

Movies for Mental Health (Online)

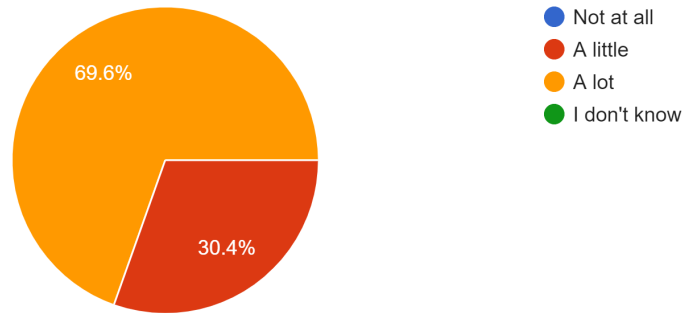
Post-Workshop Evaluations

Diablo Valley College
March 8, 2021

Approximate maximum attendance: 95
Number of evaluations: 46

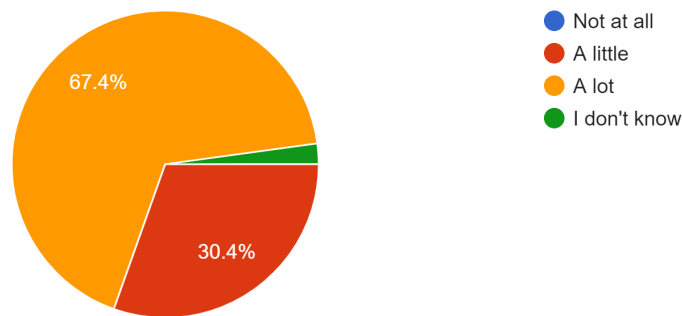
In your opinion, did this workshop increase your awareness of mental health issues?

46 responses



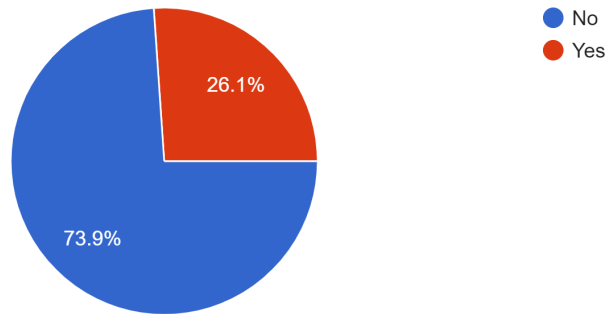
In your opinion, did this workshop help you confront and address stigma related to mental illness?

46 responses



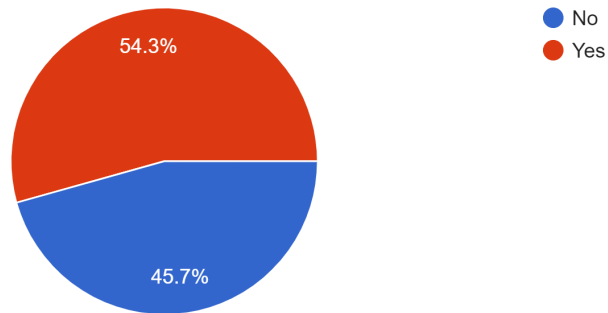
Did you know about the the Mental Health Services Act before this event?

46 responses



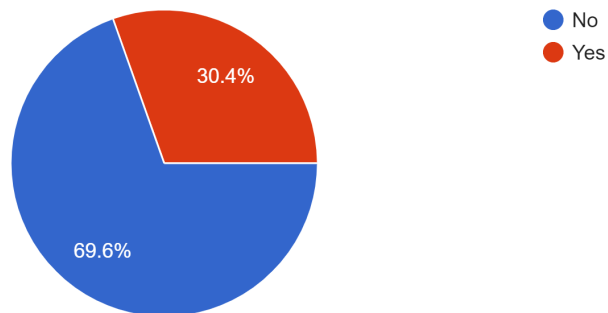
Did you know about your school's counseling services before this event?

46 responses



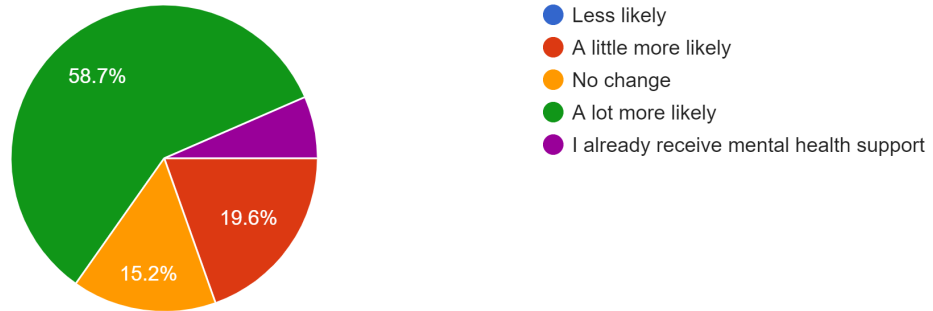
Did you know about the community resources before this event?

46 responses



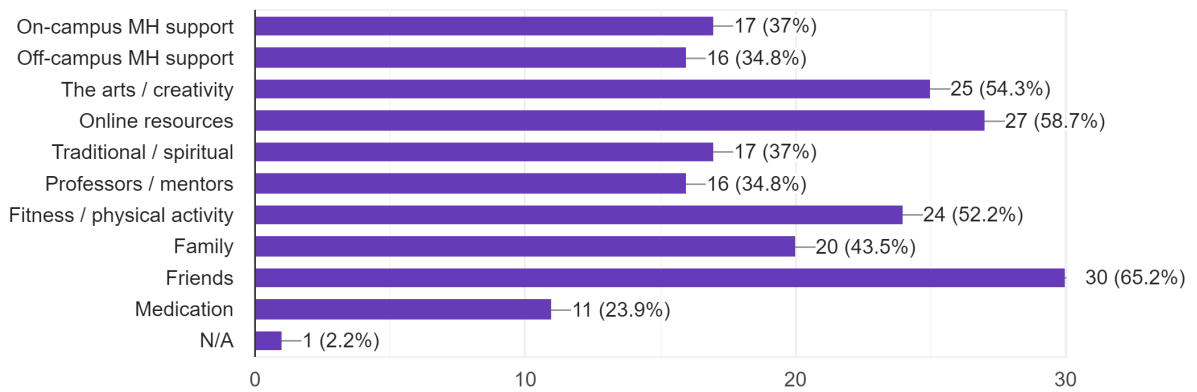
After this event, are you more or less likely to seek support for your mental health?

46 responses



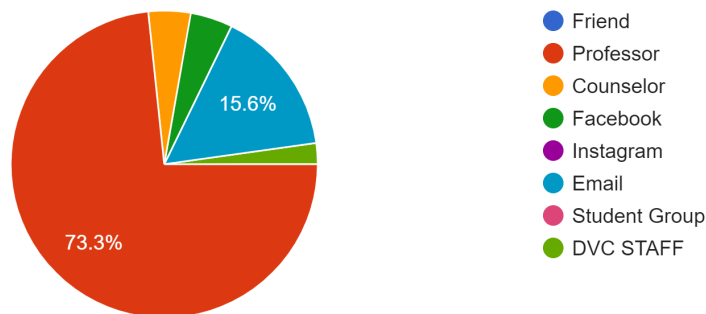
What type of mental health support do you think would be most useful to you?

46 responses



How did you hear about this event?

45 responses



What was your main takeaway?

Mental health is becoming more widely known and accepted, and the arts, as always, are helping.
Get help and help others
I learned a lot about the mental health programs offered at DVC.
I loved the messages from the films, it was mostly an emotional reaction/awakening.
It is okay to embrace your mental illness
We can make a big impact de stigmatizing mental health by talking about it more openly
So many people are struggling in the same ways as me and I'm not nearly as alone as I thought I was
Honestly, the best thing I got was the resource of TimelyMD because most of the time I need support is at night and usually it's hard to find something helpful at that time of day so I am grateful for that
My main takeaway from this amazing seminar is the many resources that are available to anyone struggling with mental health issues.
I felt heard and seeing the other people in the webinar and chatting and reading their responses to all the questions asked made me feel a lot less isolated. I didn't feel as lonely with my battle with mental health/illness.
There is no reason to feel shame; You are not alone; Seek help.
I have a better understanding about how anxiety can affect people.

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

A Great way to understand mental health
I would say that these videos do an excellent job of explaining how mental illness is.
Calm and supportive.
Refreshing and safe
A mental health check-up both for your own well-being and as an intellectual reminder to be kind to others.
Very inspiring and honest
Educational
A firsthand look at what mental illness looks like. A walk in someone else shoes.
Amazing, intense emotions but really worth it and so emotionally supportive.
Stimulating, non-judgmental space to share
You can see your peers. They are such welcoming people.
It is a great workshop for those who want to take a psychology career. Also for those who are sensitive.
I went to a workshop about mental health, honestly I was afraid to go but everyone who attended, I connected to because of their answers. The short films really made me feel less lonely.
Worth trying, good information

How might you use what you learned today?

Being more patient with myself and my anxious thoughts
To seek help out more actively, even though I've had a hard time getting in touch with a therapist.
Check on friends
I will give the link to my cousin who is suffering from depression
Understand why we may act a certain way.
Reaching out to others, as I usually feel like I am being overbearing by checking in.
To build my resilience and support others
To take deep breaths when stressed

I would like to seek out DVC mental health resources and be able to share my experience with others that may be interested.
I am definitely interested in the zoom meetings that DVC has available
Try to listen more when friends are struggling and not assume that everything is "just going to be alright".

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

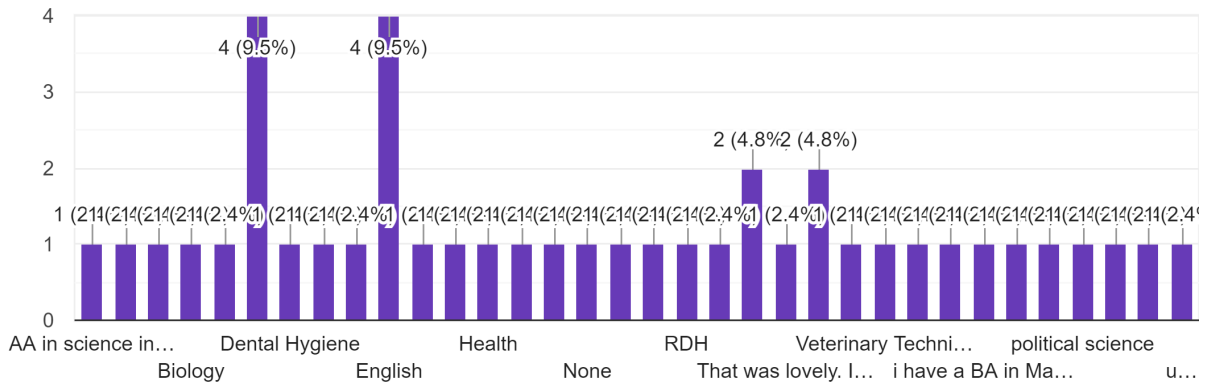
Stigma at work
Getting a therapist is hard, and so it's been a long journey that I'm still on to find one.
What people will think
Fear
Cost of therapy; fear of adverse reactions from family/friends.
Judgement
Finding time to really reflect and internalize how I am feeling
Time
Feeling like I can handle it on my own and overburdening myself
Old thoughts
Putting the time in for it. I just need to do it. Currently fitness helps, but talking to a mental health specialist is definitely on my to-do list.
Admitting out loud to someone else about my mental health issues.
My husband doesn't believe in this
Cost for sure
Being home alone with my pets

How can we improve this event in the future?

Great virtual event!
More polls, I enjoyed the polls
Allowing more interactions
More panelist or personal experiences
Add more videos
Mobile app option, couldn't hear on mobile safari
Have more Black, Indigenous, and POC panelists.
If possible more short films they're amazing!
More information about the types of mental illnesses
Look out for/warn guest about tangents on topics that may make people uncomfortable.
Have more student panelists and panelists in general with even more diverse backgrounds/stories.

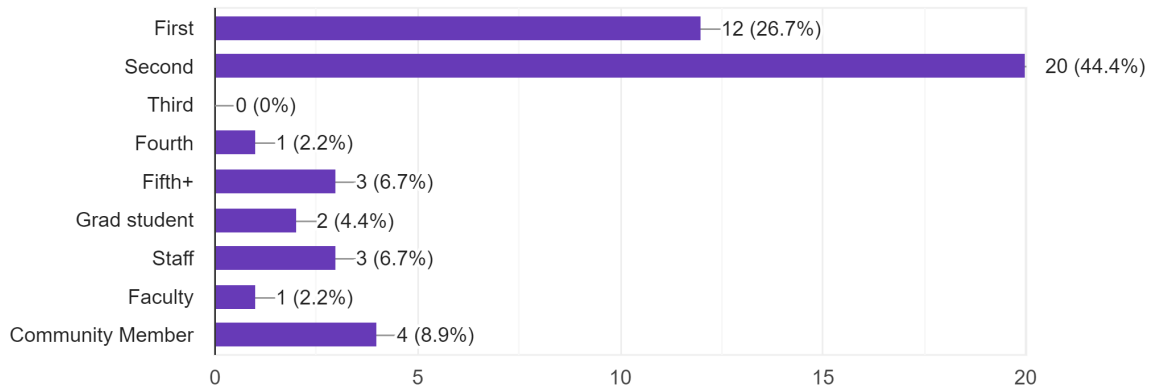
Major

42 responses



Year

45 responses



Gender Identity

46 responses



Ethnicity

45 responses

