

# Movies for Mental Health (Online)

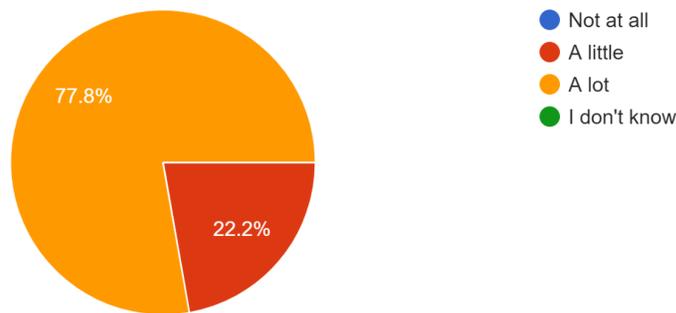
## Post-Workshop Evaluations

De Anza College + Foothill College  
May 11, 2022

Approximate maximum attendance: 21  
Number of evaluations: 9

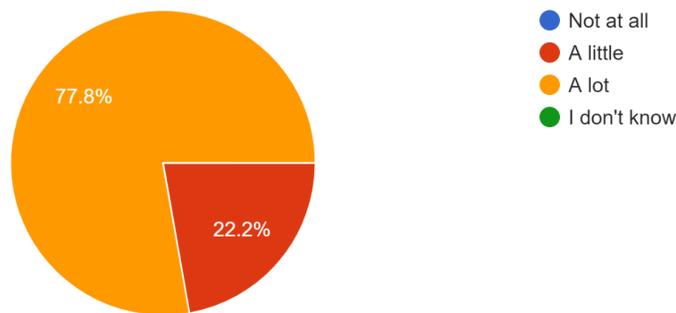
In your opinion, did this workshop increase your awareness of mental health issues?

9 responses



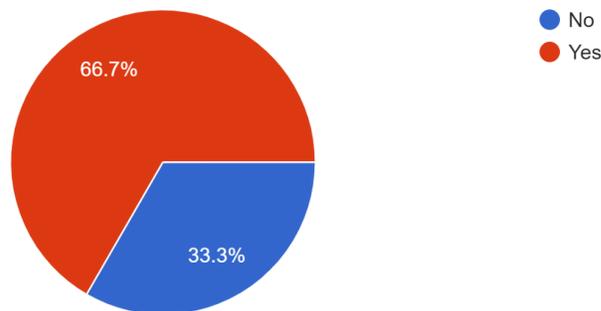
In your opinion, did this workshop help you confront and address stigma related to mental illness?

9 responses



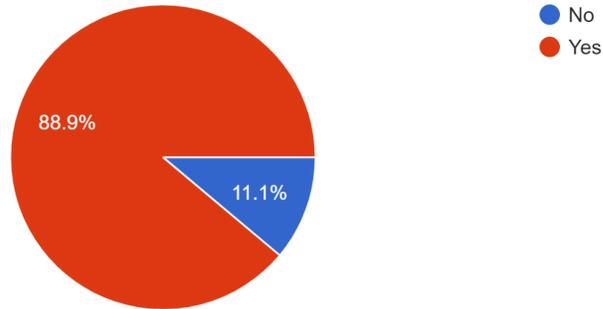
Did you know about the the Mental Health Services Act before this event?

9 responses



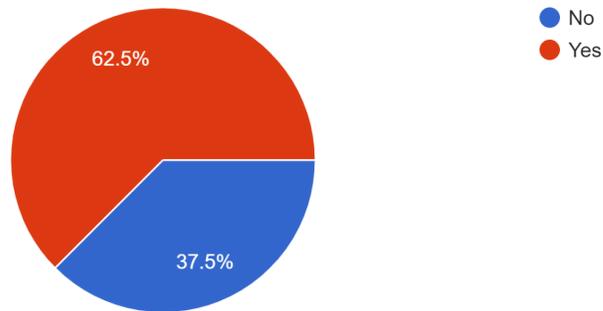
Did you know about your school's counseling services before this event?

9 responses



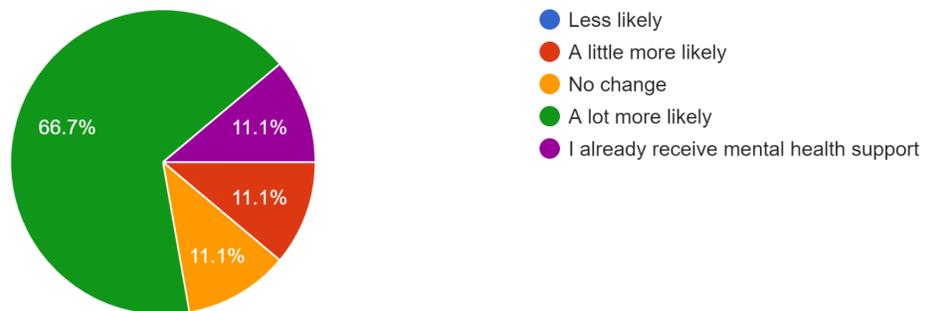
Did you know about the community resources before this event?

8 responses



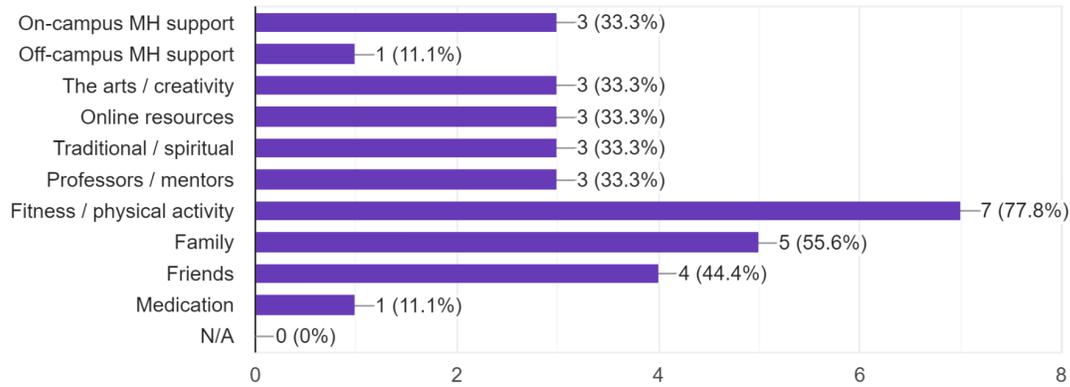
After this event, are you more or less likely to seek support for your mental health?

9 responses



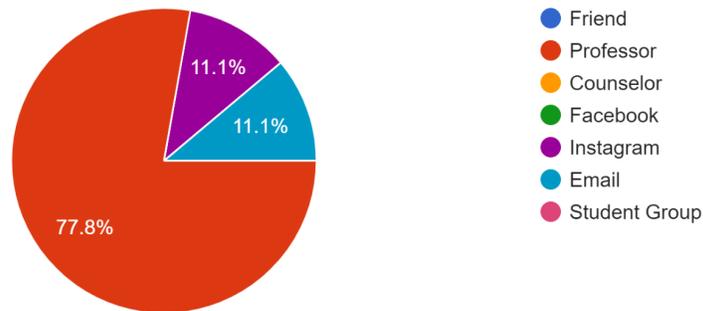
What type of mental health support do you think would be most useful to you?

9 responses



How did you hear about this event?

9 responses



What was your main takeaway?
That mental health is a big thing. The videos helped me better understand it
ways to cope with mental health issue
Mental health is paramount for self and others.
There are a lot of conversations still not being addressed and art can be a great launching pad for them.
That everyone has their struggles and they are all valid
I understand more deeply, and can focus more on my mental health.
Mental health is as important as the physical health

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

Helpful event

Helpful in coming forward with your problems more easily

Engaging

Movies that is more relatable than you think

It's amazing, it's supported with useful knowledge about mental health.

Really helpful

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

to deal with mental health issues

There are many ways to help you reduce stress and depression.

I would share this information with my family and friends

I definitely want to find more forms of art that focus on issues with mental health.

I am gonna be more sensitive and empathetic to my peers

I would be more open to talk about mental issues. It should not be an issue but a part of everyday life.

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

I don't like to talk to anyone about how I am feeling

Having a space for myself to be vulnerable

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

Have more small group discussions

I like to watch more movies

Maybe with more surveys

I actually liked this format of workshop over zoom for an event like this. It would be nice to have some input/background from the filmmakers themselves! (live, recorded, written, etc.)

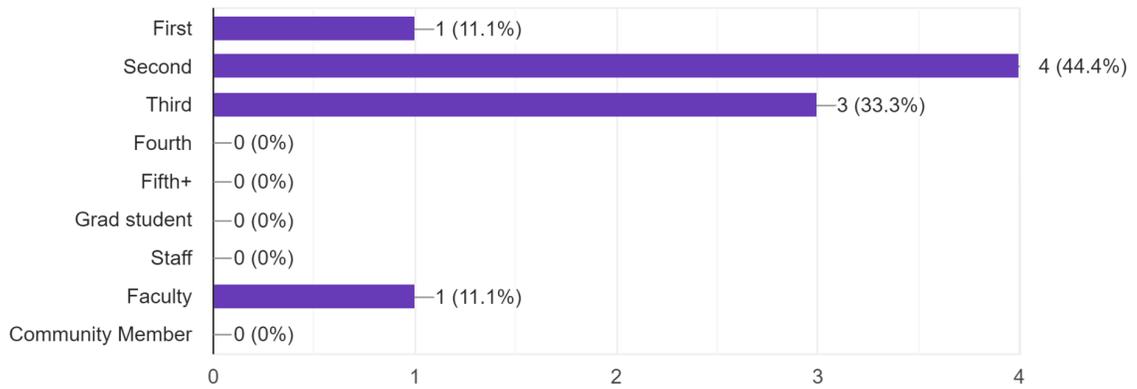
more student panelist that share their stories

By including more surveys. What people cannot express verbally may indicate the same in writing.

Major	
Political Science	1
General education	2
Public Health	3
Communication Studies	1
Kinesiology	1

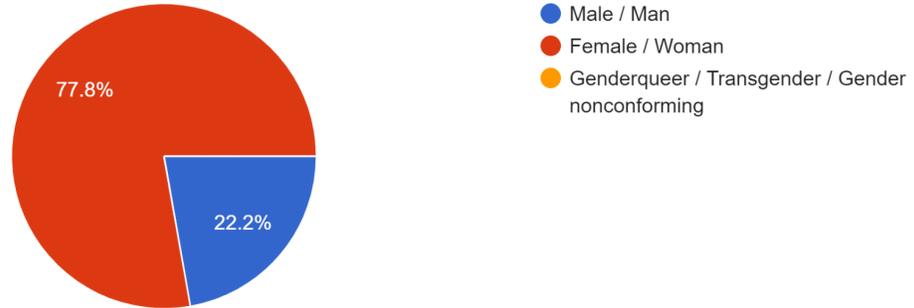
Year

9 responses



### Gender Identity

9 responses



### Ethnicity

9 responses

