

Movies for Mental Health (Online)

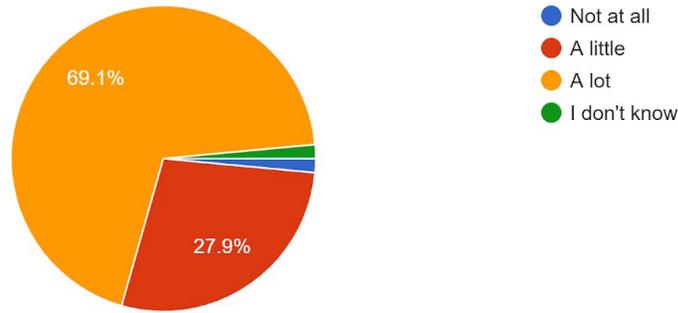
Post-Workshop Evaluations

De Anza College + Foothill College
February 10, 2021

Number of attendees: 112
Number of evaluations: 72

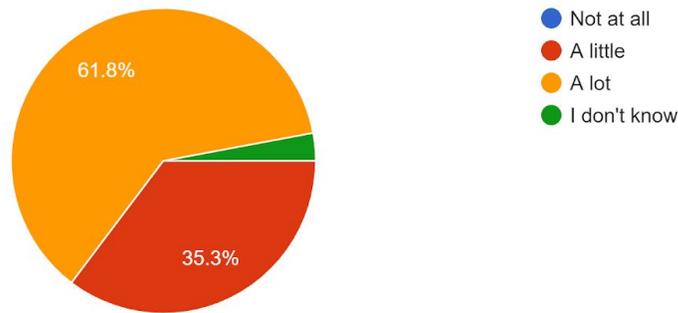
In your opinion, did this workshop increase your awareness of mental health issues?

68 responses



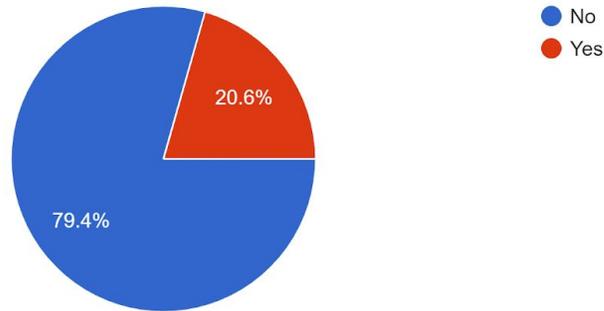
In your opinion, did this workshop help you confront and address stigma related to mental illness?

68 responses



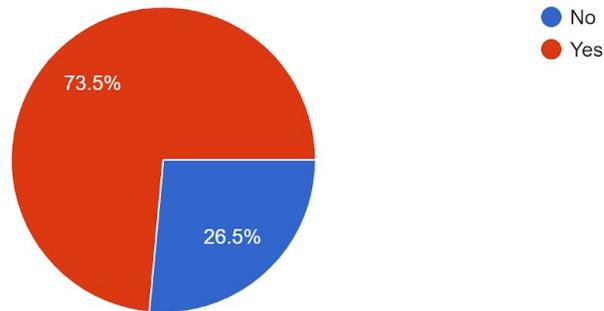
Did you know about the the Mental Health Services Act before this event?

68 responses



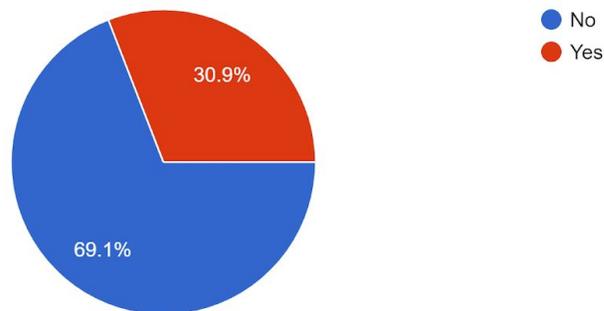
Did you know about your school's counseling services before this event?

68 responses



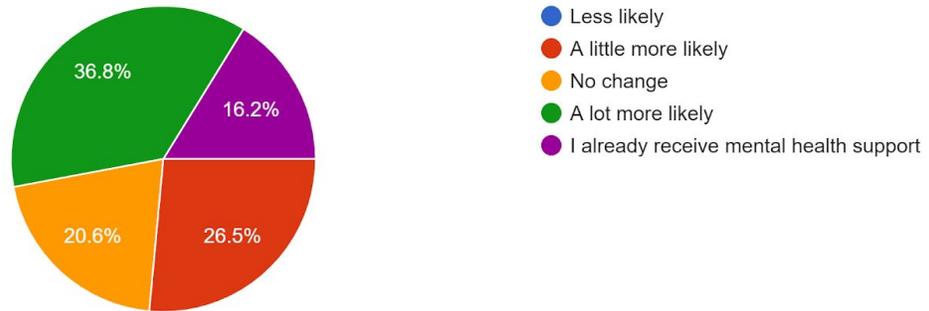
Did you know about the community resources before this event?

68 responses



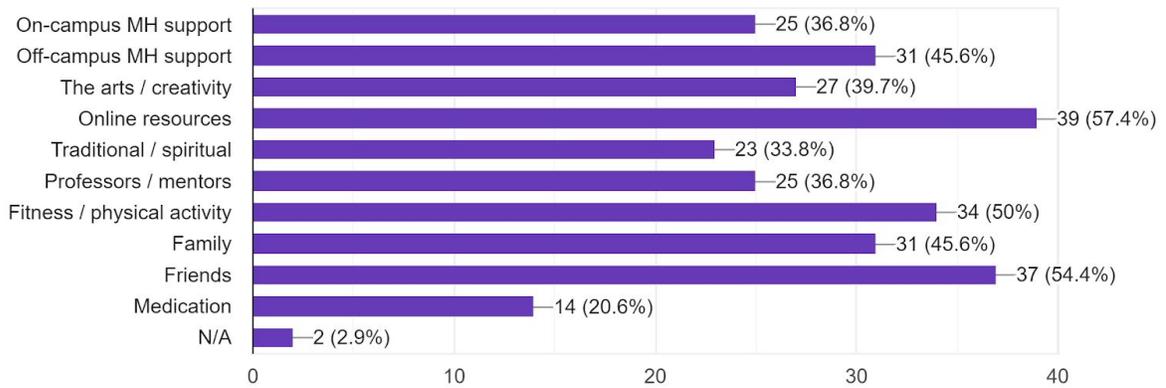
After this event, are you more or less likely to seek support for your mental health?

68 responses



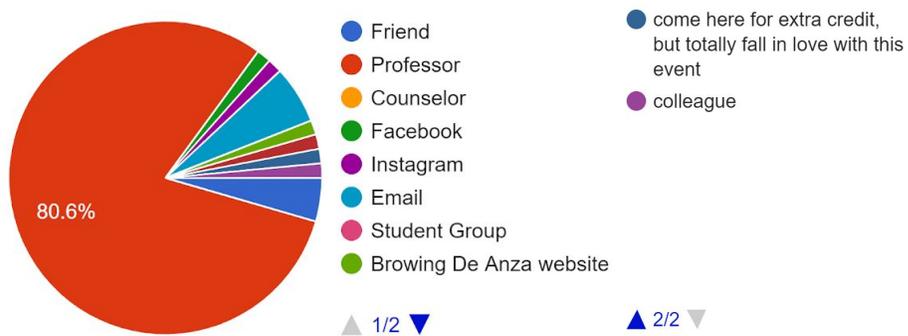
What type of mental health support do you think would be most useful to you?

68 responses



How did you hear about this event?

67 responses



What was your main takeaway?

(Highlights: see raw data for full list)

- The main takeaway for me was the fact that I was able to bond and realize that there are people out there fighting the stigma against mental illness. For the longest time, I felt alone because my culture does not understand mental illness, so this made me happy. Plus, I got some resources that could potentially help me when things get rough.
- The use of art and video is important for sharing information around mental health issues and de-stigmatizing.
- Awareness in oneself and others
- Breathing and body scanning exercises
- Find support because you will learn that what you are feeling is not that unusual
- I am not dealing with mental illness by myself.
- I have learned a lot about the stigma of mental illness and realized that depression is not ashamed. I can bravely ask for help when I need it.
- I liked the platform used and they were counselors available. I think the resources were all really helpful.
- It felt like the people here understood where I was at
- It's important we talk about mental illness so people can get the help they need, and know how to deal with it.
- Loved it so much! I enjoyed the breathing exercises and how easy/useful it is to come back to the breath after times of stress.
- Mental health is an important part of our health and needs to be treated as such, without stigma.
- Mental health is just as important as physical health and we should be taking care of ourselves.
- Mental health is not taboo and there are many resources available to those who need them. Judgement free.
- Mental Health is nothing to be shame of and that having the conversation will make others feel less alone
- Mental health is real. Don't downplay how I feel bc there are others who are suffering just as much as I am.
- Mental health is really important.
- Mental Illness is a serious illness and we need to become more aware and less bias
- Mental illness is difficult to see if my eyes are not open enough.
- My main takeaway from this workshop is that wanting to get mental health counseling is not bad. I have always seen it as people will think that I am weird or that I do not belong.
- My main takeaway is that you are never alone. You may be going certain things, but there are resources out there that can assist you. You just need to have the courage to seek that help.
- My main takeaway is to watch out for the triggers and stigma our environment can have on mental health and be conscious about my words when I'm trying to help someone.
- My main takeaway was that even if I think my words are being helpful. I need to be more aware of how my "advice" is being perceived.
- One takeaway that I enjoyed is to really be careful with what you say to others and try new relaxation techniques like the body scan.
- Seek help and practice self care if you're not feeling well
- Sharing mental health experience helps reduce stigma
- That I shouldn't feel ashamed or afraid to seek help. That mental illness is something so many people deal with, and that I am not alone.
- That I'm not alone in experiencing trouble with my mental health
- That its okay to not be okay
- That there are others out there who go through the same thing as you are so you aren't alone.
- The challenges in different ethnic/racial communities in regards to stigma.
- the wealth of support services available

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

(Highlights: see raw data for full list)

- A good experience to learn more about mental health and resources available to students.
- A great way to communicate anonymously and receive insights and perspectives regarding mental health from other people in your community.
- A place to find your place
- A safe place
- A supportive space for genuine thoughts about mental health.
- A welcoming and safe place
- A workshop that breaks down all the negative stigmas of mental health and how to help improve your own mental health.
- A workshop that discusses MH openly with a student focused community
- An open space where you can share and learn about mental health, resources for help.
- Being aware that mental wellness is really something that touches us all even if it's not me.
- beneficial
- Engaging and positive
- enhancing your knowledge about mental health
- Eye-opener
- Great support and way to get resources to help yourself and others
- Healthy ways to handle stress/anxiety/mental health overall
- Helpful, informative, non-judgmental
- Helpful, insightful, and inspiring
- I would describe it as a workshop that allows people to connect with others and feeling less isolated
- I would describe it as a workshop that is informational and offers a lot of resources
- I would describe this workshop as refreshing and enlightening.
- Informative, helpful MH information/videos
- Insightful and safe
- Inspiring and creative.
- Interactive, information packed, a good beginning into the mental illness world.
- It destigmatizes mental health problems and shows way to get help.
- It is very helpful workshop that can help you to pay attention more to your mental health
- really awesome conversation and presenters
- Relaxing and a safe online space.
- Rewarding
- Supportive
- The films were really well done and it was a very welcoming and supportive space.
- uplifting
- Very engaging
- Very helpful and open
- Very informative and insightful

How might you use what you learned today?

(Highlights: see raw data for full list)

- Today just gave me more perspective from other people's point of view. I only have my experiences, and hearing other people's experiences from today can help me try and understand others. be more aware of triggers and don't be afraid to speak up or back away from uncomfy things

- I learned about a lot of resources. So if it ever came about where I met someone that could use some of them I would definitely pass them the links and information!
- I am more likely to ask for help, and look out for signs in my friends and those around me.
- I feel way more comfortable reaching out a step further and getting professional help while at school
- I can practice the techniques to calm down whenever I catch myself spiraling. The moderator used gentle language that I thought was very soothing and validating. I want to use that as a role model example
- Definitely be more careful of what I say to someone else even if there are good intentions behind it
- Focus more on my mental health. I have been struggling a lot and this helps out.
- I just started working as a Mental Health Worker, and this will definitely help me keep an open mind with those who suffer with mental health
- I loved the body scan. I will incorporate that into my daily routine.
- I really appreciate the awareness that can help myself and my daughter with some depression
- I think I will take advantage of De Anzas mental health counseling services
- I think that I feel more comfortable with talking with my friends and family, as well as the breathing techniques to have a better sense of my body and self.
- I used to heal myself by myself. Since I realized how loving and helpful it is to interact with everyone, I think I will participate more in this kind of online activities
- I want to incorporate body scanning in my life
- I want to spread more awareness about mental health issues with my close loved ones. Additionally, I want to provide informational support to others that do need it in my community.
- I will definitely be using some of the resources provided in order to speak to someone.
- I will definitely use the resources stated during the workshop.
- I will tell students more about psych services offered at De Anza. I also didn't realize that there were clubs and social media students could join!
- I'm going to check out De Anza psychological services.
- It's a great reminder to be supportive to people who are struggling, and to take care of myself
- The panelists answered my question regarding my connection with my therapist perfectly
- think about how I say things to other people (to not perpetuate stigma)
- Think about how to offer these resources to people at work
- To help myself and others focus on what's positive and leave negative out and learn from it
- To use or share the resources

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

(Highlights: see raw data for full list)

- Access to affordable therapist without health insurance logistics hoops
- Actually going to seek help
- Admitting that I may need mental health
- Affordability and time
- Asking for help means admitting that there is a problem.
- being judged
- Being scared... Not having the courage to share my thoughts or feelings. Being weak and thinking I can handle things on my own.
- Cost / knowing where to go.
- Don't want to be a bother. My culture we tend to shove things to the side and are supposed to be strong. We all have problems we fight everyday, what makes mine important?
- Family and I am scared of talking to someone and receiving cliché advice.

- getting judged from family members
- Having the confidence to seek support since I always feel as if no one cares about mental wellness.
- I believe my parents are the biggest barriers to my mental wellness because they withhold the fact that I need to seek for professional help.
- I get scared that I might get rejected
- I just don't want the help anymore I guess. My feelings get discredited all the time, and I'm okay just keeping myself busy.
- I think my biggest barriers are myself and my own mind. I often feel my issues aren't big enough to seek help for. I just need to learn to prioritize myself and stop comparing my mental health issues to others, as everyone has different struggles and stories.
- I think the biggest barrier is acknowledging that I am struggling and taking the time to take care of myself.
- Judgement
- lack of competent services
- Lack of knowledge, how to reach the proper mental health providers
- Lack of time
- Money- I have a therapist who I love and I simply do not want to start over with someone else. She is wonderful in so many ways. I don't go as often as I should because of finances.
- My biggest barrier would be worrying that I am wasting someone's time.
- Shame and feeling like a burden
- stigma
- That online resources don't exactly feel the same as seeing a therapist/support group in person.
- The fact that I do not know if I do or do not have any mental illness.
- the fact that it comes in waves makes it very difficult to manage consistently
- The multiple problems I have, and my struggle with explaining and expressing myself
- The negative associations with having to seek mental health support. Not wanting to look like an outlier that I am not normal.
- the pandemic and quarantine

How can we improve this event in the future?

(Highlights: see raw data for full list)

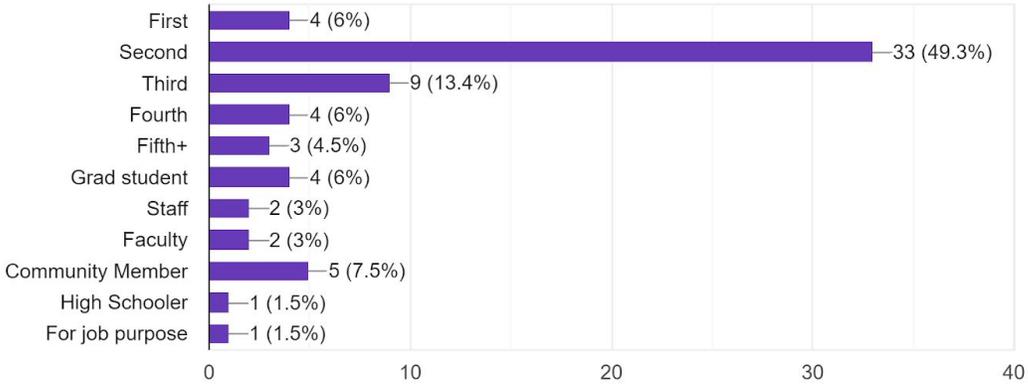
- A longer Q/A time
- advertising it more
- Have a trigger warning before each video.
- I really liked this layout. Maybe use other films and talk about lesser known mental illnesses too (like yes it's important to talk about depression, anxiety and so on, but there's others that are quite common too that aren't talk about for example maybe special needs like autism and such). But i also know the goal was to help with the student's mental illnesses and how to cope with them, but that awareness into other ones too is nice.
- I really loved it. (I have attended previously and I think I actually liked the virtual version BETTER...the breathing and teaching of coping skills was great...excellent presenter).
- I think things ran pretty smoothly. I was using iOS to attend this workshop so I some features were in different places than on desktop, but everything was great..
- Inform student that their feelings are valid and we should allow each other to share them more. Break the stigma and fear.
- maybe a separate google doc with all resources?
- maybe allowing more seats available for more students
- maybe talk about how to see "signs"
- More meditative practices

- more panelists!
- more student involvement
- Nothing except minor technical issues with cameras and video quality.
- Perhaps less breathing exercises
- Personally, I enjoyed it but wish it was a bit shorter.
- present more films!!

Major	
Psychology	33
Child Development	(4 each)
Business	(3 each)
Biology / Nursing / Sociology	(2 each)
Behavioral science / Civil engineering / Journalism / Political Science / Social Work / Video Production/ Linguistics / Women Studies	(1 each)

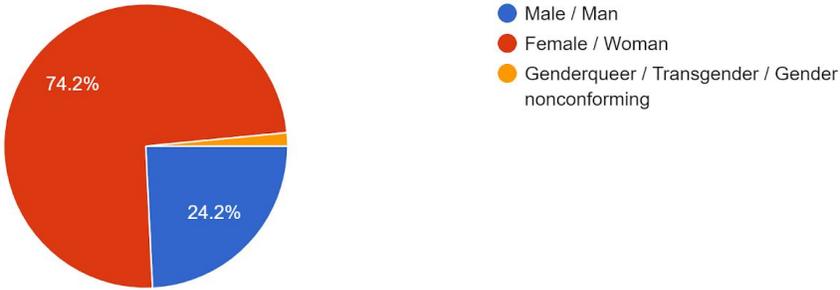
Year

67 responses



Gender Identity

66 responses



Race / Ethnicity		
Asian / Asian-American	23	35%
Black / African / African-American	3	5%
Hispanic / Latinx	19	28%
Indian / South Asian	5	8%
Middle Eastern	2	3%
Native American / First Nations	1	2%
Pacific Islander	3	5%
White / Caucasian	21	32%
Multiracial		
Other		