

# Movies for Mental Health (Online)

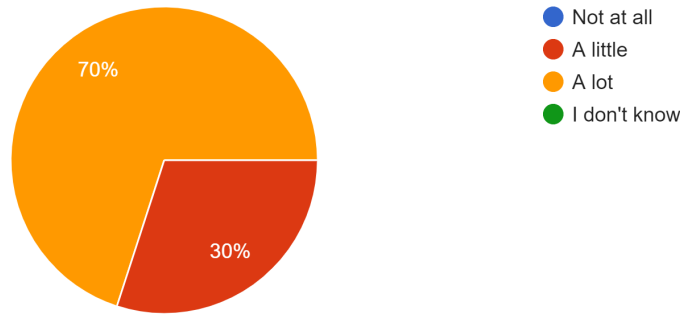
## Post-Workshop Evaluations

De Anza College + Foothill College  
May 19, 2021

Approximate maximum attendance: 79  
Number of evaluations: 30

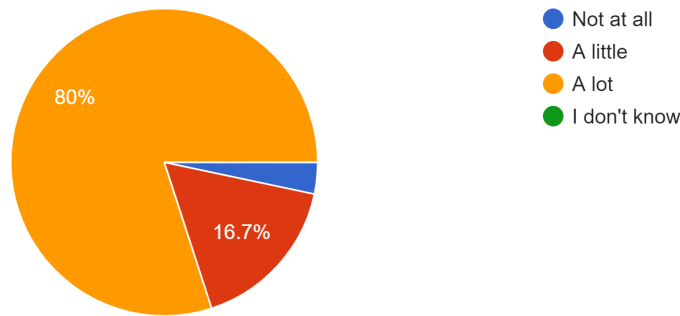
In your opinion, did this workshop increase your awareness of mental health issues?

30 responses



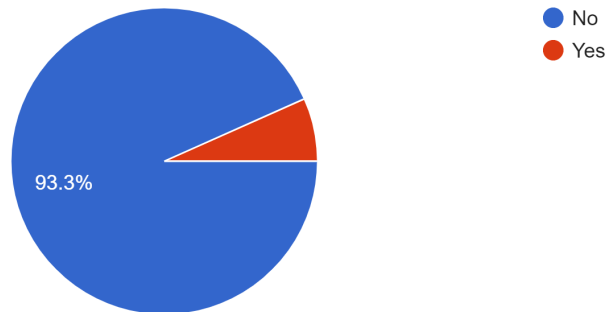
In your opinion, did this workshop help you confront and address stigma related to mental illness?

30 responses



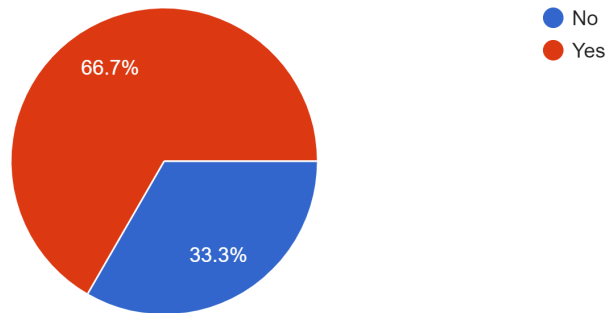
Did you know about the the Mental Health Services Act before this event?

30 responses



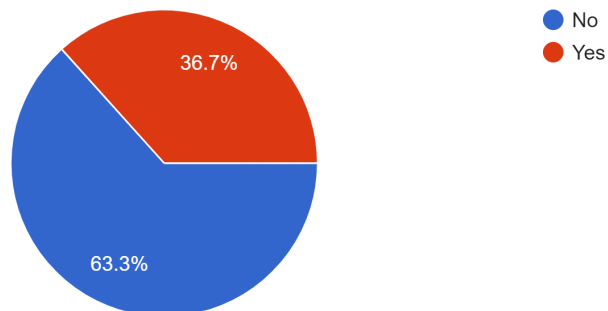
Did you know about your school's counseling services before this event?

30 responses



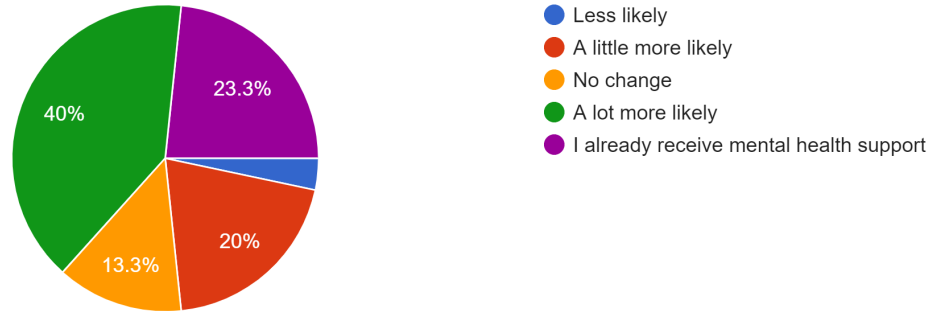
Did you know about the community resources before this event?

30 responses



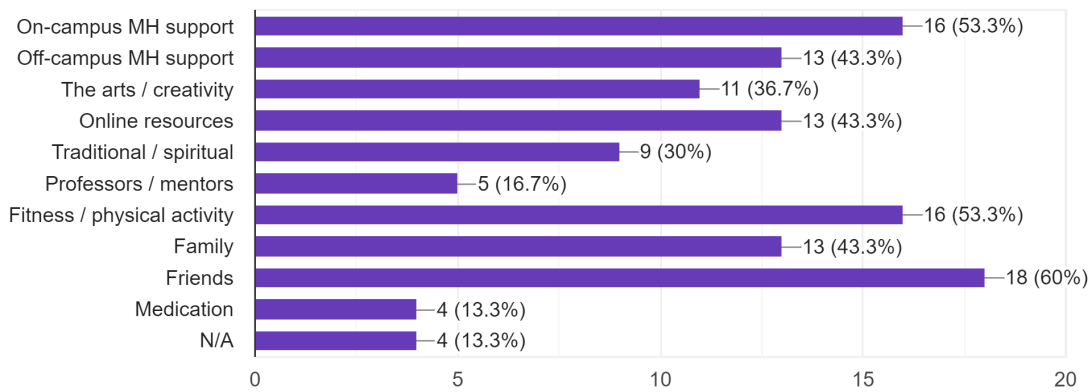
After this event, are you more or less likely to seek support for your mental health?

30 responses



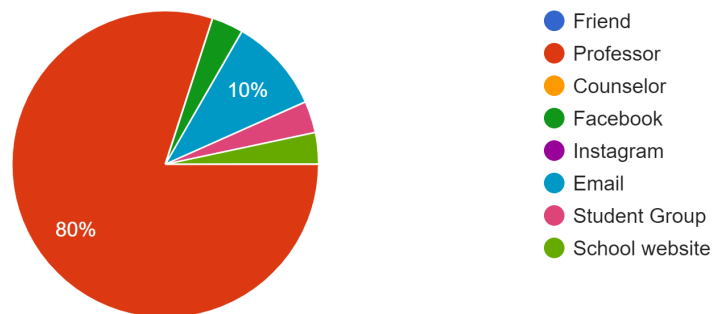
What type of mental health support do you think would be most useful to you?

30 responses



How did you hear about this event?

30 responses



## What was your main takeaway?

- That it's important for you to feel like you are not alone. That you can handle situations and get through them, but if not there are resources that are perfectly willing and able to help support you.
- I am not alone in my feelings. There are other people in the world who have had feelings or experiences similar to my own.
- De Anza offers a lot of resources to help students with mental health
- That mental health is real and it can really impact your life
- That we should not feel embarrassed to seek help.
- Being kind to one's self and others. There should be no stigma attached to mental illness
- "Your body has taken you every place you've ever been." Helpful to those of us with body-image issues.
- I am not alone
- Live your life happy
- being comfortable with your mental health
- lots of great resources at both campuses, plus 7 Cups
- Be more open-minded and break the stigma
- learn to take care of myself
- self acceptance
- So important to counteract stigma and for students to understand the resources available to them
- Mental health issues is a common problem in this day and age but help is easily attainable.
- It is okay to not feel okay! You are not alone!
- I learned a lot of new coping mechanisms!
- Find support
- mental health is just as important as physical health.
- We all go through challenges regarding our mental health and there are still a lot of stigmas
- I met new friends here
- Seeking support is a valuable
- It's ok not to be ok
- To seek help when needed
- How some sensitive people can feel when they're having psychological issues.

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

(Highlights: see raw data for full list)

- Powerful way to think about what so many people need in life resources for themselves and creating a way to become more resourceful in their own mind, body, and spirit.
- Effective, sensitive, beautifully and responsibly structured with plenty of support and care. SO WELL DONE. One of the best presentations on mental health I have ever seen.
- Very helpful, and worth engaging in
- resourceful. We're not alone as they are so many supports we can get out there
- a good way to get new perspectives on mental health
- A good way to learn a bit more about mental illness/wellness and tools/resources to help
- Great opportunity to focus on my own needs and how to reach out to others. "Be kind"
- Very inviting and understanding with related issues.
- A safe space; inspiring
- Useful, interesting, and packed with resources.
- Really insightful
- A way to broaden your knowledge on mental health
- Helpful to learn how to access mental health resources

## How might you use what you learned today?

(Highlights: see raw data for full list)

- be mindful, compassionate, and empathetic when interacting with others because we do not know what people are going through in their lives. Seek for professional help when needed
- I will be more mindful of how I talk about mental illness.
- Being there for others and not downplaying their struggles
- To reach out and use the resources I now know are available to me!
- Seek out for professional help when needed; be more open-minded and reach out to friends and families because we don't know what they are going through internally
- I may use some of these coping mechanisms to combat stress.
- to share others the psych helping resources
- I'm going to look for groups for my specific mental illness
- Reflect on when I'm starting to disconnect or lose sleep because I'm stressed or overly anxious about any and everything.
- I'm going to try to be more open with family members on my mental status and talk with my friends more about how they are doing and how I am doing.
- use the breathing method and body checks
- Taking more time to breathe, and I'm learning to be more gentle with myself
- greater self acceptance
- Reach out to people I haven't connected with in awhile.
- There are many ways to get better but you have to put yourself out there somewhere to find help.
- I am going to ensure that the therapist is the best fit for me when I start therapy this summer.
- To be more proactive in receiving mental health support
- Put myself out there more
- I am going to do more body scans!
- Check in with others, stay connected
- Do not be afraid to seek help

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

(Highlights: see raw data for full list)

- Lack of time/energy, difficulty finding therapists who are trauma-informed and enlightened about gender issues/social justice
- Money (x4)
- Judgement and not thinking these problems are severe
- cost, trusting strangers
- Time (x5)
- Stigma (x2)
- Fear (x2)
- For me, it was convincing myself that I matter enough to even look for help. If I even deserve to get better.
- Feeling isolated
- feeling of bothering others
- Judgment (x3)
- Family.
- Not brave enough to confront those issues

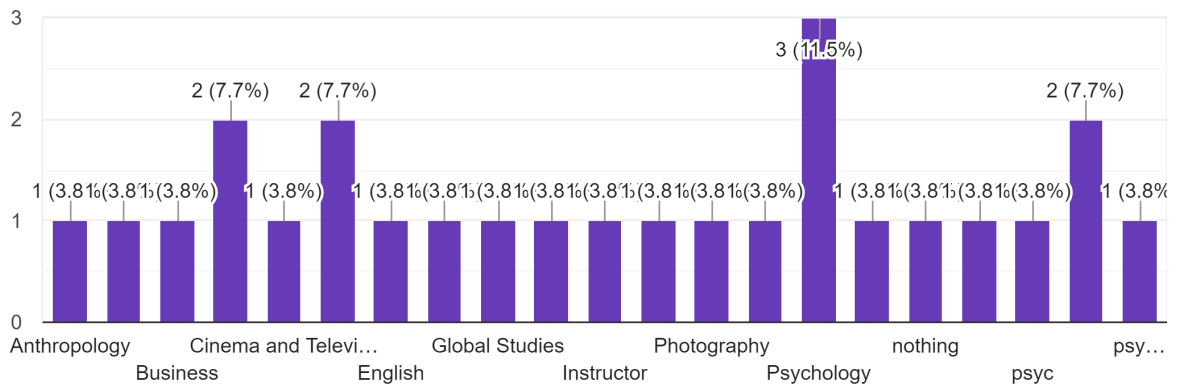
## How can we improve this event in the future?

(Highlights: see raw data for full list)

- It was great! Movies were very powerful. Natalie was amazing so were the panelists
- It was amazing. Natalie is a great moderator!
- prerecord some videos
- more information on groups of specific illnesses
- N/A, you did great!
- Audio improvement would be good
- maybe speak a little more about your personal struggles with mental health
- I'm more familiar with Zoom so that might have been nice though I like this shared notes section which is better
- spread the word more
- Probably having more licensed therapists at the event to help anyone who needs it
- It was fantastic. Please keep up the good work!
- Not sure, I love the polls!
- I don't think it needs improvement, it was great!
- It was really well done
- nothing, it was perfect!
- Have a bit more time for q&a
- The second film might have needed a stronger trigger warning. It was amazing, but yeah . . . .
- Everything was awesome!
- It truly was great, and I don't have a recommendation. It should be MANDATORY VIEWING FOR ANY AND ALL STUDENTS.
- Nothing it was awesome!

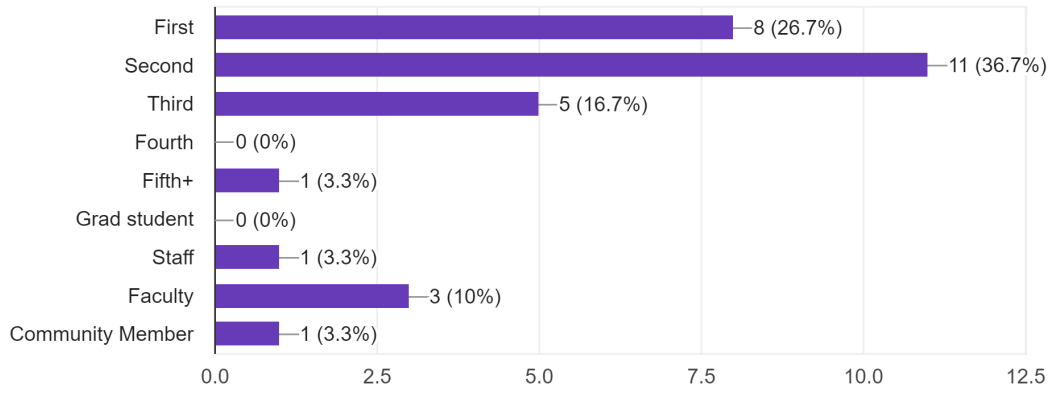
### Major

26 responses



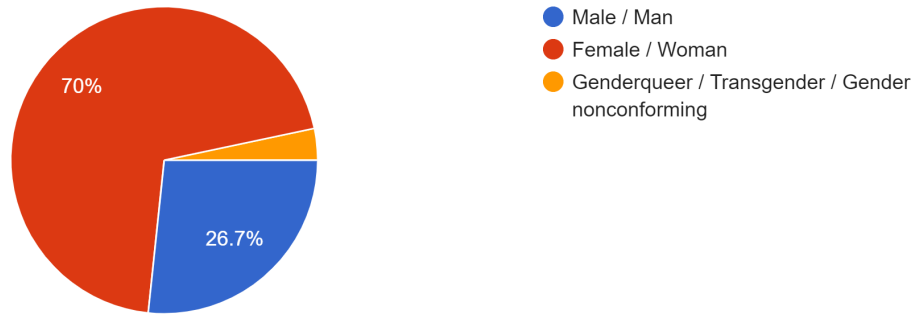
### Year

30 responses



### Gender Identity

30 responses



### Ethnicity

30 responses

