

Movies for Mental Health (Online)

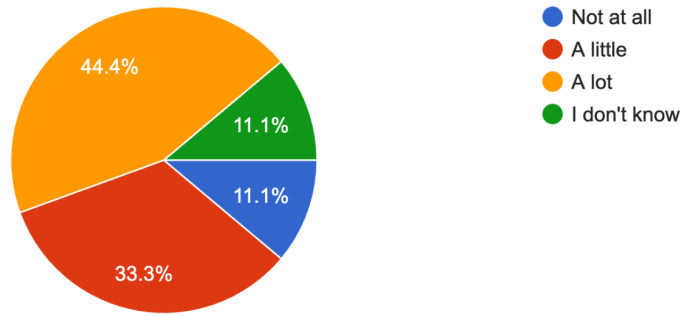
Post-Workshop Evaluations

Diablo Valley College
3/1/23

Approximate maximum attendance: 49
Number of evaluations: 9

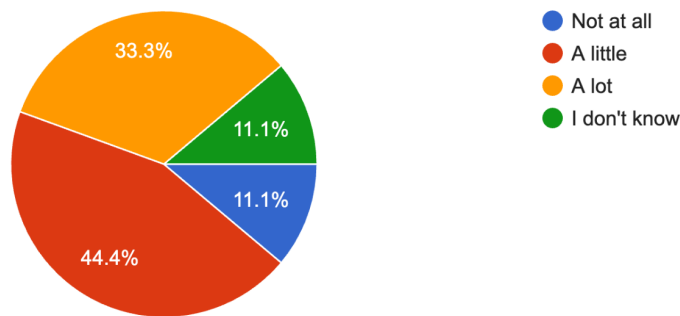
In your opinion, did this workshop increase your awareness of mental health issues?

9 responses



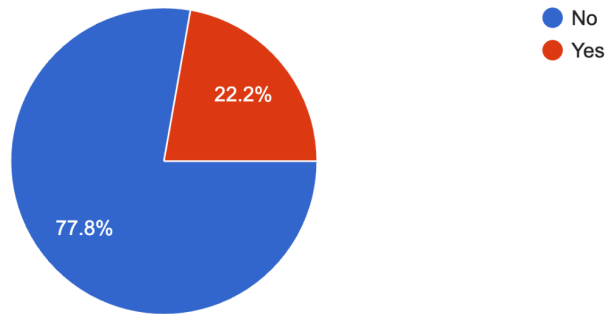
In your opinion, did this workshop help you confront and address stigma related to mental illness?

9 responses



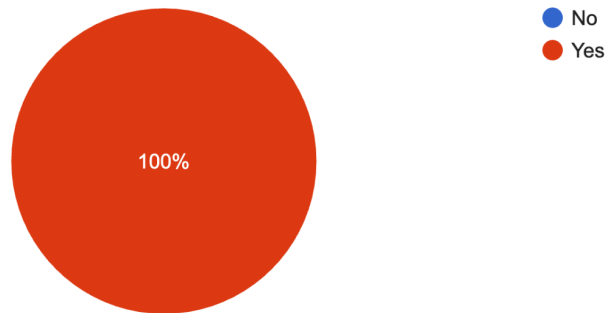
Did you know about the the Mental Health Services Act before this event?

9 responses



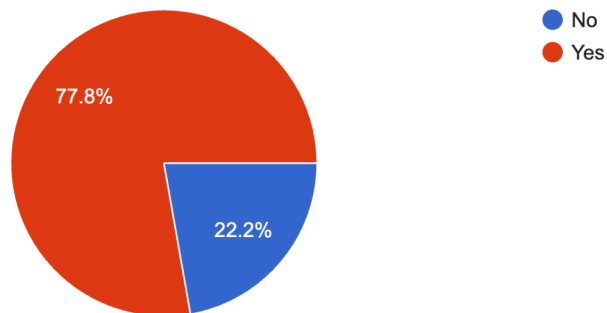
Did you know about your school's counseling services before this event?

9 responses



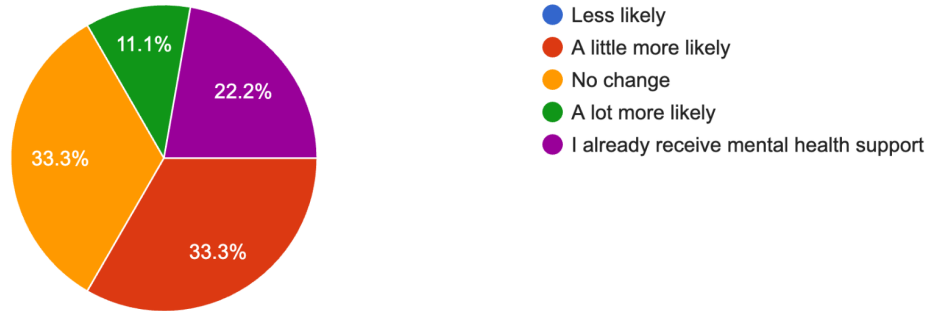
Did you know about the community resources before this event?

9 responses



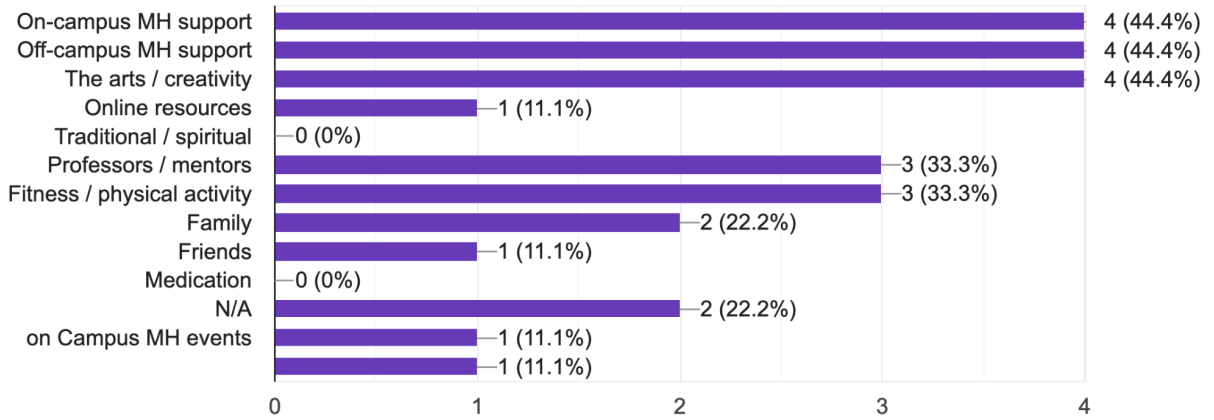
After this event, are you more or less likely to seek support for your mental health?

9 responses



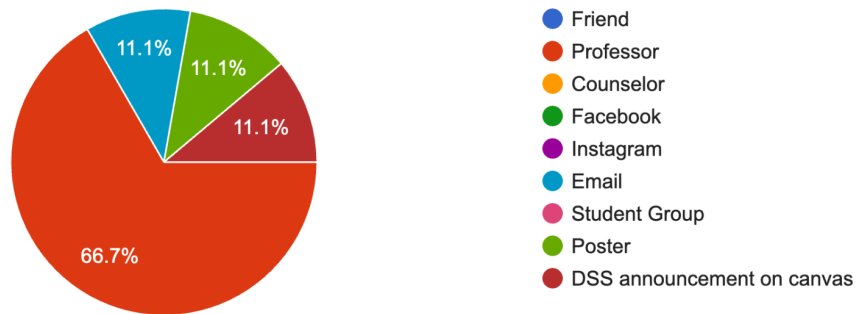
What type(s) of mental health support would you like better access to?

9 responses



How did you hear about this event?

9 responses



What was your main takeaway?

Mental health affects everyone.
Talking about it is the first step
i should actually make more effort to use the materials offered to me throughought my time at dvc
Mental health is relevant for everyone and it is important to support our (and others') mental wellness
The different stigmas behind mental health
First time experiencing art related mental health / art
How i'm not alone in feeling like mental health is something that is difficult to talk about
Mental health is just as important as physical!
Everyone has different viewpoints of mental health.

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

It is what you make of it. If you are involved you can get a lot out of it. If you come in with the impression that it'll change nothing, it won't. It is very helpful and it helps us to see help as well as be supportive amazing new experience
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How might you use what you learned today?
(Highlights: see raw data for full list)

i will speak to a counselor about mental health stuff, not just school stuff be more open to talking with family and friends about my struggles Divulge with my close friends my mental health struggles
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What are the biggest barriers to your mental wellness and/or receiving mental health support?
(Highlights: see raw data for full list)

my barrier was financial issues, but really i'm just procrastinating because i didn't think it was urgent. its urgent. i need help and my brain is telling me i don't Feeling like I am bothering people when I go seek help Feeling vulnerable and unsafe when seeking help
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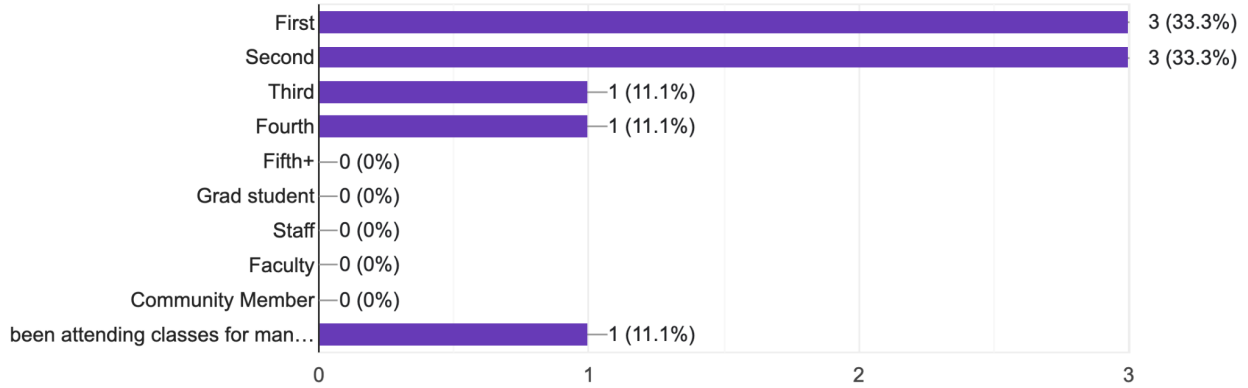
How can we improve this event in the future?

The slide wording can be a little bigger
 make the audio access easier since there were a lot of issues initially

Major	
Business	1
English	1
Animation	1
Bio	1
ECE	1
Economics	1
Kinesiology	1
Engineering Technology	1

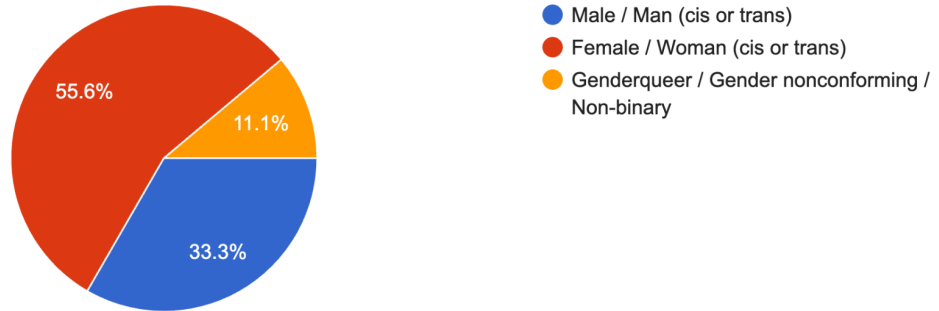
Year

9 responses



Gender Identity

9 responses



Race / Ethnicity		
Asian / Asian-American	3	33.3%
Black / African / African-American	1	11.1%
Hispanic / Latinx	2	22.2%
Indian / South Asian	2	22.2%
Middle Eastern	1	11.1%
Native American / First Nations	1	11.1%
Pacific Islander	0	0%
White / Caucasian	1	11.1%