

# Movies for Mental Health (Online)

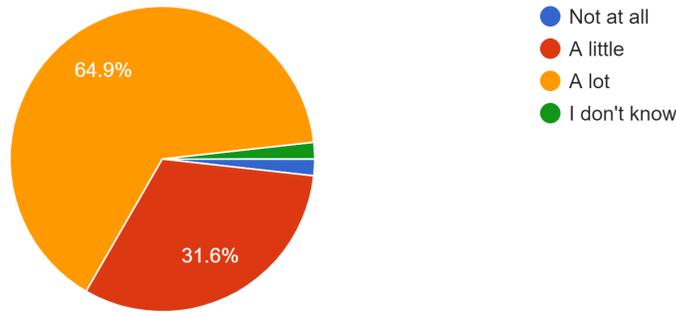
## Post-Workshop Evaluations

De Anza College + Foothill College  
March 17, 2022

Approximate maximum attendance: 71  
Number of evaluations: 57

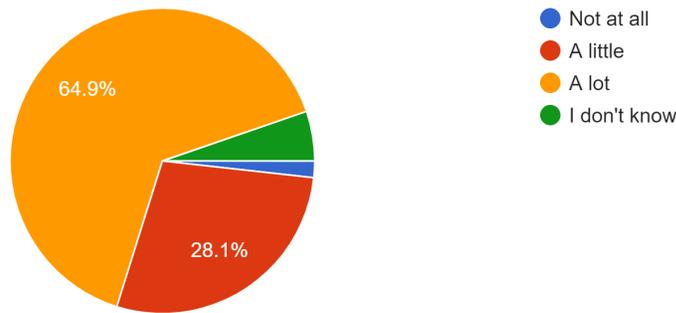
In your opinion, did this workshop increase your awareness of mental health issues?

57 responses



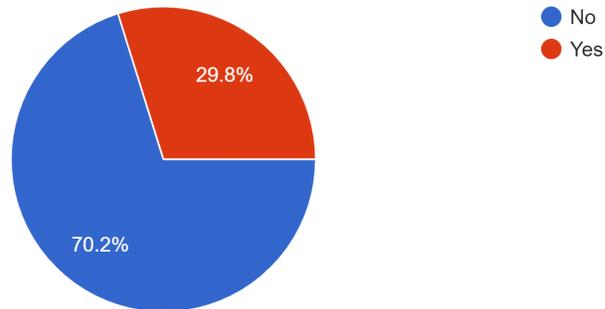
In your opinion, did this workshop help you confront and address stigma related to mental illness?

57 responses



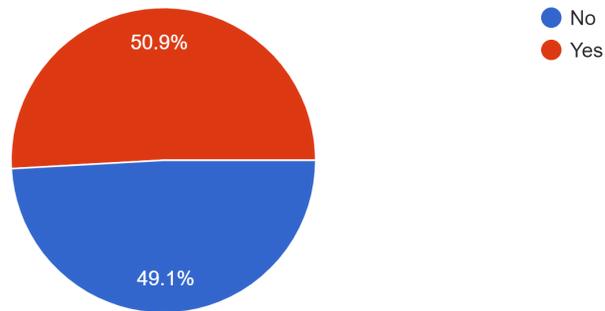
Did you know about the the Mental Health Services Act before this event?

57 responses



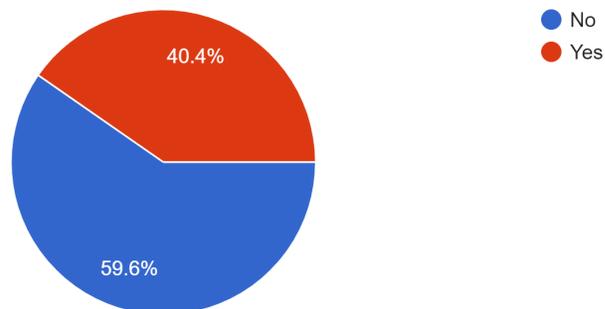
Did you know about your school's counseling services before this event?

57 responses



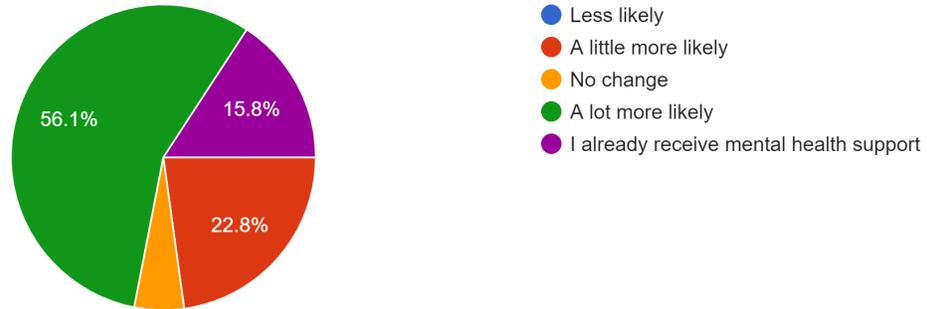
Did you know about the community resources before this event?

57 responses



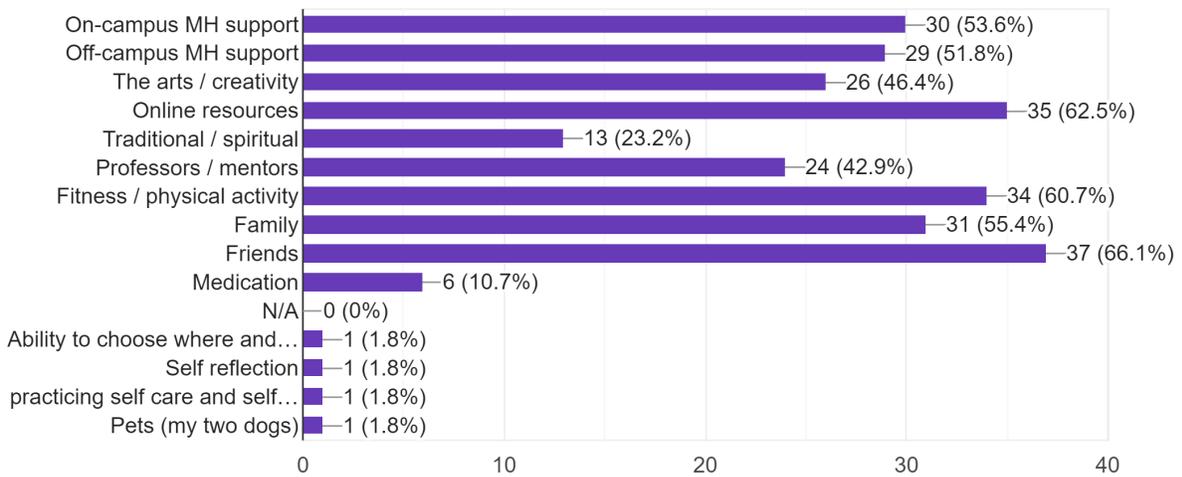
After this event, are you more or less likely to seek support for your mental health?

57 responses



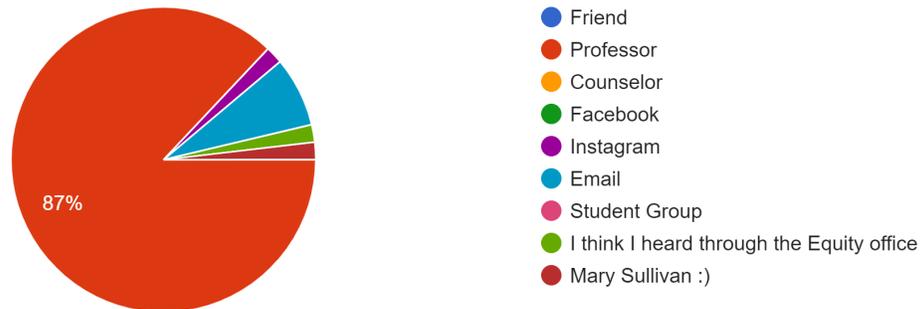
What type of mental health support do you think would be most useful to you?

56 responses



How did you hear about this event?

54 responses



<b>What was your main takeaway?</b>
That more people are experiencing what you're experiencing than you may think.
Mental Health is a complex and difficult thing to navigate, however, the movies showed me the importance of connection, relationships, and self-awareness.
My main takeaway was that mental health is something that many experience, but is often ignored. Stigmas can prevent people struggling to avoid finding help as they do not want to be seen differently by others.
There are free counseling resources on campus
My main takeaway is having a better understanding of how people who have not verbally communicated it to me may be struggling from mental health issues.
Sometimes having a panic attack or experiencing a depressive episode, I feel that I am "weird." But with films like the ones shown, it makes me feel a bit at ease that is bringing awareness to mental health and hopefully more people will become more supportive.
My main take away from this event was being able to interact with different people in the chat. It made me realize that I am not alone and truly nobody is alone.
One thing that was said that really resonated with me was how the speaker mentioned she learned to be more patient with people who don't understand anxiety. And as a person who doesn't typically experience anxiety, I just thought about how important it is for us to be more patient and understanding towards people who have anxiety. It should come both ways. With mutual understanding and patience, it'd help both parties maintain the relationship better. And this applies to people with other mental illnesses as well.
I felt happy seeing the answers my peers gave in the discussion parts of the presentation. I feel a weird relief knowing that my community has an understanding about these issues and less weird about it. I am sad that these experiences are so common though.

<b>If you were telling a friend about this workshop, you would describe it as: (Highlights: see raw data for full list)</b>
More useful than you'd think it is
It is so supportive! Try all the resources
An educational workshop, and a safe space for all!
I would say it is a mental health awareness workshop where you can learn about finding support, other peoples experiences, and overall just learn about MH.
Super open, non judgmental
I would describe it as a safe place where everyone feels welcomed. It is a safe place where you get to learn and interact with people who may share the same feelings as you.
The environment is very interactive, welcoming and inspiring.
It was a comforting, open space to share one's experiences without the worry of receiving judgment. It's also an opportunity to connect with others who may experience the same things and feelings as you.

How might you use what you learned today?
Treat myself with kindness
I liked the breathing techniques the most, I think that meditation and mindfulness is so helpful in calming yourself down.
I feel the need to confront the stigma that is so prevalent across cultures and countries.
I might use what I learned today to recognize and not invalidate my or others experiences with mental health because everyone is different and their experiences are valid.
More likely to recommend DA/FC resources to someone or use them
It was a good reminder to be checking up on people and offering to listen if they need someone to talk to.
I will definitely use what I learned today if I see or think a friend may be struggling.
Personally I was in a lack of motivation about mental health, this opened my mind to be continue pursuing my psychology career
I will start looking into the counseling/therapy sessions offered at my school. I think that would help me a lot.
I definitely want to speak to a mental health counselor since I have never done it but always wanted to. But I am still afraid of judgment and just opening up to someone.
Being mindful of others because we all might not see signs that someone is going through things. I think that being nice and understanding of others is important. Everyone goes through things and not all signs might show.
I will use the information I learned to continue to incorporate more empathy into my life for myself and others.
I already shared what I've learned with my family during lunch!

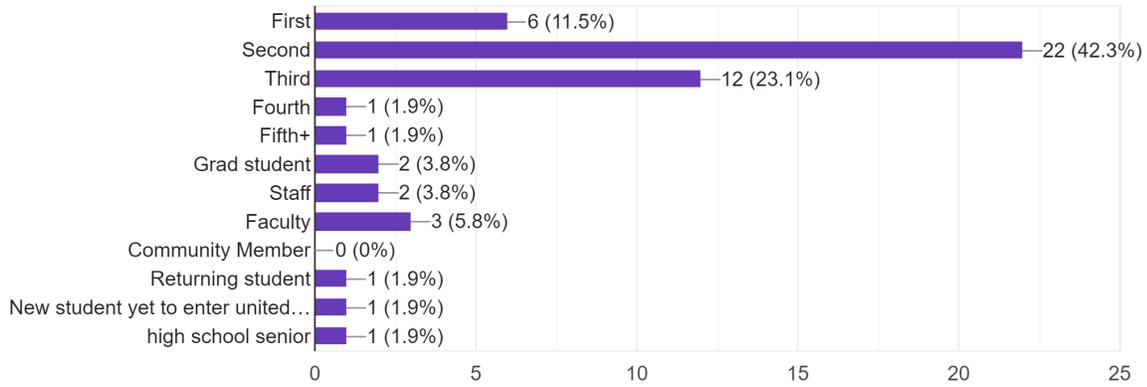
What are the biggest barriers to your mental wellness and/or receiving mental health support? (Highlights: see raw data for full list)
Shame or embarrassment
Family stigma
Being a minor
I did not know about so many good resources
Finding the confidence/energy to do so.
Price and availability
I think that my biggest barrier is finding someone who I can trust and will truly listen to me when I talk about my feelings. Also pin-pointing how I'm feeling have been some of my biggest barriers.
Not wanting to share story / appear "weak"
That I think I can handle things myself instead of seeking help.

How can we improve this event in the future?
Maybe a little shorter
Choose films that take a look at mental illness with more depth.
I liked the panel a lot, it's really helpful hearing conversations between the host and the panel
Talk a little more about stigmas and how you can either cope with them, or play a part in stopping/not participating in MH stigmas.
I loved it, only change is if these events were more often. Enjoyed it very much!
Encourage more discussions between participants to share their own experiences if they're open to it.
I had some issues getting into the event in the beginning because I could not find the link.
Further tools for mental health would be great

Major	
High school	1
Nursing	3
Psychology	28
Faculty	2
Management	1
Philosophy	1
Humanities	1
Child Development	2
Biological Sciences	5
Administration of Justice	1
Sociology	2
Computer Science	3
Radiology Technologist	1
Art therapy	1

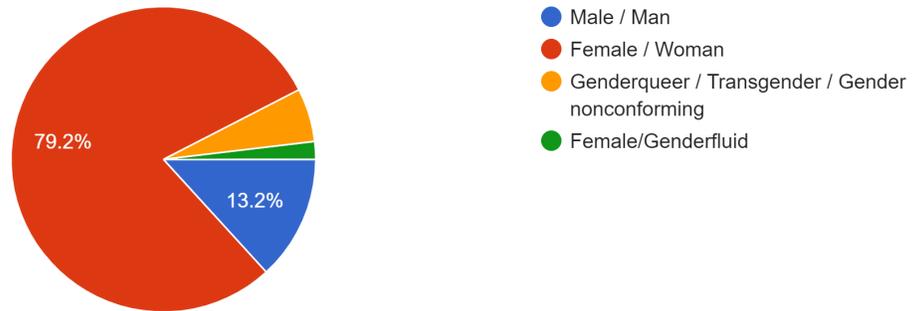
### Year

52 responses



### Gender Identity

53 responses



### Ethnicity

54 responses

