

# Movies for Mental Health (Online)

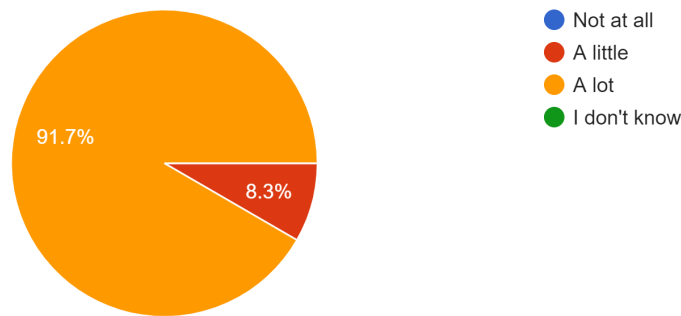
## Post-Workshop Evaluations

Crafton Hills College  
February 16, 2022

Approximate maximum attendance: 36  
Number of evaluations: 12

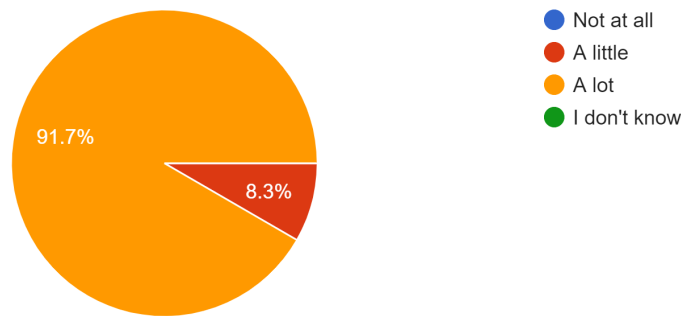
In your opinion, did this workshop increase your awareness of mental health issues?

12 responses



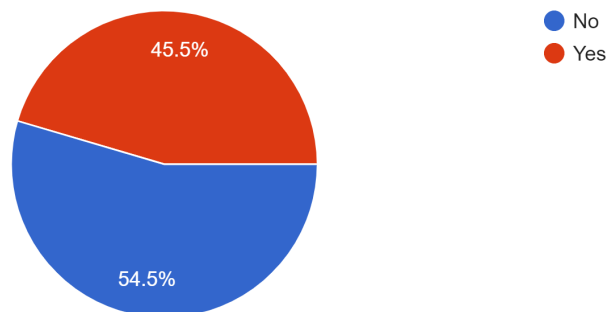
In your opinion, did this workshop help you confront and address stigma related to mental illness?

12 responses



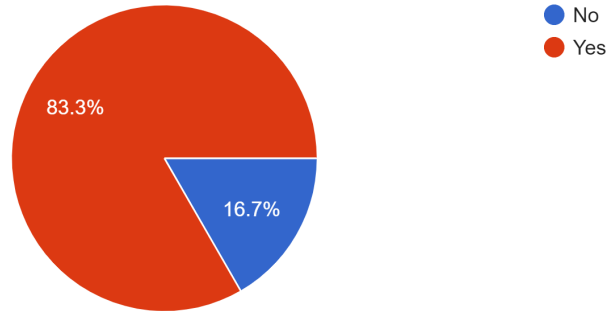
Did you know about the the Mental Health Services Act before this event?

11 responses



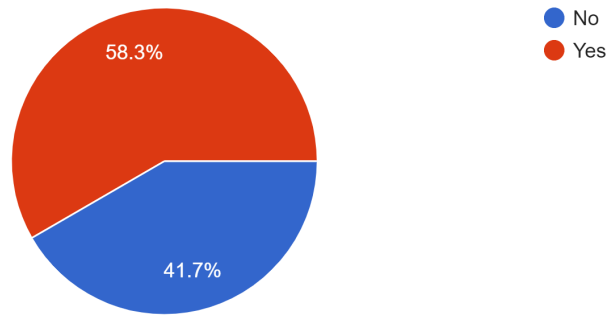
Did you know about your school's counseling services before this event?

12 responses



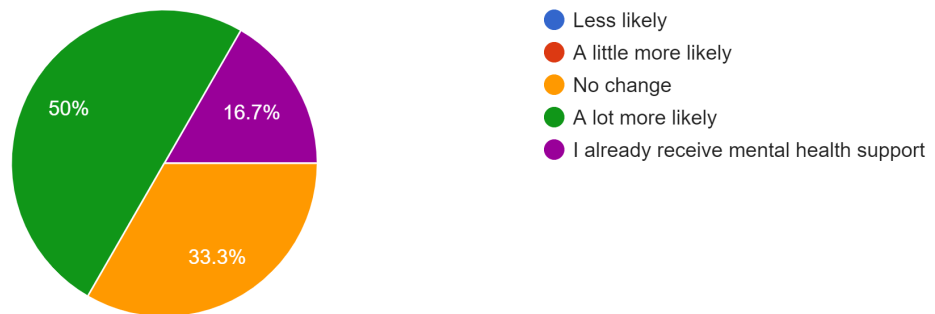
Did you know about the community resources before this event?

12 responses



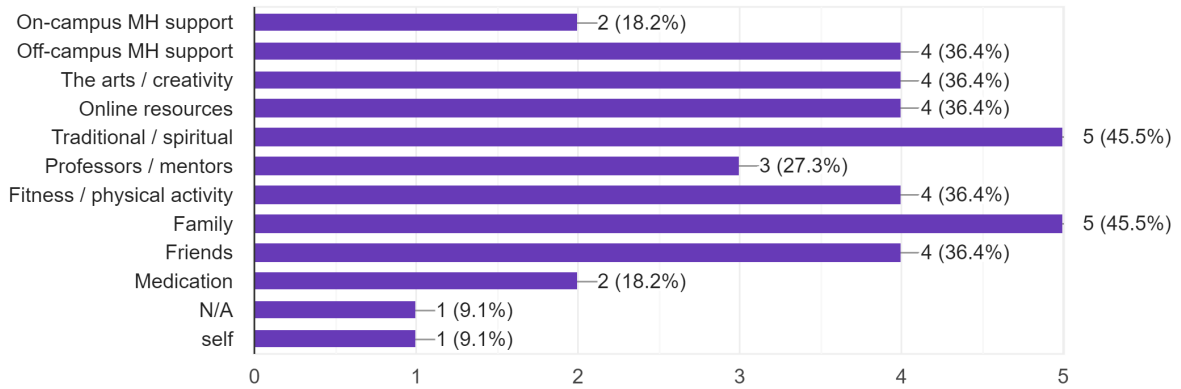
After this event, are you more or less likely to seek support for your mental health?

12 responses



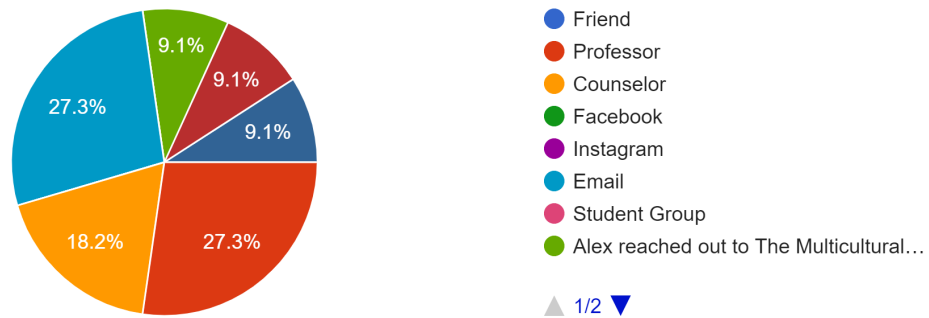
What type of mental health support do you think would be most useful to you?

11 responses



How did you hear about this event?

11 responses



**What was your main takeaway?**

- Mental health is the top priority
- Many suffer without us knowing
- Let's support each other.
- Don't let stigma get in the way of getting help.
- I learned a lot from this discussion. Bringing this subject to the forefront is so important. Help is available.
- I learned about how people in the chat also relate and figure ways to help them out to become better or at least understand how to control their own anxiety
- I took away that there are other resources with the county that I did know about. It was also a reminder that others live with similar symptoms as I do.

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

Extremely helpful and awakening

Informative, well planned out

I would definitely recommend for them to sign up in the future

The workshop is helpful, and it is a safe place to learn about MH esp with films and panel sharing. It helps to normalize mental health issues.

A supportive discussion of mental health issues with information on how to get help

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

Breathing exercise and body scan

I might share movies with students, family and friends

I'll recommend using the resources of Art with Impact in addition to those the panelists outlined.

For myself, using some of the breathing techniques and ideas shared by others in the chat. I feel more educated by watching the films and understanding what people go through with their mental health crisis.

I will be using County resources more often. I thought that I was limited to school and my medical insurance.

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

Time

Trust

Myself

I get scared or shy or feel like they will judge me

My mental and emotional pressures aren't "at that level."

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

More examples and movies

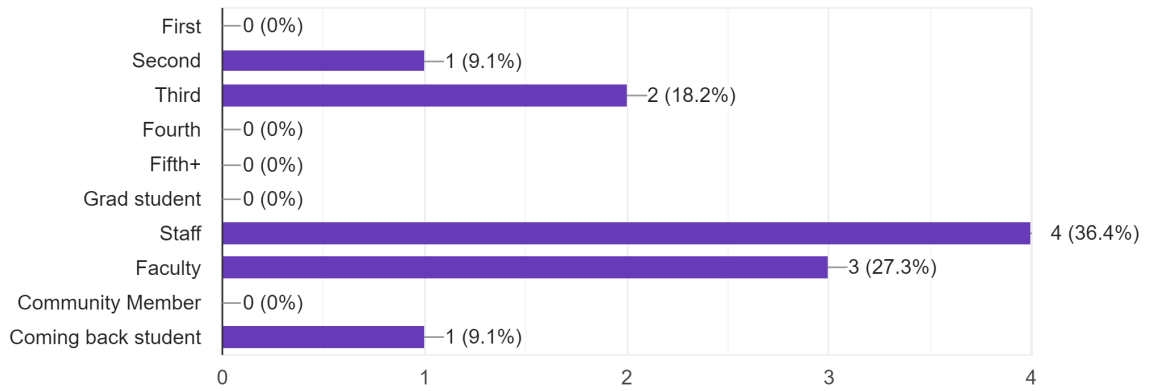
I have attended 2 virtually and one in person and each time wished there was more time left immediately after viewing the films to discuss and process them while they are fresh. This happened better in-person . It is ok online but not as powerful since you can't see the faces of those who are sharing their responses to the films in a very raw, transparent way. I know the films beautifully depict experiences many of us have had and feel like the invitation to process the films is rushed.

I wish more people had questions, but that isn't something that you can control.

Major	
English	1
Business	1
Child development	1
Psychology	2
Career Education	1

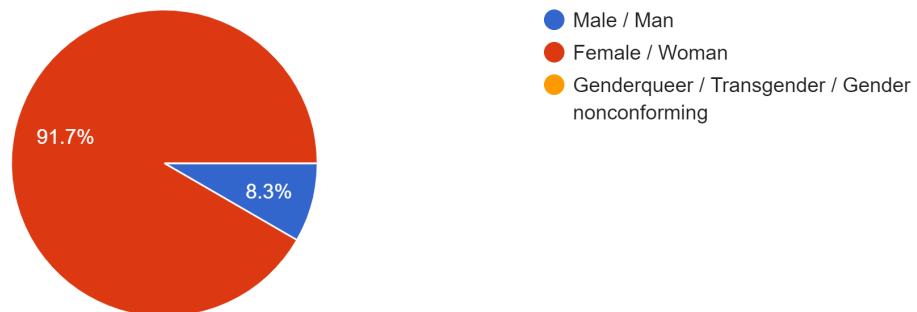
Year

11 responses



Gender Identity

12 responses



### Ethnicity

11 responses

