

Movies for Mental Health (Online)

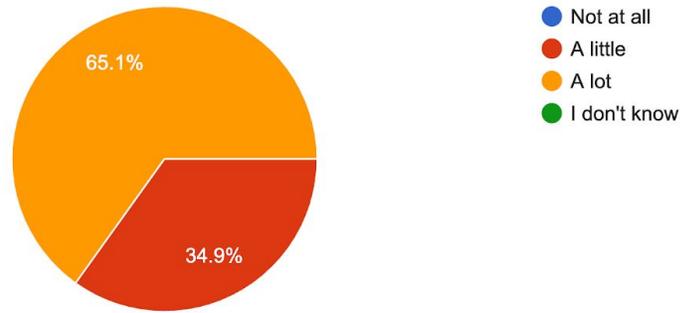
Post-Workshop Evaluations

Cypress College
October 29, 2020

Number of attendees: 78
Number of evaluations: 43

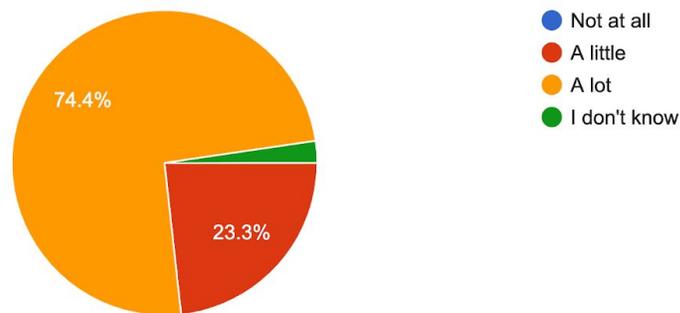
In your opinion, did this workshop increase your awareness of mental health issues?

43 responses



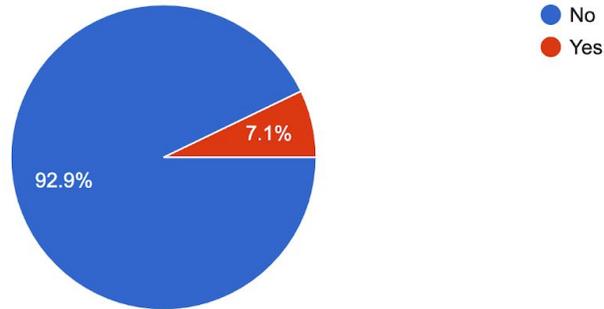
In your opinion, did this workshop help you confront and address stigma related to mental illness?

43 responses



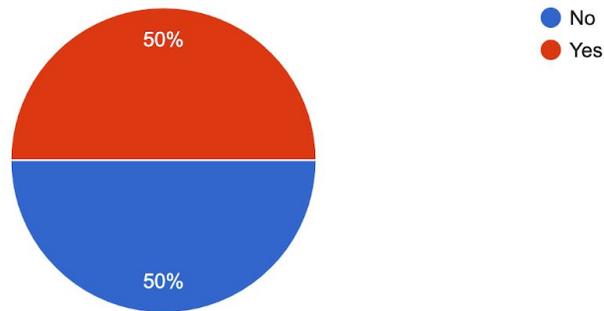
Did you know about the the Mental Health Services Act before this event?

42 responses



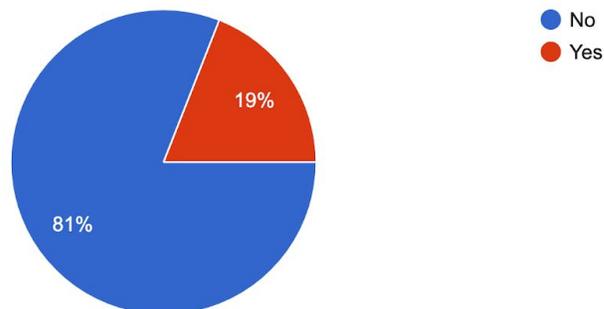
Did you know about your school's counseling services before this event?

42 responses



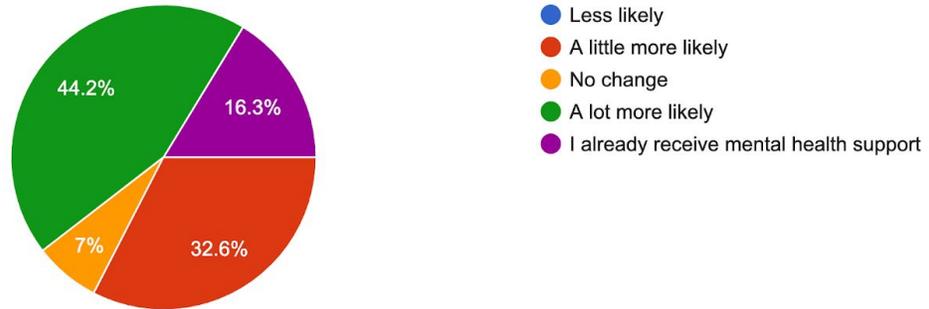
Did you know about the community resources before this event?

42 responses



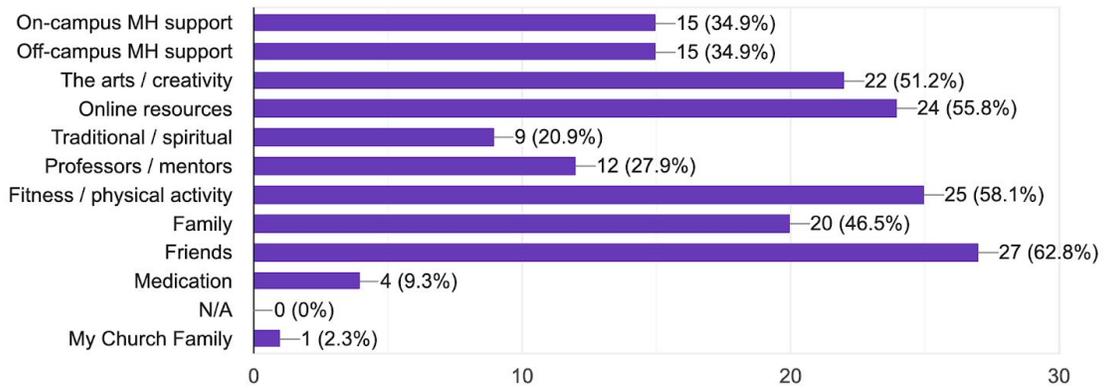
After this event, are you more or less likely to seek support for your mental health?

43 responses



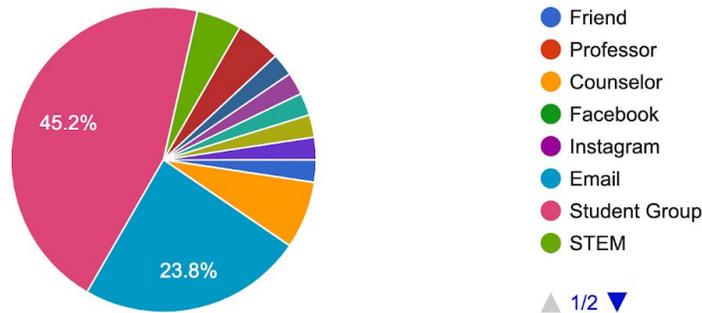
What type of mental health support do you think would be most useful to you?

43 responses



How did you hear about this event?

42 responses



What was your main takeaway?

(Highlights: see raw data for full list)

My main takeaway from this event is to reduce the stigma around mental health with the viewing of short films all related to a variety of different mental health experiences. There were also little breaks here and there for exercises and resources presented at the end like on-campus therapy.

I had a lot of tension

Be aware of stigmas that are out there and just be there to support people dealing with mental issues

Learn that its okay to not be okay. Seek for help and do not be afraid to be judged for doing so.

There is a lot of stigma around mental health that has caused me to suppress and bury my feelings and issues, but now I realize that it's okay to experience these feelings, it's normal and there are so many people and organization willing to help me. It really made me feel a lot less alone.

Mental Health is different for everyone. Don't be afraid to express what you are thinking or what you are going through. Some may find it weird or off, but continue to seek support as your mental health is more important than what you think.

I was able to learn that Cypress is more caring towards mental issues than I thought

That MH is an personal experience and that I should make sure I am taking care of my mental health

Seeing all of the films made me realize that I am not alone who has these types of feelings

I should not be afraid of seeking mental health

Mental health affects most people

I had no idea that it's something that is talked about and that everyone ignores it, but knowing that there is so much help for it out there changes a lot for me / I am not alone (x2)

There are so many mental health resources available through cypress college (x2)

Never afraid to seek help for stigma

About the different stigmas surrounding mental health

Mental health is what affects all of us, but we don't have to fight it alone

It is alright to talk about your mental health

It is okay to ask for help and to break stigmas

Utilizing movies and TV shows to see where I am with my own health. To see what I can do for others when we agree to watch a movie together

It is okay to not be okay (x3)

We still need to educate and reduce stigma surrounding Mental Health

I didn't realize how many people I can relate with

I learned that MH should not be taken lightly; there are many people like me who need someone to talk to

Mental Health and self care is extremely important

Mental health is something that should be prioritized and talked about more than it is in society. The stigma that surrounds mental illness makes those affected have difficulty in getting the help they need (x2)

I though it was helpful and comforting

There are plenty of resources that are out there to help me and others (x2)

We don't know what other people are going through or what they are suffering

I'm not alone. There are many out there who are also fighting these battles and it's a major step to seek and accept help. I've always been one to choose to fight alone but it's been a struggling battle and to know I can join a group where I won't be judged for my actions is amazing.

That mental health and well being are different

The short film on anxiety i was able to relate

That there are a lot of resources available to help with mental illness (x2)

Learning new things in regards to mental health

That these struggles are still apparent in our communities and that we can still get through it. Those 3 films as well built new understandings.

The stigma around mental health is a large barrier for people. There are also many ways and exercises you can do to help improve your mental health.

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

If I were to tell a friend about this workshop, I would describe it as an eye-opening experience for people that aren't familiar with mental health and a place where people can connect with their own experiences in mental health (public chat)

A way to help yourself to MH resources (x3)

Informative, mind-challenging (x2)

Helpful to anyone curious about the struggles and support to anyone or anyone who knows someone struggling with a mental illness

It's a great experience. There are so many resources we don't even know about. I really felt like it was a safe space and I felt good knowing that a lot of other people feel the same way I do.

It's an informative environment that helps educate the viewers on the topic of mental health and helps bring out a conversation about mental health. Would definitely recommend someone to join one to at least familiarize themselves with mental health.

I would say it's a good way to understand how people with mental illness feel and to demonstrate how there is hope to help them

It's powerful and helpful. Seeing these films made about people who share the same problems kind of gave me a sense of relief because I know that I am not fighting these problems alone.

Shows meaningful videos and breaks down the stigma on mental illness.

Eye opening and educational

Best personal help you could get to open your brain and heart to the world and stop hiding

An introduction to some aspects of mental health and resources to help with mental illnesses.

Learning about improving your mental health (x2)

An enlightening experience, as it taught me a lot

An interesting experience

A resourceful and educational workshop reflecting and going over healthy ways to cope with a mental illness and keep track of mental wellness

Interactive and fun to learn about using multimedia to remove the stigma of mental health issues

Eye opening to your own feelings or stigmas toward yourself

Interactive and informative (x2)

Helpful, a learning experience and supportive / helpful and welcoming (x4)

An informative, interesting, and reassuring workshop

An event that made understanding mental health in a more accessible manner and discuss it with others who are going through the same struggles

An invitation to all encompassing mental health

Comforting and nice

Very insightful and enjoyable

One step

A safety discussion on mental health. There are no wrong answers and no judgements here.

Awesome

It was a really awesome workshop to know about mental health

Helpful, easing, hopeful, and educating

Watch it for the videos because you may feel like you need help and can reach out for help

It is where we saw short films on mental health talking about how our feelings are always valid

Supportive and eye opening to how people struggle differently but we can go through it together.

Encouraging and helpful

Understanding more about what mental health can be and its affects it has on people, how others cope with their struggles, ways you can feel better and help others

How might you use what you learned today?

In case I need it, I have the email of the counselors and services
I knew of the breathing technique, but I didn't know of the body scan so I might use it in the future whenever I feel anxious or worried
When my mind is wandering, I'll take a break and breathe
If someone I know is struggling with mental health I will try to refer them to resources to help them if they need it
The breathing exercises really helped. As well as the body scan. I had not known about
I would want to approach the topic in different direction. I am grateful for not having too much of a problem with mental health, but I know others who do have problems with their mental health, and I want to be there for them and be able to console them correctly instead of disregarding their situation or plea for help.
I'll keep the resources shown in mind in case I ever need them
Be kinder to myself and prioritize my mental wellbeing
I can use this to show other and spread this because I know this can be a way of healing for people who suffer the same thing that I do
Look into getting mental health services
Take some time out the day to do breathing exercise
To better myself and know that I have a backup at all times
I might use the resources mentioned that I was unaware of previously
If I feel worried about anything, I'd look for help from my family and friends
Be more aware about what other people are dealing with
I could use the methods of coping with mental health to help me be better
I might use the breathing exercise to help calm myself down
I will be participating in mental health workshops a lot more often to help me cope
When I get upset with a movie or even if I really like a movie regarding mental health, I want to find out why
The breathing exercises were helpful to calming myself
Share the knowledge
I will try to change my mindset to not have as many negative thoughts
I will try using more resources to help myself
I'm going to do more self care
Within my daily life and routine by taking more time more mental health and self care
I would use what I learned and apply it towards my current relationships with others to better understand what they go through in terms of their mental health
Don't be afraid to ask for help
This workshop motivated me to keep doing better. I feel excited to keep growing into my best self.
I was watch my mother in low and her behavior is like she suffered anxiety
Daily life
I'll use what I learned today to really work on my health. I haven't been keeping a proper health routine and it's been weighing on my emotions.
Gaining more help for mental health
I'm gonna find a hobby that I like doing
The answers from other people helped me for the futures and what I can do for others and myself when struggling with mental illness
I will look for help when I feel I have some mental illness
I learned to monitor my body and learn to breathe!
Raise awareness to more people
I'll use that knowledge by sharing it with my friends who struggle through something similar to what I go through as well
Have an idea what to do if I am suffering from a mental disease.
Practice exercises for myself and reaching out for help. Also being there for friends who do reach out and listen

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

(Highlights: see raw data for full list)

It feels strange to talk to someone I don't know

My biggest barrier when it comes to mental wellness is usually financial availability, resources affordable

The pandemic

The fact that the worker/counselor/therapist might not care as it is ultimately their job. I have been to a therapist before and it truly seemed as if she didn't care whatsoever.

Mainly cultural stigma. As a hispanic, it's hard to talk about mental health even with family because they'll usually just dismiss it or claim I'm exaggerating. Sometimes I feel like it's true but others, I really wish I could talk to someone about how I feel.

My culture. Asian culture does not touch on mental health in the slightest. It's either you work hard towards your goals and aspirations or be looked down upon as a lesser being.

I don't like sharing with others my low points, I don't want to be remembered for that

Family doesn't think it's real and always invalidate my feelings.

I feel that I don't put in a lot of work. I feel that why am I still here in this college. I have feeling that make me feel alone and I can't do anything. I have a sense of hopelessness and that I am a lost cause to my family.

My biggest barrier is that I don't share my feelings or address my wellness with others

Scared of failing all the time, but working hard and doing sports helped me get over it all the time

Feeling the motivation to seek help

Stressed

Maybe being scared about being judged

STIGMA! (x2)

I am my own barrier, I always doubt myself (x3)

Shameful stigma in my family relating to mental illness in general

Financial. I used BetterHelp and had a therapist, but it costs about \$140-180 per month to maintain a membership / Not having money for it (x2)

I wasn't sure how to seek help or if my problems were even that big

Lack of resources

I'm scared of what my parents might think and being judged from a stranger (x3)

Being busy with school, exams, feeling like if my family knew I'm seeking support I would feel shameful, embarrassed, and overly dramatic

The biggest barrier I face is coming to terms with my poor mental state at times and dedicating time for self-care to avoid burning out

Asking for help, because it takes forever for the response.

Being busy and overwhelmed with balancing school, work and life (x3)

Invalid

There were moments in my childhood where I would cry and my father always brushed it off as a child seeking attention. He would get angry and choose not to nurture in those times of pain. In turn, I saw it as a bad thing. Never display your emotions to others, otherwise they'll think little of you. It's been difficult sharing my emotions and instability with anyone since then.

Not knowing where to start

My culture, Middle Eastern culture ignores mental illness.

People think i am too emotional

I'm not comfortable in sharing at all, love having my barriers. I also strongly believe that, talking to someone about how to get better makes me weak, even though it doesn't, I still think that way. I'd rather suffer through it alone and somehow get better than talking to someone about it and having someone else know.

Procrastinating and ignorance

How can we improve this event in the future?

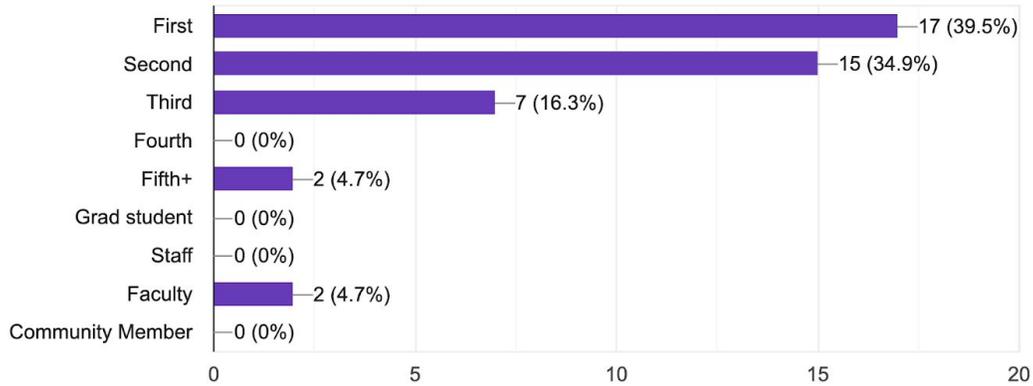
The workshop was very insightful, I don't think there are any improvements to be made
 Give a document full of links to these resources
 I thought it was amazing. The speaker, Beth, has an engaging voice and the way she spoke about mental illness during this workshop was very helpful.
 Having other Cypress students talk about their experiences as a way to signify we're not alone and our peers can relate to us.
 Not sure, I really liked the general format of the event
 Maybe add a moment where we explain our current mental challenges with each other
 Not have too many breathing exercises / slightly shorter exercises (x2)
 I am not sure if this helps, but some people may share what they feel through out the their day. To recognize where we feel anxious.
 Maybe a short film that is a bit more in depth
 Great work, nothing to improve from my point of view / It was great 👍 (x10)
 More diverse examples of mental illnesses
 To improve the event, I would explain the video a bit more before and after.
 I think this event was helpful, perhaps providing more discussions and surveys and extending the conversation time
 Possibly give the triggers repeated but other than that it was wonderful
 More short films and widen the variety of mental health issues (x2)
 I think everything went well, and there is no need for improvements.
 I wish we could talk more with other students in the event about our shared experiences
 The event could be improved by adding more content about different mental illnesses.
 I would add a whole session of a good movie like Big Eyes with critique and formality of explaining these types of disabilities. Informative, rather than coping and sounding evangelist. Everyone is going through it , so let's be more blunt about it. I know that would offend people but for the next workshop with this idea already being introduced, let's accept that a lot of are going through stress with informational cues and links in it
 I'd say, add other methods of self care just than breathing exercises
 I think that in the future the environment will be different, now the situation for the covid is uncomfortable
 Sharing as you have today, that we (those who suffer similar barriers) are not alone. There are those who will be there for you and won't judge, but listen and respect your strength to share
 It was great! Maybe more videos?
 Nothing really, it already helps a lot
 I think you did absolutely amazing, no critiques for me

Major	
Architecture	1
Biochemistry	1
Biology / Neurobiology	7
Chemistry	2
Computer Engineering / Computer Science	11
Pre-Engineering / Engineering / Mechanical/Software Engineering	8

Environmental Science	1
Geology	2
Health Information Technology	1
Mathematics	1
Mortuary Science	2
Radiology Technology	1
Studio Arts / Theatre Arts	2

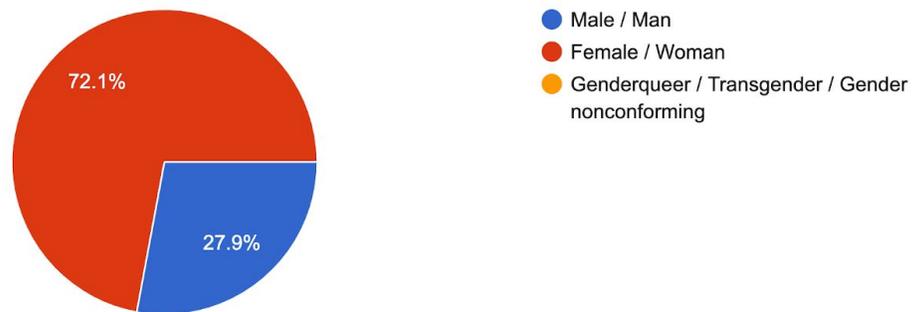
Year

43 responses



Gender Identity

43 responses



Race / Ethnicity		
Asian / Asian-American	9	21%
Black / African / African-American	2	5%
Hispanic / Latinx	17	39%
Indian / South Asian	0	
Middle Eastern	5	12%
Native American / First Nations	0	
Pacific Islander	1	2%
White / Caucasian	2	5%
Mexican / Mexican-American	2	5%
Multiracial	5	12%