

# Movies for Mental Health (Online)

## Post-Workshop Evaluations

College of the Canyons  
September 22, 2021

Approximate maximum attendance: 22  
Number of evaluations: 13

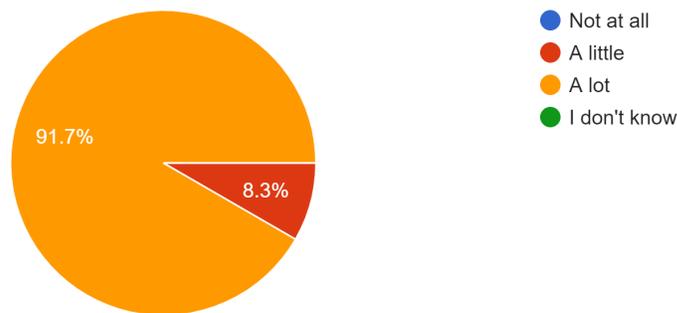
In your opinion, did this workshop increase your awareness of mental health issues?

12 responses



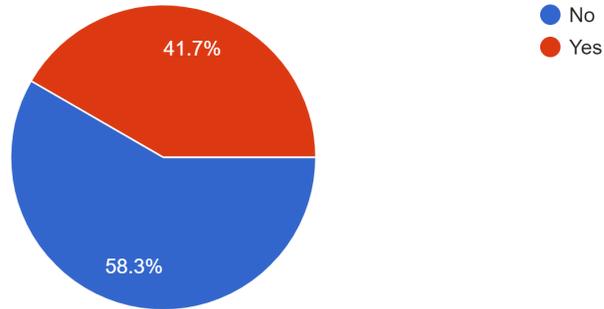
In your opinion, did this workshop help you confront and address stigma related to mental illness?

12 responses



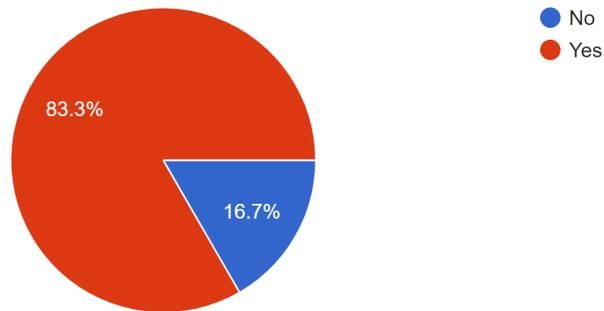
Did you know about the the Mental Health Services Act before this event?

12 responses



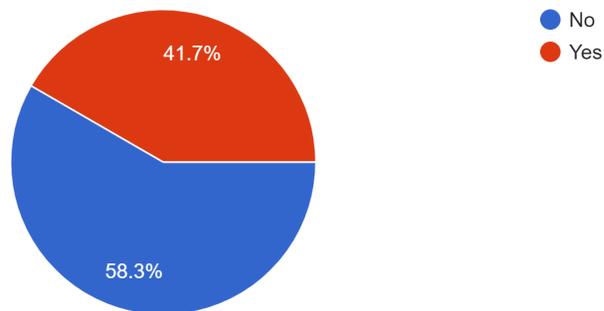
Did you know about your school's counseling services before this event?

12 responses



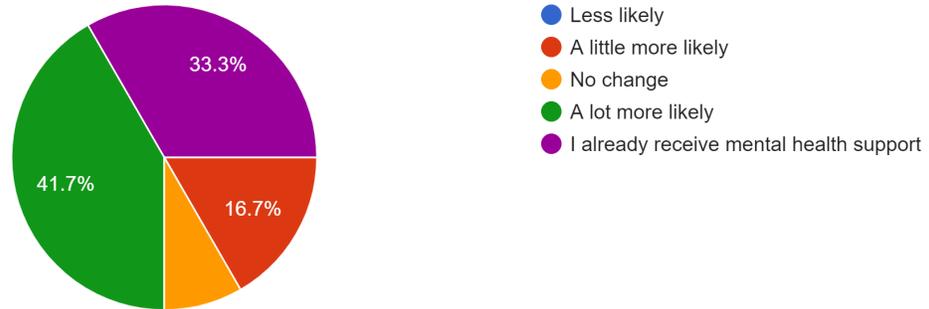
Did you know about the community resources before this event?

12 responses



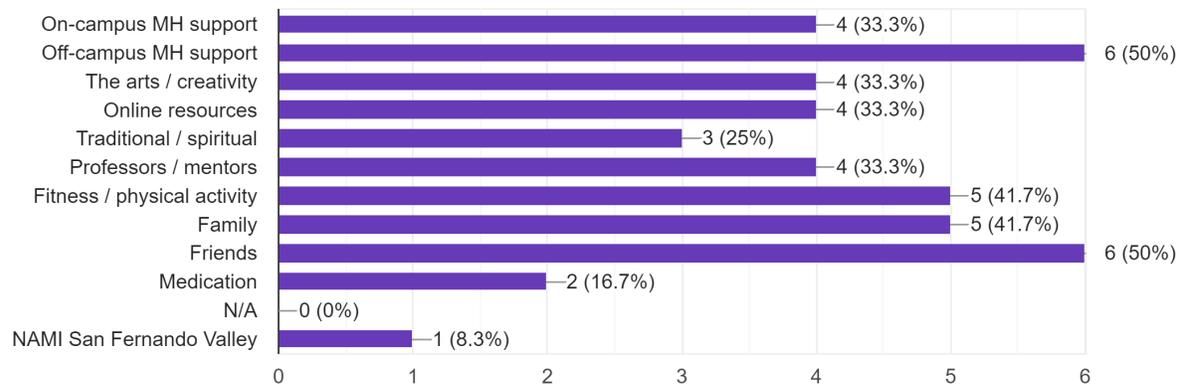
After this event, are you more or less likely to seek support for your mental health?

12 responses



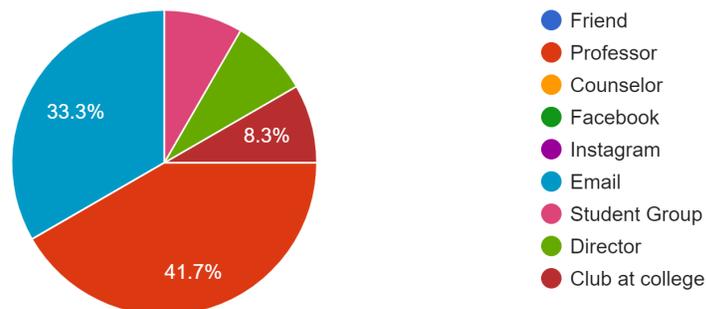
What type of mental health support do you think would be most useful to you?

12 responses



How did you hear about this event?

12 responses



**What was your main takeaway?**

Take Naps :-)
Pause, be present and breathe.
I am not alone and that I don't have to suffer by myself.
That mental illness is not a bad thing
Everyone can relate to people who are struggling with mental health issues
Mental Health affects everyone differently and although mental health is not in our control, mental wellness is. There is hope and there are a lot of resources.
Mental health is a broad topic, but an important one.
My main takeaway from this event was to be more mindful and connect with yourself more.
We define our own mental health

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

Helpful and a MUST
It creates a safe space where you can be vulnerable and not feel judged.
Knowledgeable and safe.
Fabulous; you should go to the next one if they have another one
Awareness of Mental Health, what it is and what is out there to help people.
Amazing
I would describe it as very helpful, mindful, and full of beneficial resources.
A comfortable way of sharing your mental health experiences with others in a healthy and safe space.

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

Seek counseling outside of work
I'll discuss what I've learned with my therapist!
I want to start meditating at least five minutes a day to reset myself.
Listen to people who are struggling and reach out if you are having problems
Refer students to utilize the Counseling Center at the college and how to best support them.
I would use what I learned today as a stepping stone for myself to start taking care of myself more and being more mindful in all aspects, especially when concerning my own mental health.
In battling with my own anxiety and depression, there's no such thing as too much support.

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

(Highlights: see raw data for full list)

Time

My biggest barriers are fear of being judged and being pitied upon.

I think I am scared of what others would say about me

Stigma; everyone thinks I am the strong one with no problems

Finding a therapist is very hard.

My biggest barrier is not always knowing what I need in the state of depression

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

Openness.

I think it is great, maybe including more sympathetic exercises because I enjoyed participating in those.

Maybe more panelists with personal experiences

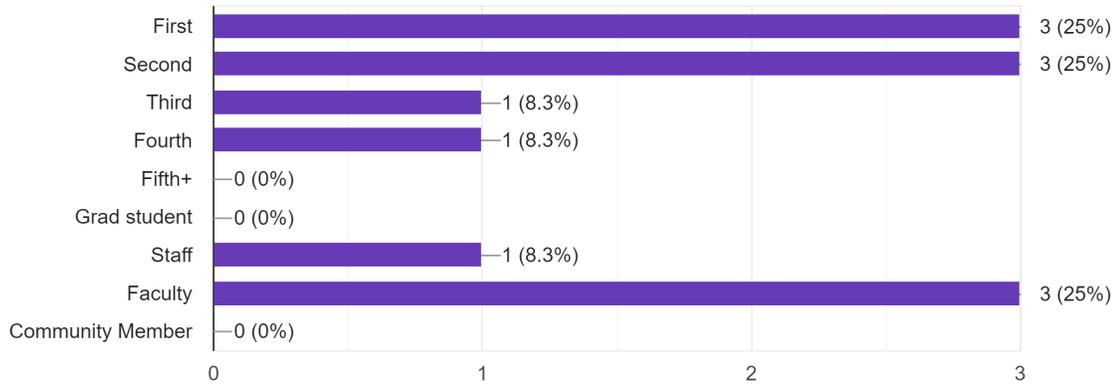
One thing to help improve this event for the future is to let participants ask questions throughout rather than just solely leaving it for the end.

## Major

Clinical Psychology with a minor in communication studies	1
Educational Counseling	1
Environmental Science	1
Psychology	2
Business Administration	1
N/A	1
Graduated	1
Music	1
Biology	1
Liberal Arts & Sciences-Social and Behavioral	1

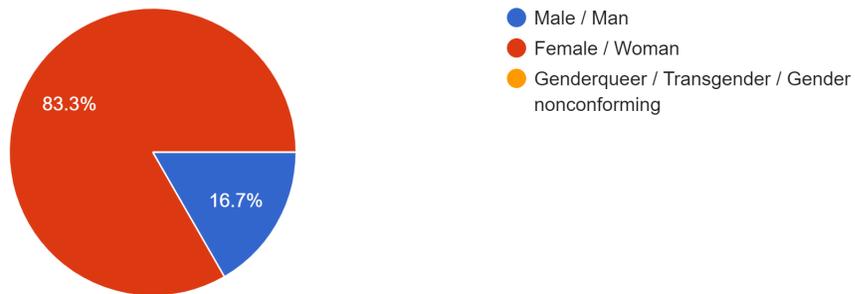
### Year

12 responses



### Gender Identity

12 responses



### Ethnicity

11 responses

