

Movies for Mental Health (Online)

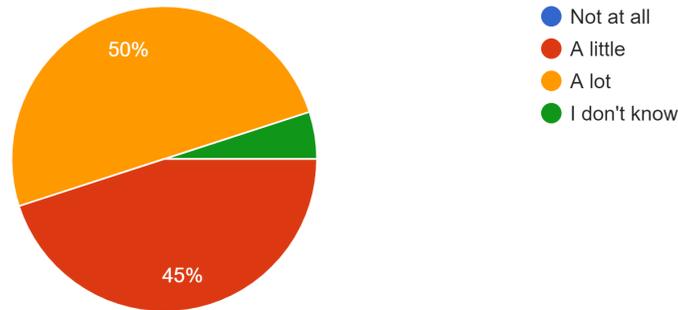
Post-Workshop Evaluations

De Anza + Foothill Colleges
October 28, 2021

Approximate maximum attendance: 48
Number of evaluations: 22

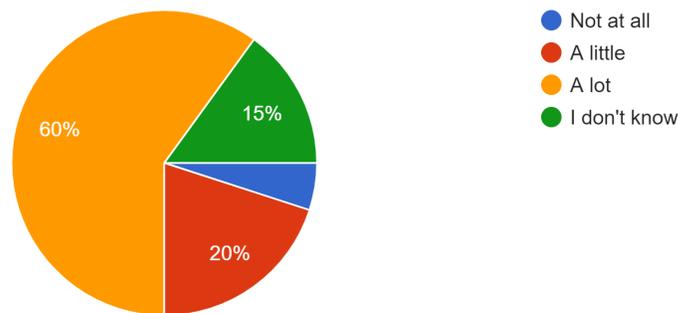
In your opinion, did this workshop increase your awareness of mental health issues?

20 responses



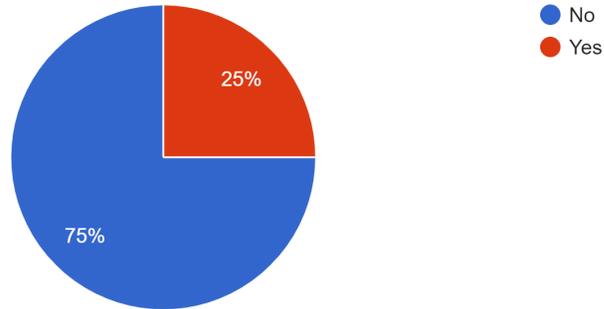
In your opinion, did this workshop help you confront and address stigma related to mental illness?

20 responses



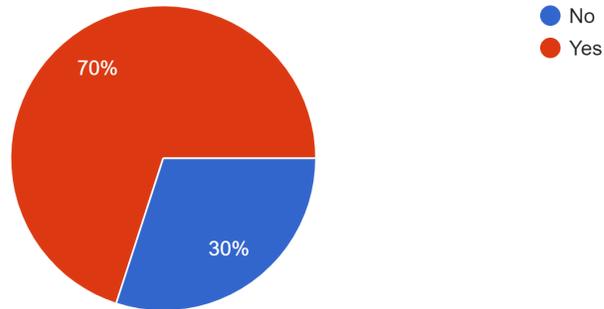
Did you know about the the Mental Health Services Act before this event?

20 responses



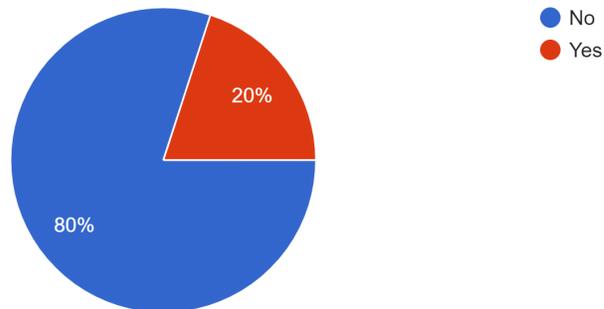
Did you know about your school's counseling services before this event?

20 responses



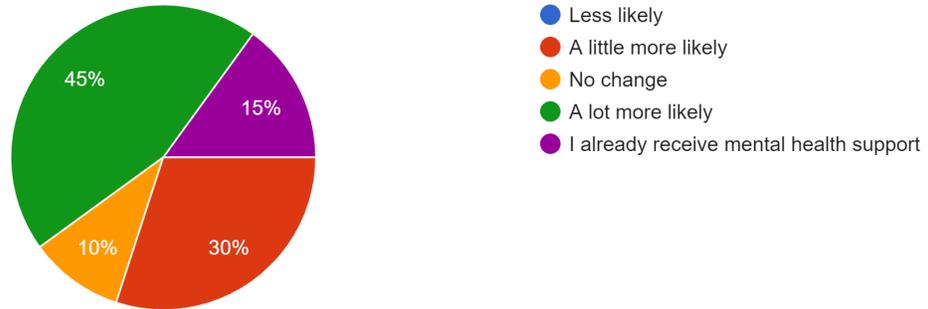
Did you know about the community resources before this event?

20 responses



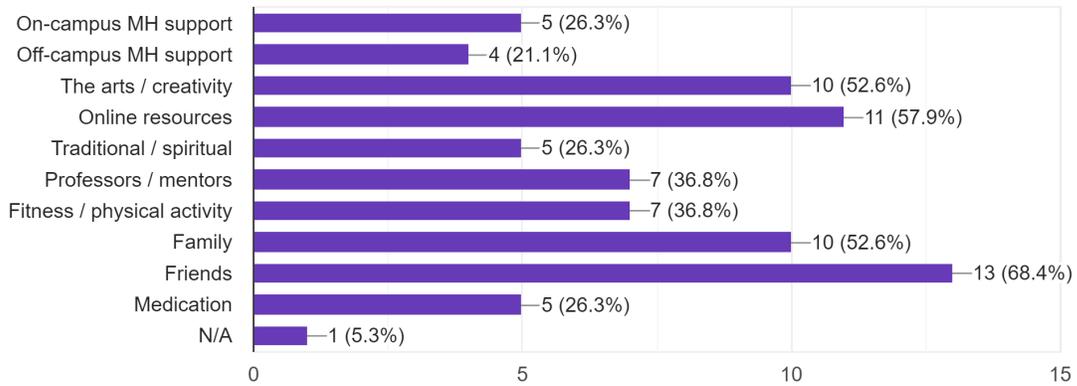
After this event, are you more or less likely to seek support for your mental health?

20 responses



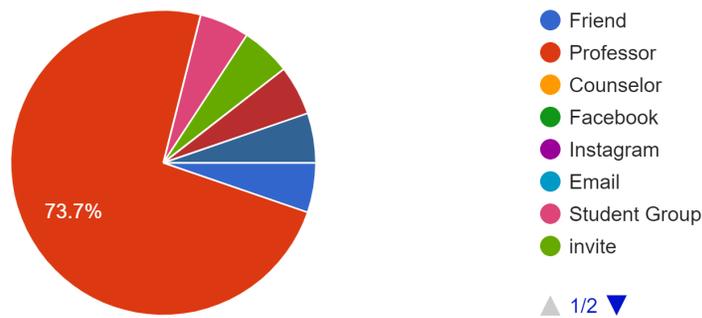
What type of mental health support do you think would be most useful to you?

19 responses



How did you hear about this event?

19 responses



What was your main takeaway?

mental health is very important, and there are a lot of resources to help you get through what you are going through mentally

The openness, and commitment from the individuals hosting was amazing, As well as the normalcy of discussing mental health in this was great. It wasn't a taboo or strange or awkward.

Mental health comes in different forms and is not the same for everyone; mental health and mental wellness should not be seen as two sides of the same spectrum

It was great to hear everyone's feedback/different experiences & that many people are going through similar struggles/employ similar methods to address their own or support other's mental health journeys.

It's important to accept your unique needs and to remember that you are not alone with your emotional health issues.

For me, I feel more willing to reach out to the mental health services at my school.

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

a great place to find the resources needed to to help you mentally and reach out to others that can help you

Perspective Changer

Come feel safe to talk openly about your experiences as well as learn about a few things about mental health

A safe community where you can be more aware about others and your mental health.

I think it was a great workshop. Very informative, interesting & well delivered! It's obvious that a lot of thought went into the workshop.

information to stay motivated and find new healing alternatives

Way to open your mind to the importance of mental health

How might you use what you learned today?

The breathing exercise!

I'll be considering asking for mental support from what I learned today.

Use on how I address mental health in the future and helped with how to help myself through my journey of mental illness

A lot of the ideas/topics covered help solidify/validate a lot of the ideas I've come up with over the years. Will continue learning & help confirm that I'm moving in the right direction with my own mental health as well as being supportive to friends, family & loved ones.

I might use some of the self-care activities that other students have shared for myself.

I will use what I learned today to go and get help!

Focus on listening to people's struggles instead of trying to fix them

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

(Highlights: see raw data for full list)

Anger/Anxiety/Mindfulness
Recourses and money, as well as the shame associated with being open about your feelings.
I tend to invalidate myself and basically tell myself that I don't deserve support because I'm at fault for things that happen.
COVID and not being able to meet people
Mental wellness looks "untouchable" or not really recognized as an issue
I was conditioned to think that I don't have any reason to be depressed so I just kept them on the down low.
I think I'm in a good place currently, but if anything it would be complacency/falling into old habits.
Being picky about who I want to share with & wanting more than 8 (eight) sessions.
My biggest barrier to seeking mental health support is fear and exhaustion of having to recount my issues to someone new. I also fear seeking mental health support sometimes because of the cost.
The biggest barrier to my mental wellness is probably no motivation to do anything, including getting help for myself. It all takes so much work
feeling vulnerable
my main barriers are time and language because I am still learning English
Finding the motivation to meet my goals

How can we improve this event in the future?

Share links to videos
Kindly add some methods/practices to be followed
Possibly leaving more open ended questions, and perhaps even digging a little deeper.
There were a few times where the meeting would freeze for me when the videos started. I think it might be from my end, though. I rejoined the meeting a few times.
More promotion for the event
The 2hr time commitment is tough for anyone with a heavy class load or standard working hours, but otherwise I think content-wise it was done really well. Thank You!
The films were very short and I would have liked to see more or have resources to watch after the event.

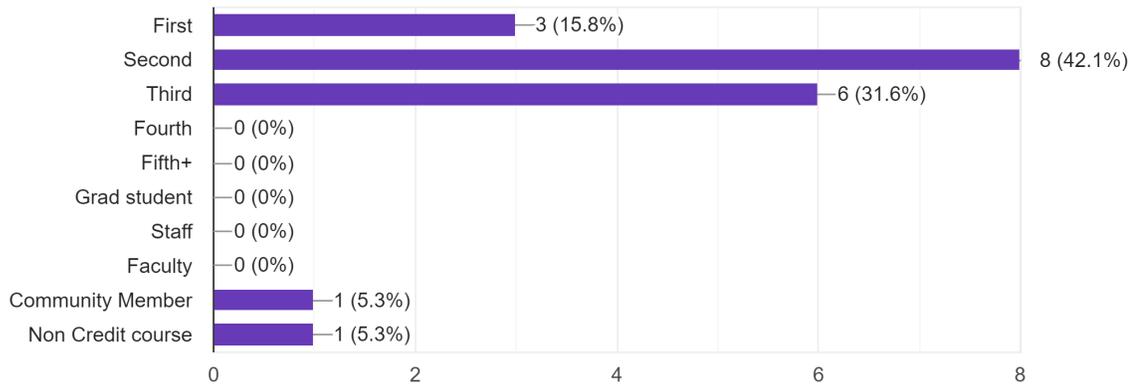
Major

Psychology	12
Communication Skill	1

Medical Assisting	1
Early Childhood Education	1
GID	1
Childhood Development	1

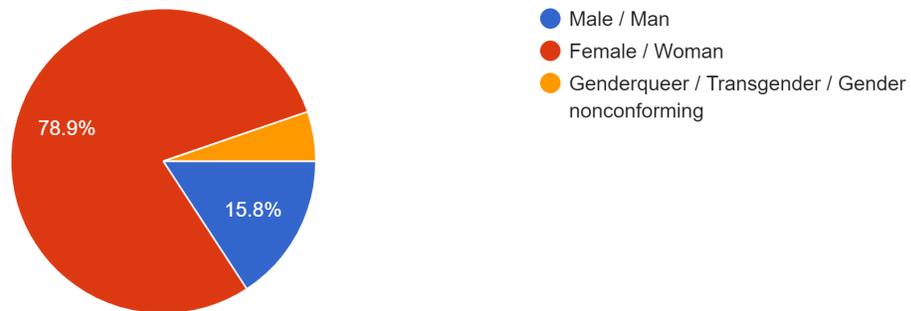
Year

19 responses



Gender Identity

19 responses



Ethnicity

19 responses

