

# Movies for Mental Health (Online)

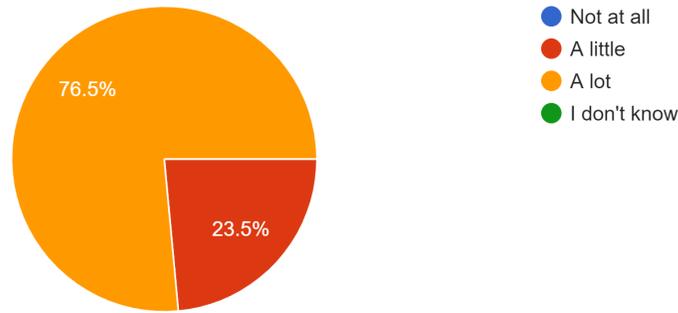
## Post-Workshop Evaluations

College of the Canyons  
May 13, 2021

Approximate maximum attendance: 56  
Number of evaluations: 17

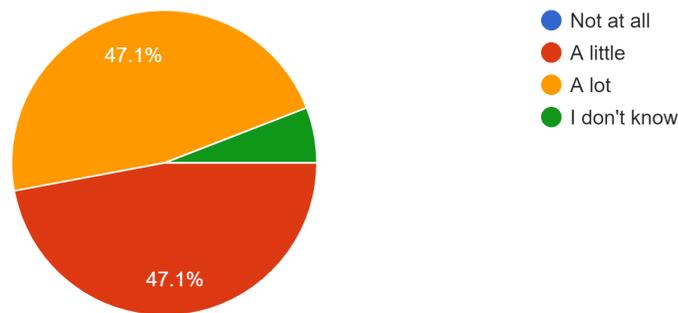
In your opinion, did this workshop increase your awareness of mental health issues?

17 responses



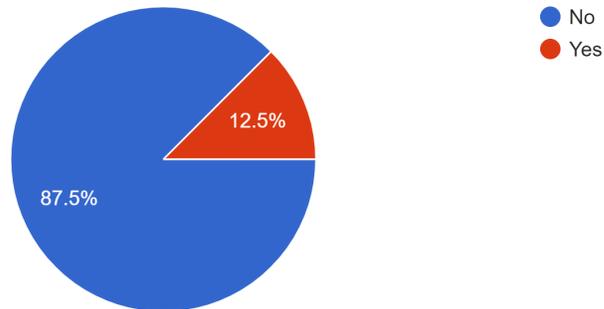
In your opinion, did this workshop help you confront and address stigma related to mental illness?

17 responses



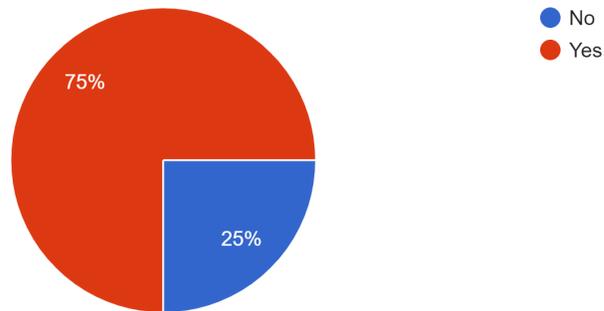
Did you know about the the Mental Health Services Act before this event?

16 responses



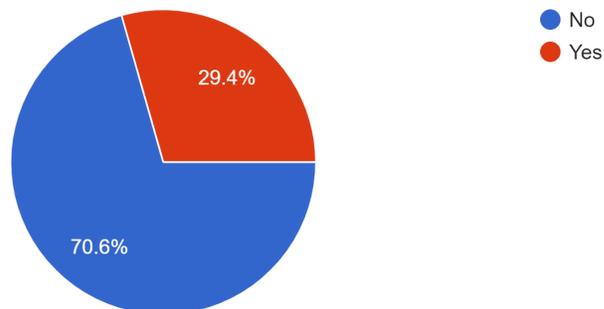
Did you know about your school's counseling services before this event?

16 responses



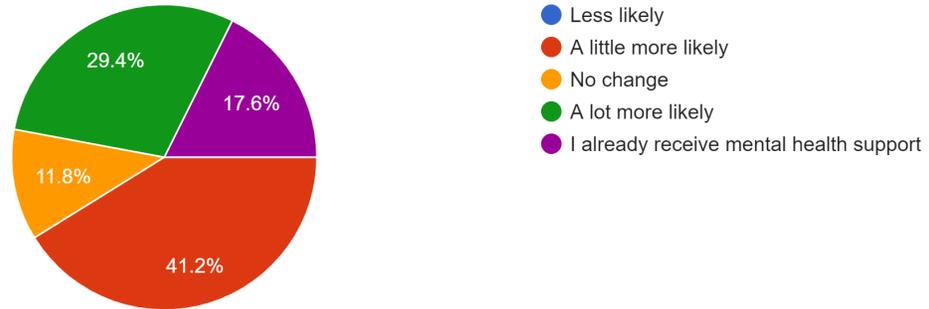
Did you know about the community resources before this event?

17 responses



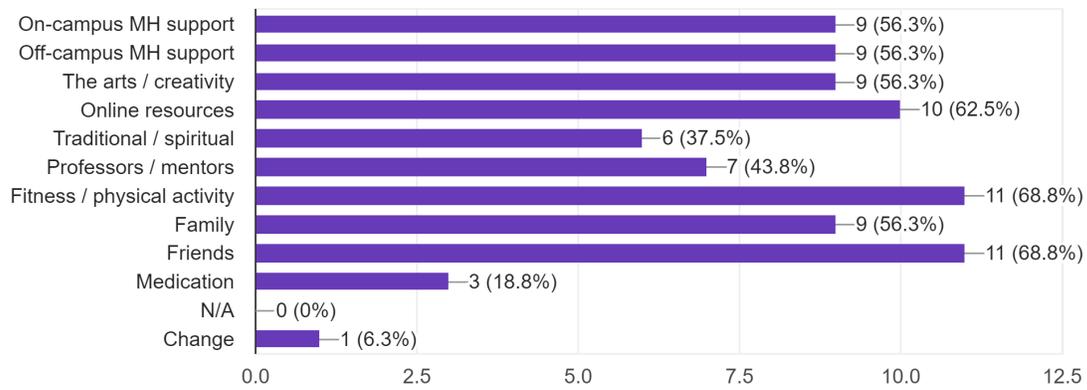
After this event, are you more or less likely to seek support for your mental health?

17 responses



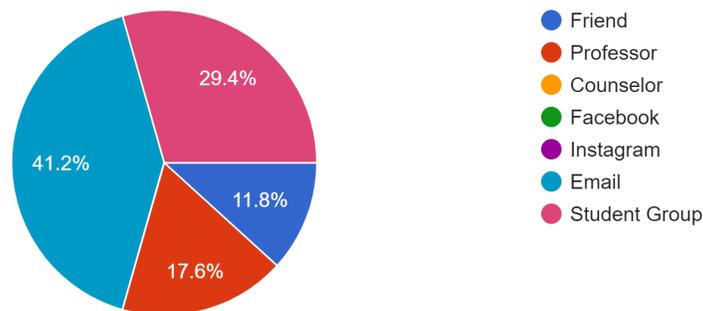
What type of mental health support do you think would be most useful to you?

16 responses



How did you hear about this event?

17 responses



### What was your main takeaway?

There is a lot of community support for those with MH  
Don't be afraid to ask for help  
It's okay to not be okay  
Mental health is a common struggle for many people, and I do not need to feel as though I have to be alone in confronting my own, personal issues.  
There is support for mental health . Many types of resources  
Don't be afraid to get help for mental health problems  
Love and accept myself, Speak up and Listen to others better. Be present!!!  
My main takeaway was that I am not the only one that has felt this way since the beginning of the pandemic. Not being able to go anywhere and feeling as if I can't go anywhere for help. I now realize that there are plenty of resources that I can go to in order to help me. :)  
Everyone struggles in similar ways that I do  
I enjoyed hearing personal experiences because it allows to me properly advocate

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

(Highlights: see raw data for full list)

A relaxing and affirming look at MH  
Speaking about mental health through creativity  
An empowering event to help you not be afraid to look for help.  
Extremely helpful  
Hopeful; inspires hope and connection  
Fun and eye-opening  
Information about the resources available for mental wellness/help  
A safe zone for mental health.  
Mind blowing and realized I'm not the only one struggling  
Amazing, awesome, eye opening!!!  
very helpful, informative, resourceful, and a safe space!  
enlightening, impactful, resourceful

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

I will know that it is ok to feel bad some days and not forget that so many resources are out for you to use.  
Finding ways to be more in touch with feelings  
Remember to unclench and destress physically more often  
I will use today's meeting to help reinforce how I can cope with my mental health in a healthy manner.  
Being more aware and sensitive to others with mental illness  
I would use it to describe how no one is alone and that if anyone has problems with their mental health there is always someone you can reach out to.  
Bring awareness to my family.  
Schedule my 1st appt w/ mental dept.  
Find more resources, talk about mental health more  
I will use what I learned today to reach out for help in order to not hurt myself and to change. I will start reaching out to my local and community college resources to help me!  
I will help my little sister get therapy and look into the resources that were provided as well as continue to be a proper advocate as a girlfriend of someone with a mental illness.

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

(Highlights: see raw data for full list)

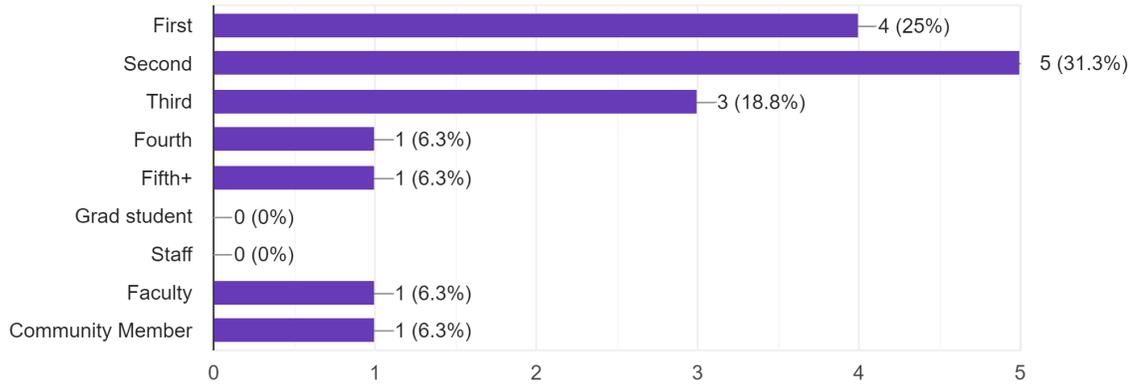
My biggest barrier was the stigma that mental health is not important.  
The stigmas towards mental health  
My own internal, deep-set fears of opening up to others in fear of how they will respond.  
my own depression and anxiety itself  
The fear of being judged and that no one will listen  
Time.  
Taking action may be keeping me back from seeking professional help.  
Understanding my struggles and getting help for it, good support system  
My biggest barriers to my mental wellness include being mistreated, going through an episode or attack again, seeing someone that I am afraid of, and how my family may respond.  
Not being able to go to in person therapy  
I have felt that if I needed a resource they were accessible, but for my boyfriend his family does not exactly have money to be seeing a professional every week or probably every other week because of how expensive it can be. My little sister also has been struggling with her mental health and I want to find her a resource because my parents have been too busy. I feel that these are barriers that impede getting help.

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

I think the panel should be talking throughout the event instead at the end; will help piggy back the short films.  
If we are trying to de-stigmatize, please put some white people on film too. The 3 films shows a Latina, Black woman, and Asian transgender. The message is that white people don't have problems?  
After videos, continue to spotlight in discussions how mental health can affect people in personal yet common ways (like everyday routine)  
Try a few more breathing exercises  
Provide information for resources for those that have children and or are taking care of their parents.  
Provide health resources.  
More of this available to gather together and discuss  
I honestly can't think of anything that could improve this event, it was very easy to participate in this event and everything was very informative! :)

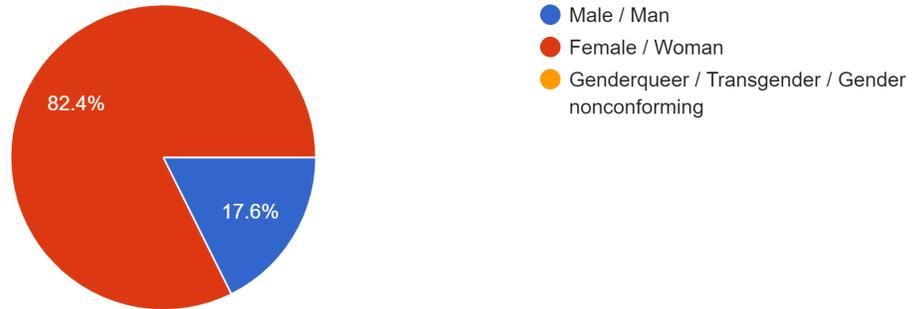
| Major                     |   |
|---------------------------|---|
| Psychology                | 5 |
| Nursing                   | 1 |
| Art                       | 2 |
| Early Childhood Education | 1 |
| Paralegal                 | 1 |
| Communications            | 1 |
| Accounting                | 1 |
| Music for Transfer        | 1 |

Year  
16 responses



### Gender Identity

17 responses



### Ethnicity

17 responses

