
Did you know about the the Mental Health Services Act before this event?

20 responses



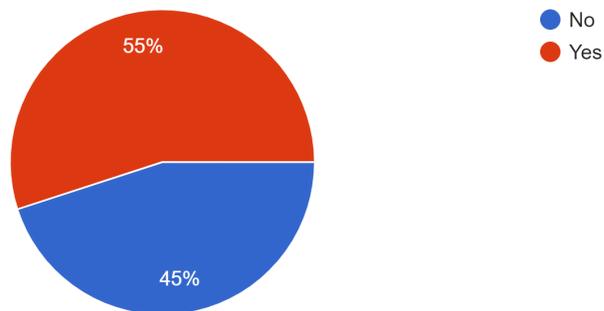
Did you know about your school's counseling services before this event?

20 responses



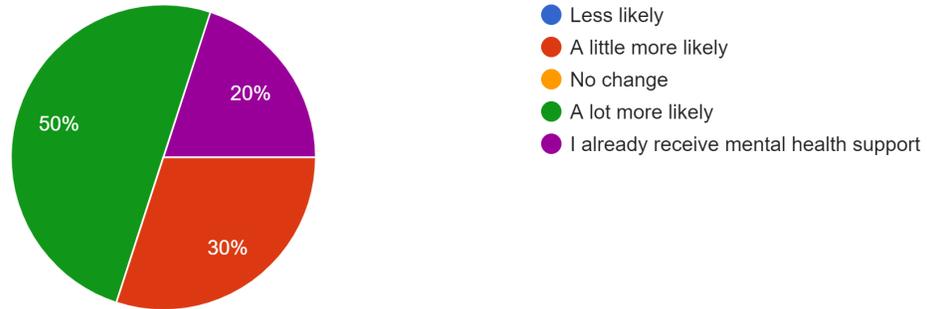
Did you know about the community resources before this event?

20 responses



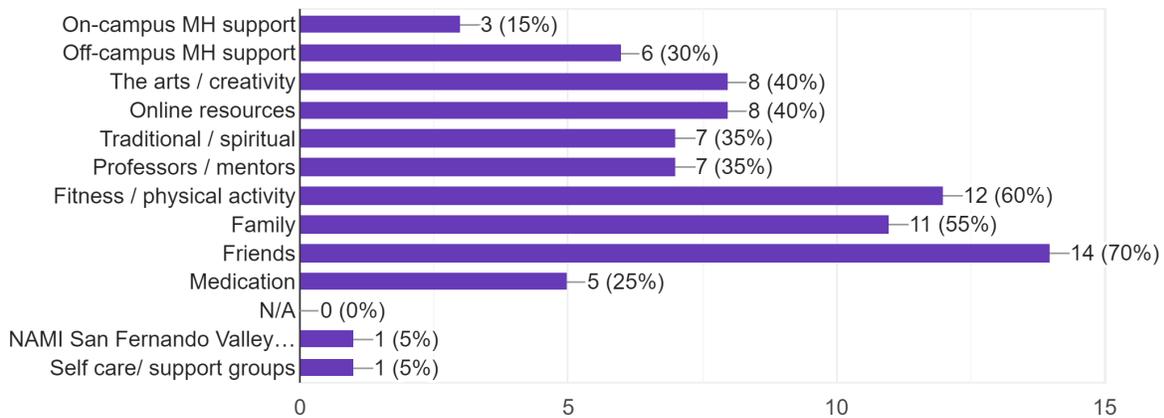
After this event, are you more or less likely to seek support for your mental health?

20 responses



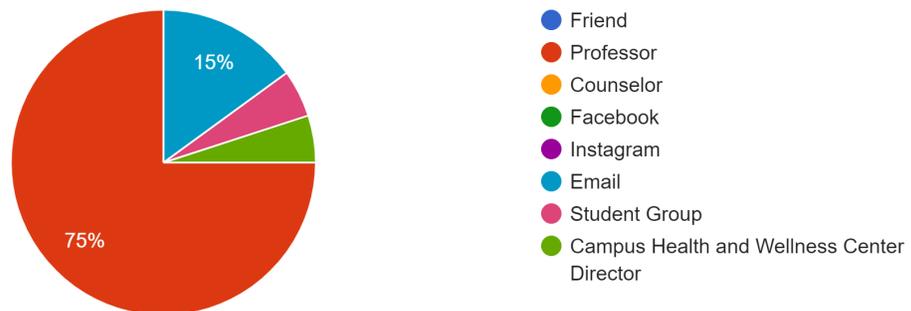
What type of mental health support do you think would be most useful to you?

20 responses



How did you hear about this event?

20 responses



### What was your main takeaway?

I need to take some time every day to ground myself

Treat people with kindness

I thought that the most important things talked about personally was that the small things in life matter and you can't always assume people are ok. I loved how they talked about the resources which we have at our disposal and how important talking to someone can be.

It is important to start the conversation

Mental Health is essential for our everyday lives

The vast resources for veterans

Mental health resources are desperately needed but so is a cultural shift to allow people to feel comfortable accessing them

We are not alone when dealing with mental health and wellness.

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

A safe space

I would describe it as an eye opening experience

Very hopeful to talk or share about mental health

A place where you feel comfortable, being able to make your own comments and get great advice on mental health and veteran experiences.

A great way to learn more about mental health in a safe place

Exploration of mental health/wellness and the ways/sources to help one deal with it.

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

Helping myself walk through an anxiety attack when they come

I will know how to approach and how to suggest help to others

I can look back at this whenever I need a pick me up

I will use it in many ways throughout my day and long term life or goals.

The meditation and breathing and relaxation exercises

Use the new awareness to help others find resources that will help their mental health

Encourage someone interested to perhaps make a video describing/telling their story in a way they may not otherwise know who to

Share and also research the topics explored today, and use the methods shared for relaxation.

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

Fear of rejection
Judgement from others
My barriers is my pride and fear of being judged
Setting aside time for myself
The biggest barriers personally are opening up to others and allowing myself to realize im not in it alone!
Having a support network that can be available to hear me out and guide me to resources that will further help my mental health.
Cost

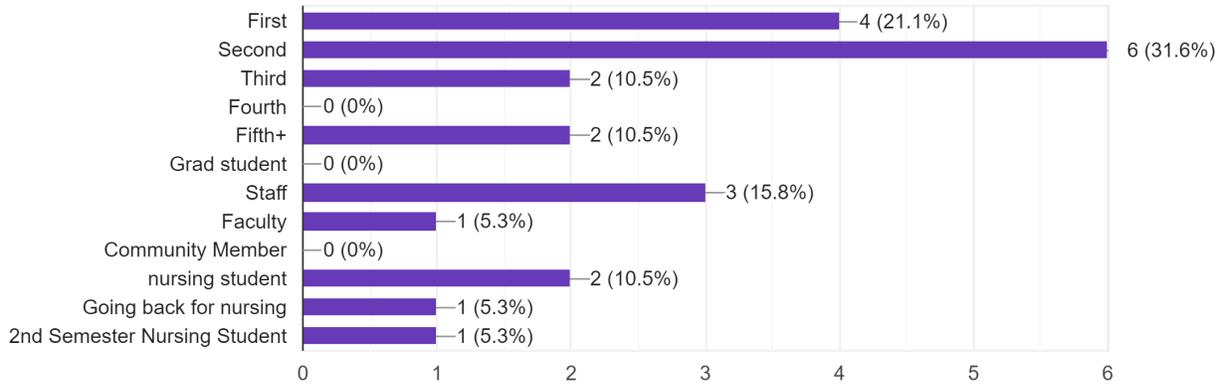
**How can we improve this event in the future?**

Might be more beneficial in person
I think you can get more students and faculty to talk
Carly is awesome and did a great job facilitating i think it is perfect
This event was great! I'd love to see focuses on other aspects of mental health and illness
Hold additional workshops and individuals on the panel coming from different places in life, those that face different mental illnesses.
More body work
I found it hard to hear one of the folks on the panel. Maybe make sure everyone's mics are working well.

<b>Major</b>	
Clinical psychology with a minor in communication studies	1
Philosophy	1
EMT student	1
Nursing	7
Early Childhood education	1
Computer Science	1
Fire Science	1
Master of science in counseling psychology	1

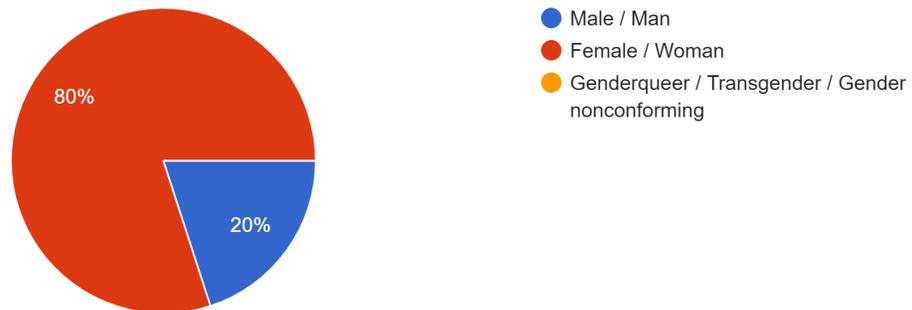
### Year

19 responses



### Gender Identity

20 responses



### Ethnicity

20 responses

