

Movies for Mental Health (Online)

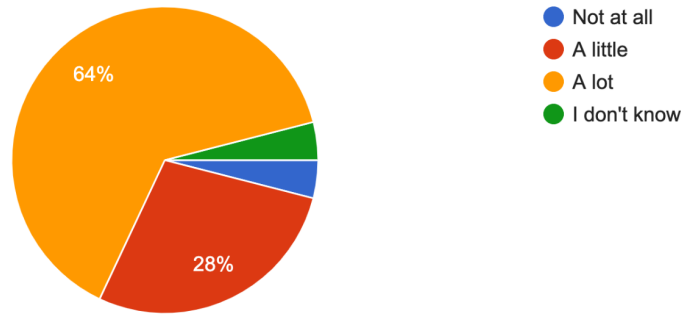
Post-Workshop Evaluations

SCHOOL: De Anza College
DATE: February 15, 2023

Approximate maximum attendance: 54
Number of evaluations: 26

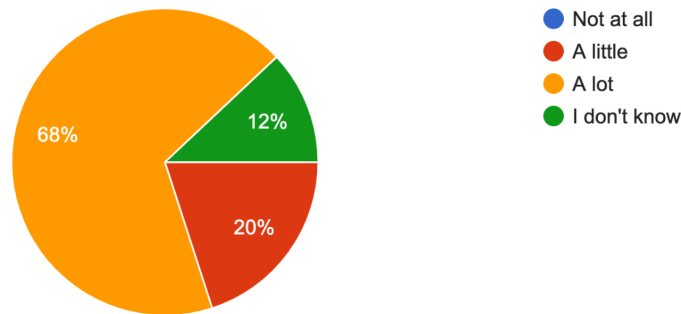
In your opinion, did this workshop increase your awareness of mental health issues?

25 responses



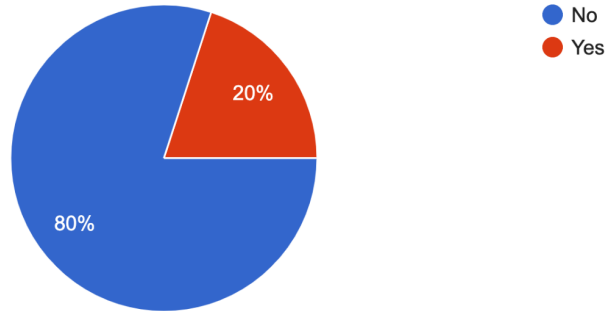
In your opinion, did this workshop help you confront and address stigma related to mental illness?

25 responses



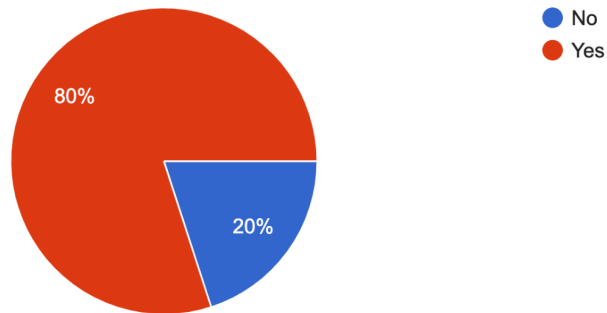
Did you know about the the Mental Health Services Act before this event?

25 responses



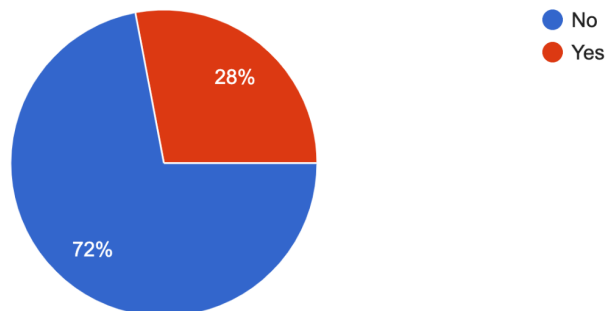
Did you know about your school's counseling services before this event?

25 responses



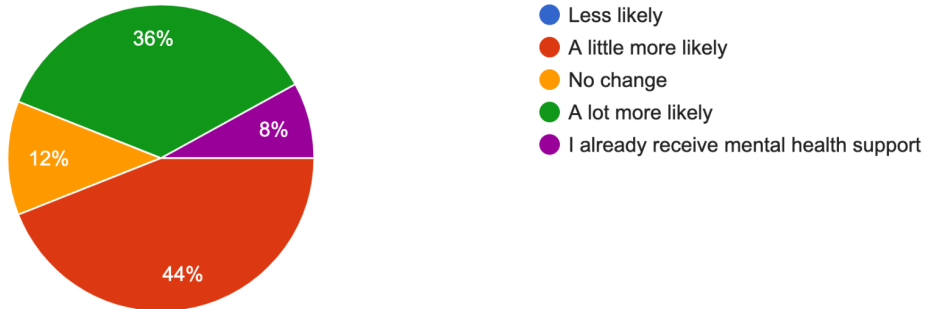
Did you know about the community resources before this event?

25 responses



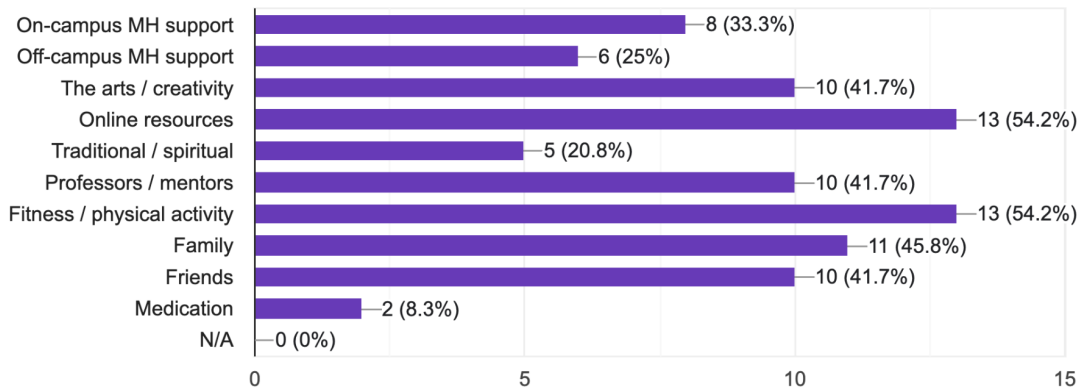
After this event, are you more or less likely to seek support for your mental health?

25 responses



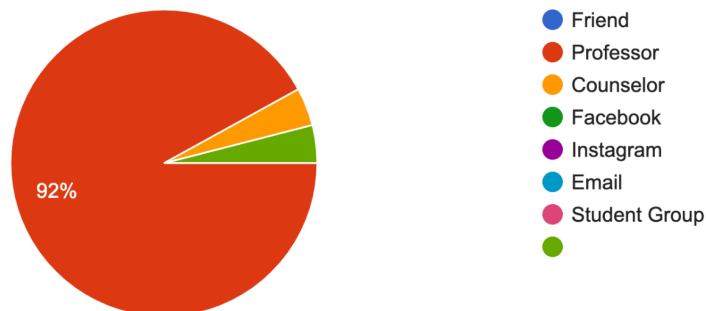
What type(s) of mental health support would you like better access to?

24 responses



How did you hear about this event?

25 responses



What was your main takeaway?

- There is a lot going on in a lot of people's lives and it's hard to see it so you don't always know what people are going through.
- it is important to spread awareness of mental health so people can't stop seeing it with stigma. It is something we all deal with at some point of our lives so we should be supportive and inclusive!
- My main takeaway that help is always there, you just need to find it. There are plenty of resources for mental health.
- That my mental health matters and can be improved.
- we are all ok...just in different ways
- try to seek more mental health help
- To not be afraid to speak up when you need help
- It is important to take care of your mental health
- Mental health is extremely important and even though we feel fine at the moment it may be because we aren't listening to our body
- be kinder to self
- That it's okay to feel down at times and to talk to someone instead of suffocating alone.
- My main takeaway is to seek out to my family and friends for help when needed. In addition, I will probably check out for online resources related to mental illness.
- Representation is important to have when addressing mental health
- That you need to be real with yourself and can't wait to ask for help before it's too late.
- My main takeaway that help is always going to be there, you just need to look for it.
- Family problems
- Mental problems should be open to get help.
- i should be more considerate of people with mental illnesses

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

- Interesting, eye-opening
- Informative.
- great workshop with helpful videos and a great moderator!
- I would describe this workshop as calming/relaxing. I would also explain how comfortable the host made us feel.
- great
- powerful films and discussion
- an opportunity to feel more in tune with ur mental health and how ur not alone
- A very supportive and informative group workshop
- relaxing and helps you find ways to understand your feelings
- interesting
- I would describe it as a good way to introduce mental health and it's stigma
- great discussion
- Very mindful
- Informative and emotional.
- A great way of seeing mental health in the arts and how there's different perspectives
- I would describe it as an eye opener and that mental health is something you can just put off to the side.
- I would describe the workshop as relaxing/calming.
- Very good

- Inspiring
- Touching and informative

How might you use what you learned today?

- RELAX! slow down
- I will continue to be supportive of any friend/relative that might be struggling with mental health. I will also protect my own by setting boundaries and making sure I allocate enough time for self care
- I'll definitely be more open about my mental health and find help when I really need it.
- to better myself.
- be kinder to self
- for myself and inner monologue
- Be more considerate of myself and not too harsh
- How to stay calm with the breathing technique
- I want to start to meditate and also look into the resources we have on campus
- taking more time
- I think I might build up courage to talk more to professors
- I will seek out for help when needed. I learn how to control my emotion and care more about others' feelings.
- Taking a moment to myself and taking care of myself
- Being more aware of how I'm feeling and how I feel
- I will use these resources for help, if I really need it.
- Meditation
- I need to seek some help when I'm not feeling ok.
- I will do my best to be patient with those that are in need. Healing takes time

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 sharing
- I think mostly time
- My biggest barrier would be feeling scared about what others think of me.
- Being uncomfortable with consulting other people about my problems. Do not want to be a bother to other people. I also do not have a lot of confidence in myself.
- self acceptance
- ease of access
- Myself
- Stigma around mental health
- Time
- self concerns
- The stigma in my family and community
- Scare of being judged and care what others think about me if I seek out for help.
- My own pressure to feel better but I have to recognize that it is ok to feel the way that I am feeling
- I think seeking help in general is a barrier
- My biggest barrier to my mental wellness is being scared of what others may think of me.
- I fell lost
- afraid of being judged.

- My environment

How can we improve this event in the future?

- Possibly show more films
- Start later.
- I can't think of anything. Very well done! Moderator was super friendly and welcoming. She was great!! The panel was also great.
- The event was great! I don't really see how it can be improved.
- Not too sure
- Please send reminders, I did not get any.
- more focus on certain illnesses
- I think it does not need any changes
- I would get more attention to other students
- It was really good. Thank!
- It's very nice! I like how we can comment and vote the poll, very engaging and interactive!
- Add more creative and informative short films in the future.
- I think it was great as it was
- n/a
- The event was great! I didn't see anything to improve.
- More divulgation
- We need to let more people know and encourage them to join this event.
- Make it more interactive

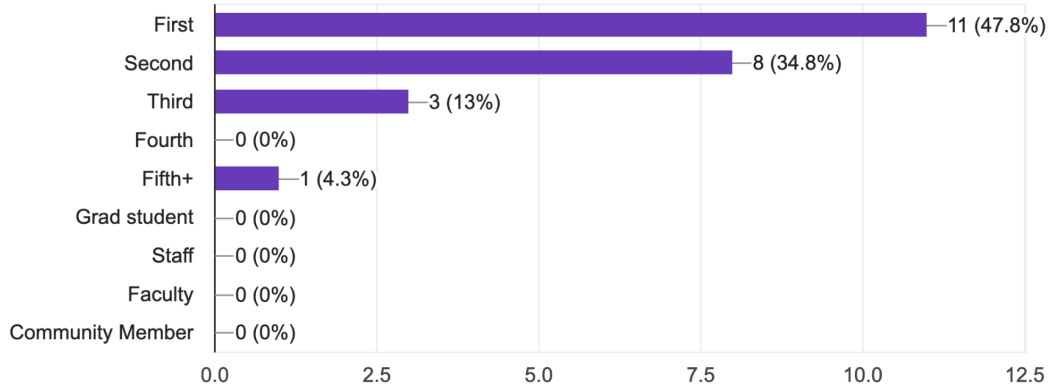
What other topics would you like to see addressed in future workshops that relate to mental health and / or the arts?

- Not sure
- I think it is important to discuss how people can get help. I think this is often provided in emails or links but its also important to verbally talk about them or show them.
- Maybe talk about different resources people can go too for drug abuse and rehab.
- More on how to improve my mental health
- depression
- No other topics i think the current topics sum up everything really well
- burn out
- Social Media and Mental Health/ Eating disorder
- Depression, trauma
- bipolar depression disorder would be great to see
- na
- Maybe something about drug abuse and where to find help for that (rehab).
- improves self-esteem
- It seems good enough.
- The misconceptions of people that associate with different interests, communities, and/or hobbies. For example gun owners, hunters, the LGBTQ community, "Furries". The stigmas behind theses interests are so prevalent that people just assume negative things about a person just because they take part in something that they're ill-informed about.

Major	
Accounting	1
Biology	2
Business Admin	1
Communication	1
Computer Science	1
General	1
Kinesiology	1
Law	1
Management and Information Systems	1
Mechanical Engineering	4
medical	1
Nursing	3
Psychology	2
Public Health	1

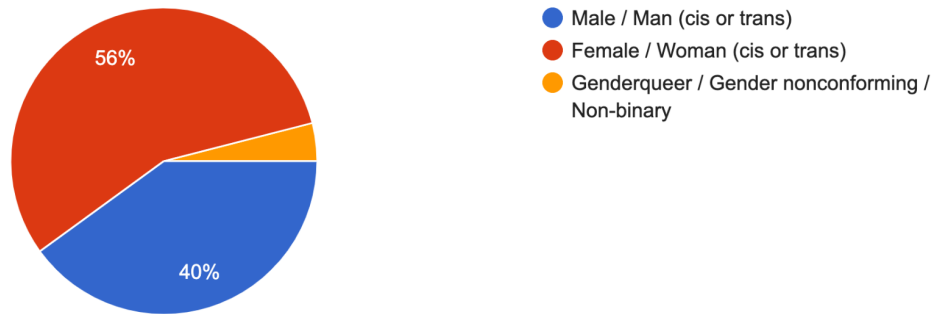
Year

23 responses



Gender Identity

25 responses



Ethnicity

24 responses

