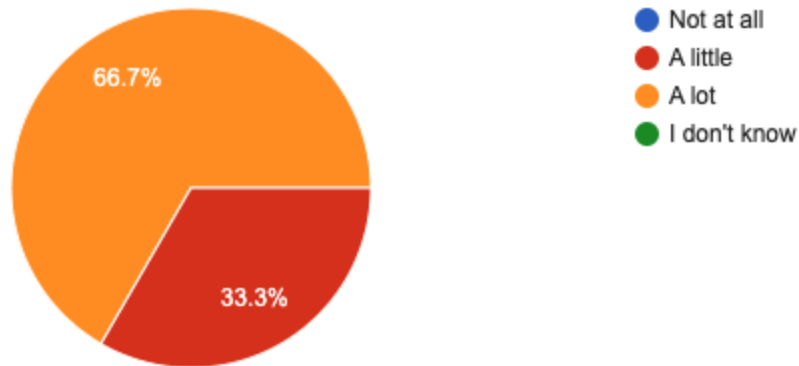# Movies for Mental Health

Post-Workshop Evaluations

|	
SCHOOL: De Anza/Foothill DATE: 5.10.23	Approximate maximum attendance: 9 Number of evaluations:3

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

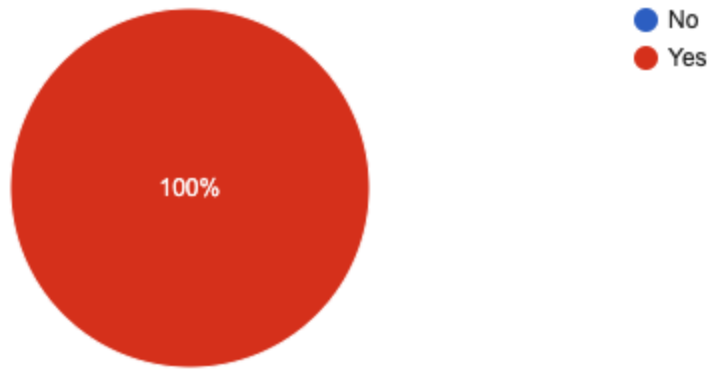3 responses

- Not at all
- A little
- A lot
- I don't know

66.7%
33.3%

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

3 responses

- Not at all
- A little
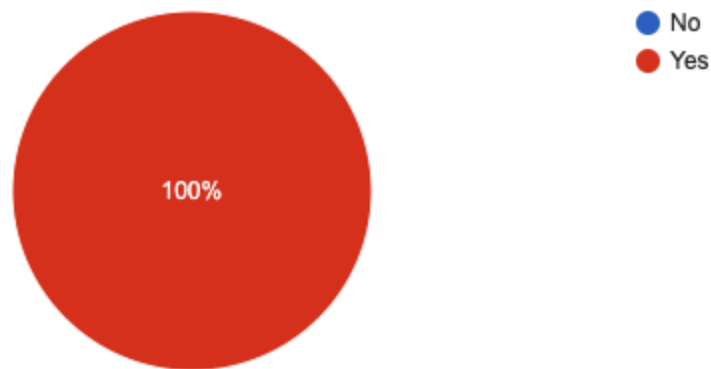- A lot
- I don't know

66.7%
33.3%
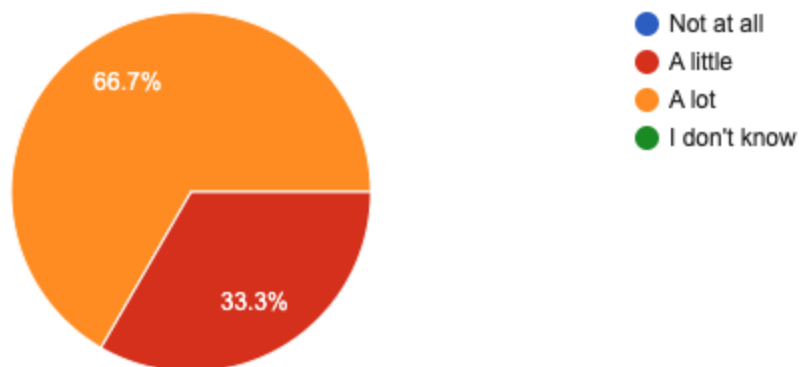
Did you know about the the Mental Health Services Act before this event?

3 responses

● No
● Yes
100%

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

3 responses

● No
● Yes
100%

Did you know about the community resources before this event?

3 responses

- No
- Yes

66.7%

33.3%
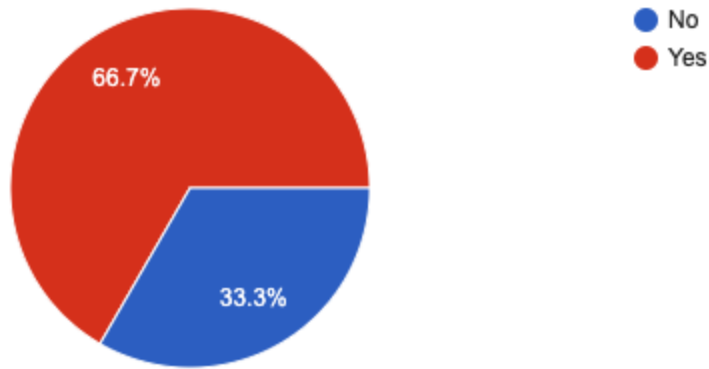
After this event, are you more or less likely to seek support for your mental health?   Copy

3 responses

- Less likely
- A little more likely
- No change
- A lot more likely
- I already receive mental health support

33.3%

33.3%

33.3%
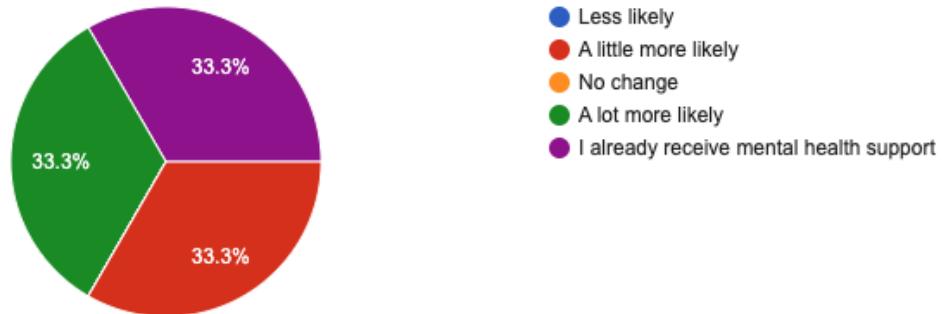
What type(s) of mental health support would you like better access to?   Copy

3 responses

On-campus MH support	1 (33.3%)
Off-campus MH support	0 (0%)
The arts / creativity	1 (33.3%)
Online resources	2 (66.7%)
Traditional / spiritual	1 (33.3%)
Professors / mentors	0 (0%)
Fitness / physical activity	1 (33.3%)
Family	1 (33.3%)
Friends	2 (66.7%)
Medication	0 (0%)
N/A	0 (0%)
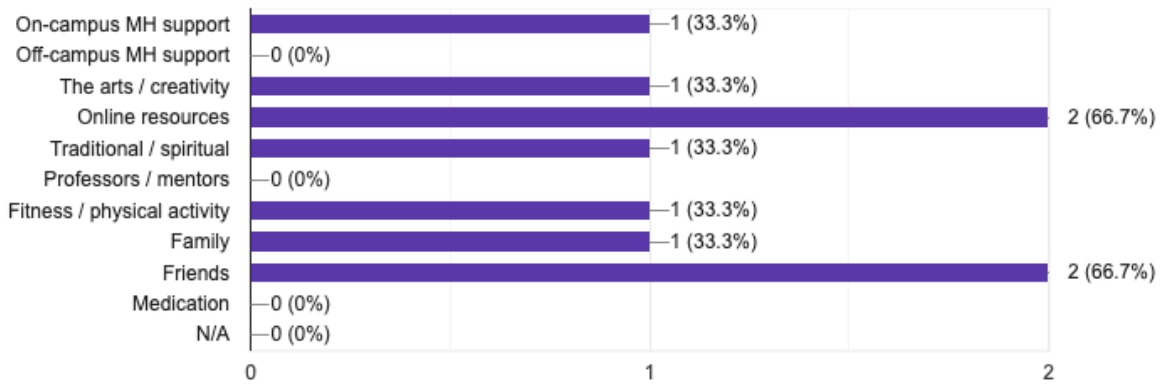
How did you hear about this event?

2 responses

50%
50%

- Friend
- Professor
- Counselor
- Facebook
- Instagram
- Email
- Student Group
- Colleagues
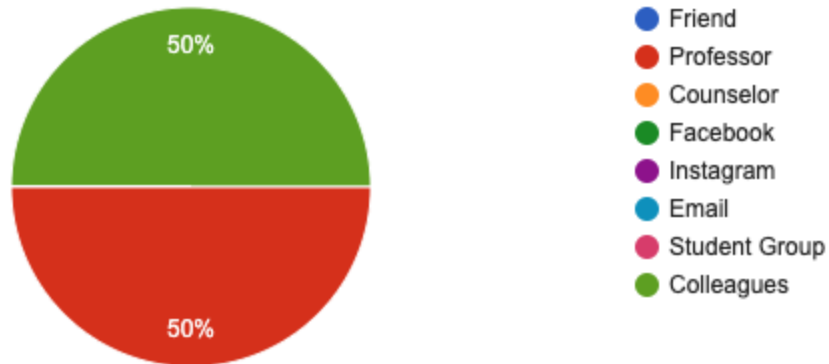
What was your main takeaway?
Mental illness is normal seeking for mental health support is not a thing to be shameful

If you were telling a friend about this workshop, you would describe it as: (Highlights: see raw data for full list)
A great visual of mental illnesses less lonely, make me feel like I am not the only one

How might you use what you learned today?
To be more alert about mental illnesses More likely to seek for help when I need one

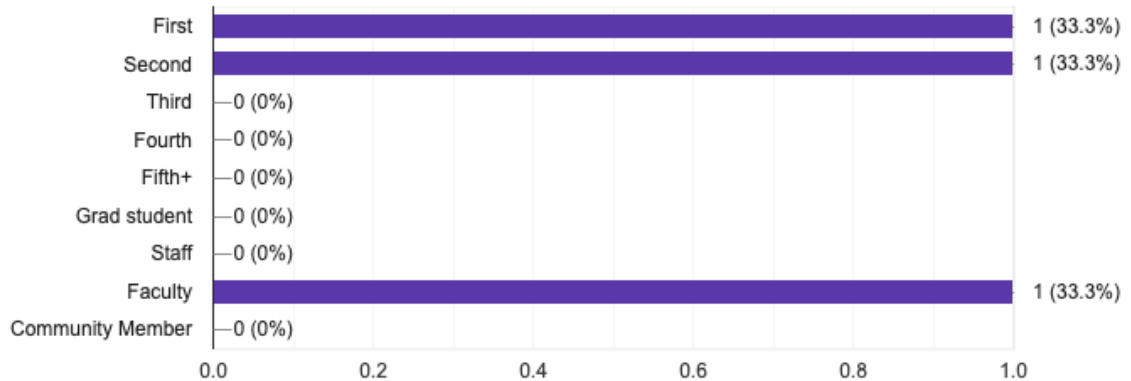| What are the biggest barriers to your mental wellness
and/or receiving mental health support?
(Highlights: see raw data for full list) |
| --- |
| Fears
Others opinions |

How can we improve this event in the future?
More persona stories shared on panel

Major	
Psychology	1
Public Health Science	1

Year   Copy

3 responses

First	1 (33.3%)
Second	1 (33.3%)
Third	0 (0%)
Fourth	0 (0%)
Fifth+	0 (0%)
Grad student	0 (0%)
Staff	0 (0%)
Faculty	1 (33.3%)
Community Member	0 (0%)

Gender Identity

3 responses

Copy

100%

- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming
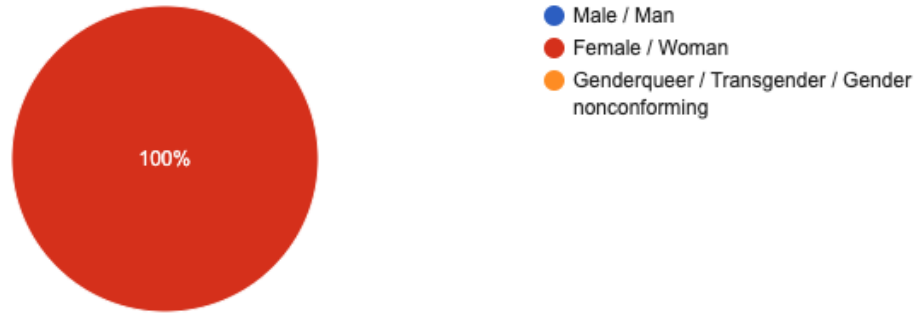
Ethnicity

3 responses

Copy

Asian/Asian American	3 (100%)
Black/African/African American	0 (0%)
Indian/South Asian	0 (0%)
Middle Eastern	0 (0%)
Indigenous / Native American	0 (0%)
White/Caucasian	0 (0%)
Hispanic/Latinx	0 (0%)
Pacific Islander	0 (0%)