

Movies for Mental Health

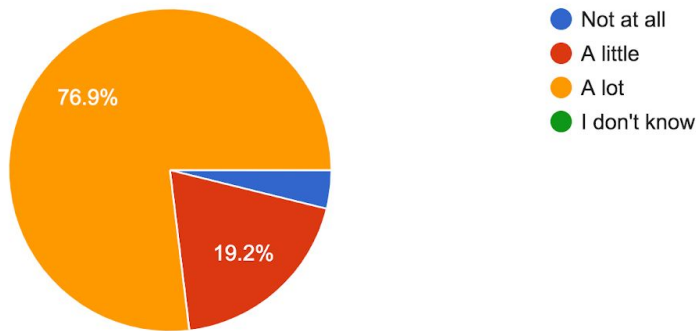
Post-Workshop Evaluations

Cypress College
April 22, 2019

Number of attendees: 32
Number of evaluations: 26

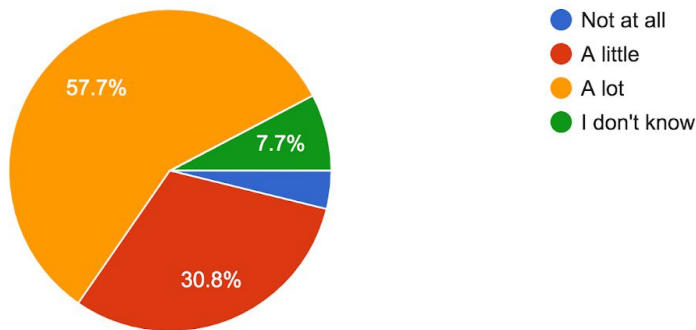
In your opinion, did this event create awareness of mental health issues?

26 responses



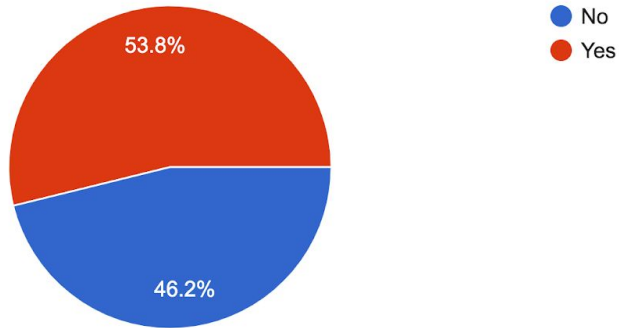
In your opinion, did this event reduce stigma related to mental illness?

26 responses



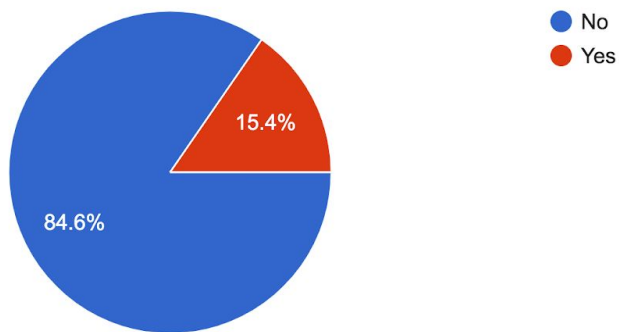
Did you know about your school's counseling services before this event?

26 responses



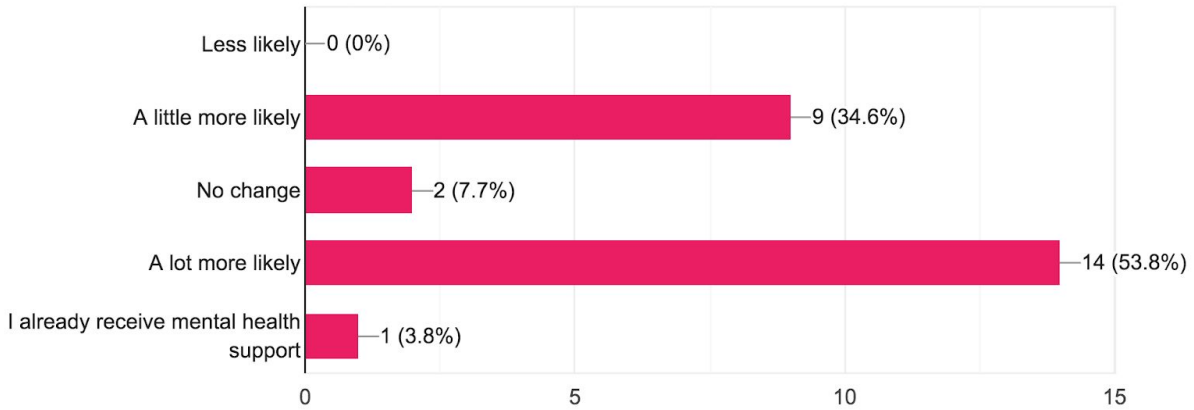
Did you know about the Mental Health Services Act (Prop. 63) before this event?

26 responses



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

26 responses

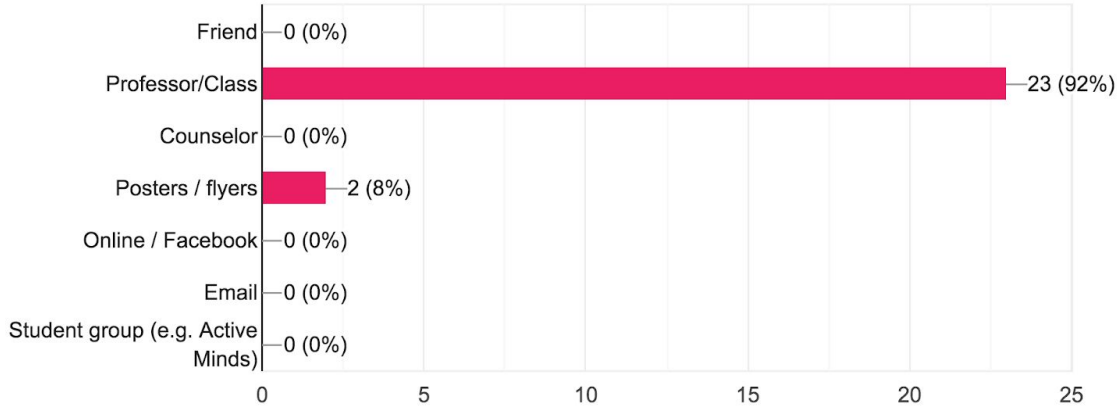


What type of mental health support do you think would be most useful to you?

On-campus MH support	12
Off-campus MH support	4
The arts / creativity	5
Online resources	5
Traditional / spiritual	8
Professors / mentors	10
Fitness / physical activity	18
Family	8
Friends	10

How did you hear about this event?

25 responses



What was your main takeaway?

(Highlights: see raw data for full list)

Mental health issues are greatly varied and look differently among people.
 Glad that someone is actively educating the community.
 Cypress has a counseling service I didn't know before.
 Take care of yourself and be mindful of others.
 To accept others/support one another.
 Have compassion for one another.
 School's counseling services.
 Better understanding of mental health.
 Mental illness does not define you.
 Awareness of mental health.
 Mental illness is real.
 It's ok to talk about it.
 Be aware of the various diseases & struggles.
 Help is available.
 I like how they brought awareness.
 Talk to someone.

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

(Highlights: see raw data for full list)

The workshop provides information in an interactive setting.

Short clips showing different situations with discussions about mental health.
Encouraging resource about mental illness.
Informational, useful, educational, and resourceful.
An art-based informational.
Very inspirational.
Go join once. It's meaningful.
Better understanding about mental health.
Interactive and thought provoking.
A discussion about mental health.
Very helpful; brings awareness.

How might you use what you learned today?

(Highlights: see raw data for full list)

Take time to understand what/how people are feeling and why.
Tell friends at Cypress College about the mental health counseling free 8 sessions.
Consider my bias before passing judgment on others.
Use on-campus support and try to destress.
Make other students aware of resources.
Will help my career as a nurse.
Using support more.
Being more aware of myself.
Apply to daily life and be more aware.
Be more mindful of others.
Educate and reach out to others.
Be able to talk about my thoughts/feelings.
Share this information with others.
I will seek help with my mental health.
Non-judgmental attitude.
Do not judge; understanding/empathize.
Be a listening ear.
Bring awareness to self.

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

(Highlights: see raw data for full list)

Time and available resources. Lack of energy.
Time. I have no time for anything that I like while in school.

Myself, very impoverished. Don't want sympathy for how I feel.
 Culture repression.
 No information about resources.
 Myself.
 Resistance to seeking help.
 Stigma and pride.
 Family stigma.
 Time, too busy with school.
 Resources.
 Embarrassment.
 Busy life; in denial.
 Busy with school and work.

How can we improve this event in the future?

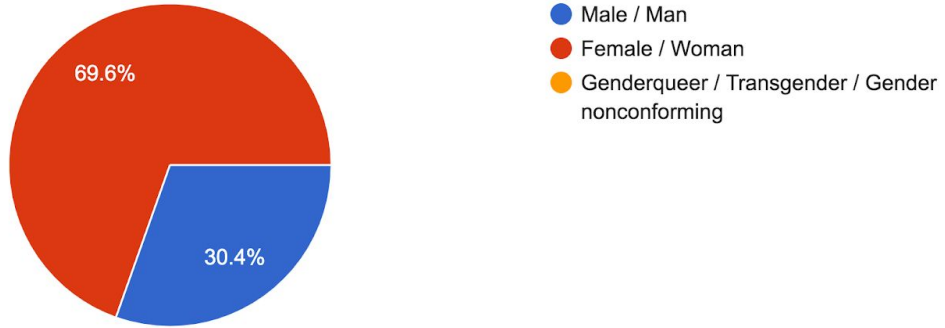
Maybe just do all of the audience participation questions at the end all at one time.
 Make it available or mandatory for other classes such as the science majors.
 More panel discussion time.
 Advertising to bring more people / More advertisement will help to invite more people. (x4)
 Everything was good, so nothing
 Give info on off campus support.
 I think it was great.
 More videos, less talking.
 Great job!

Major

Nursing	18
Accounting	1
Psych	2
Sociology	1

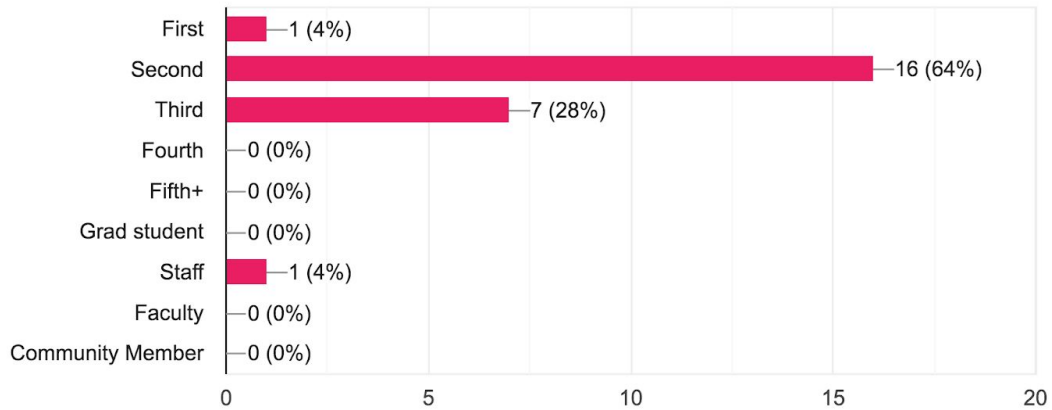
Gender Identity

23 responses



Year

25 responses



Race / Ethnicity		
Hispanic / Latinx	9	36%
Asian-American	7	28%
White / Caucasian	4	16%
Black / African / African-American	2	8%
Pacific Islander	2	8%

Middle Eastern	2	8%
Native American/First Nations	1	4%