

Movies for Mental Health (Online)

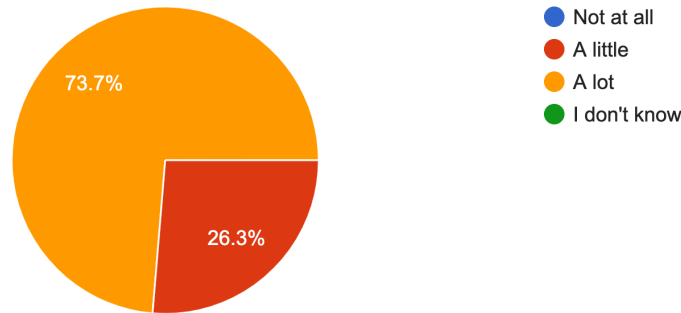
Post-Workshop Evaluations

East Los Angeles College
February 23, 2022

Approximate maximum attendance: 30
Number of evaluations: 21

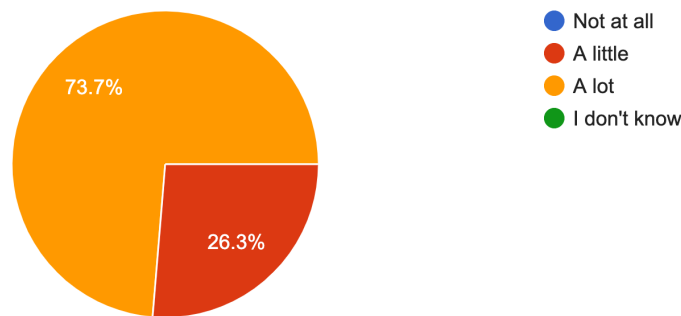
In your opinion, did this workshop increase your awareness of mental health issues?

19 responses



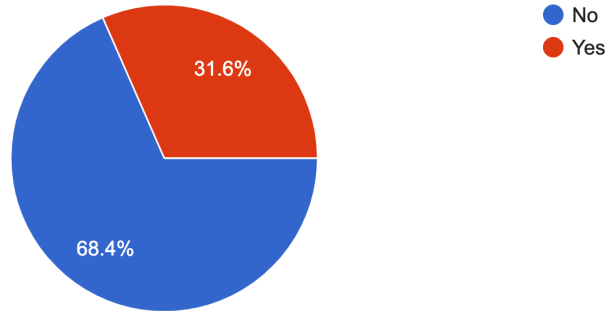
In your opinion, did this workshop help you confront and address stigma related to mental illness?

19 responses



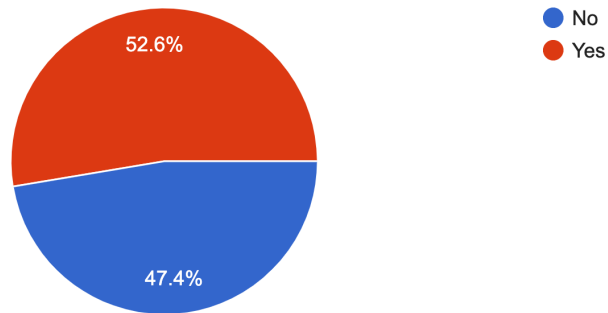
Did you know about the the Mental Health Services Act before this event?

19 responses



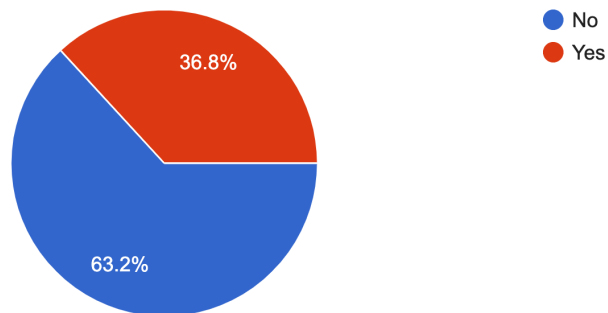
Did you know about your school's counseling services before this event?

19 responses



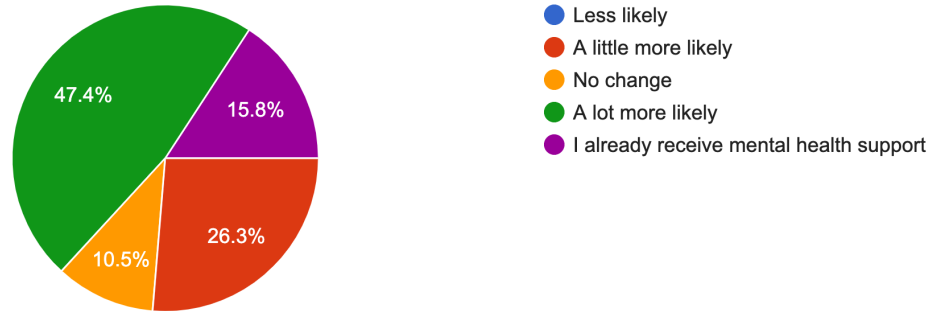
Did you know about the community resources before this event?

19 responses



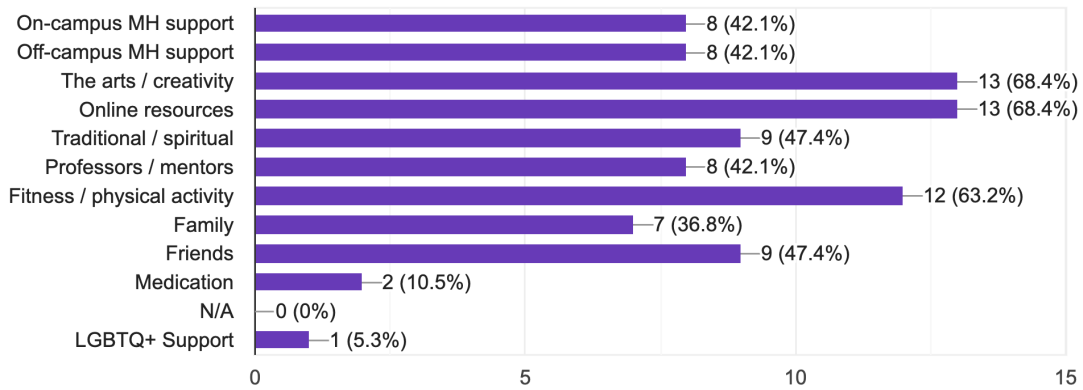
After this event, are you more or less likely to seek support for your mental health?

19 responses



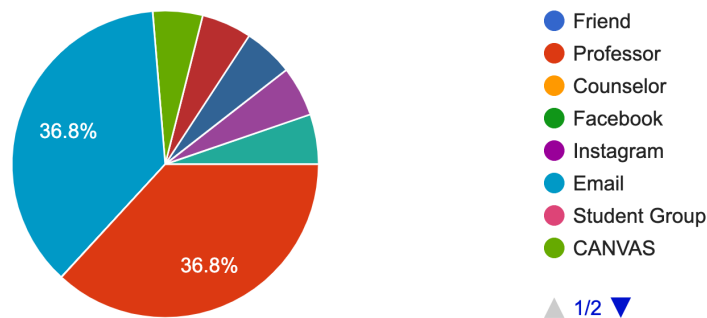
What type of mental health support do you think would be most useful to you?

19 responses



How did you hear about this event?

19 responses



What was your main takeaway?

- My main takeaway from this workshop was learning about how important mental health is and the way it was expressed in the short films shown in this session. I also think it was good the whole mental stigma was explained because this is something that needs to be understood better.
- We all need self-care. In some way or form we need to focus on our mental health. I really enjoyed the video with the two women of color finding support within each other.
- I enjoyed learning and opening up about the mental health challenges, considering some members in my family have them.
- Continue to educate.
- To get rid of depression and anxiety.
- Making everyone aware and being empathetic.
- It's okay to not be okay, taking care of your mental health is very important.
- Being open to conversation is important.
- Mental health affects more than you think.
- My main takeaway was there is help out there for mental health.
- I think I am going to be more mindful with my loved ones.
- I'm not alone and can help others.
- We aren't alone in stigmas we face.
- There are so many ways to cope with stress and stay present in the moment.
- More awareness and resources are being promoted.
- Speak to someone and consult others on how I'm feeling.
- Shared experiences.

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

(Highlights: see raw data for full list)

A helpful resource when it comes to talking about mental health and why we shouldn't feel discouraged seeking out help / advice from a counselor or a trusting friend.

Useful. Insightful.

helpful, safe space

safe place to share

Very engaging and clear topic.

Informative and all-inclusive.

Very open and an opportunity to be honest and vulnerable.

Helpful, and nonjudgemental. Understanding and informative.

I would describe it as healing.

A useful guide to understand mental issues.

Impactful, real, and refreshing.

Learning opportunity and mind-opening.

Helpful, informative.

Helpful/resourceful.

Informative.

Necessary.

Providing info about tools and resources for mental health wellness.

How might you use what you learned today?

Continue to get educated.
 How people are impacted of what the people share and their story and accomplishing.
 Share within my job. I already work in the field.
 It gave me added awareness... taking a break to connect with nature can be soothing when I'm feeling overwhelmed and that's okay.
 I don't think I would, because my own experiences.
 I will use my knowledge of mental health support towards personally seeking counseling myself through school or my healthcare provider.
 My wife has been recently diagnosed with severe depression and severe anxiety. I think everything we spoke heard, saw, and discussed will help me understand her mental struggle as well as my own. I also love the resources given to us through this workshop.
 When I am feeling down.
 To not fall into the wrong idea that asking for help is wrong.
 To be gentler with myself and others. I wish to listen more overall, and be present.
 Make use of the new resources I found.
 Use techniques when needed.
 I would teach someone about prioritizing and getting on top of everything that helps towards your goals, etc.
 Sharing info
 In conversation and person application.
 By using NAMI as a resource.

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

(Highlights: see raw data for full list)

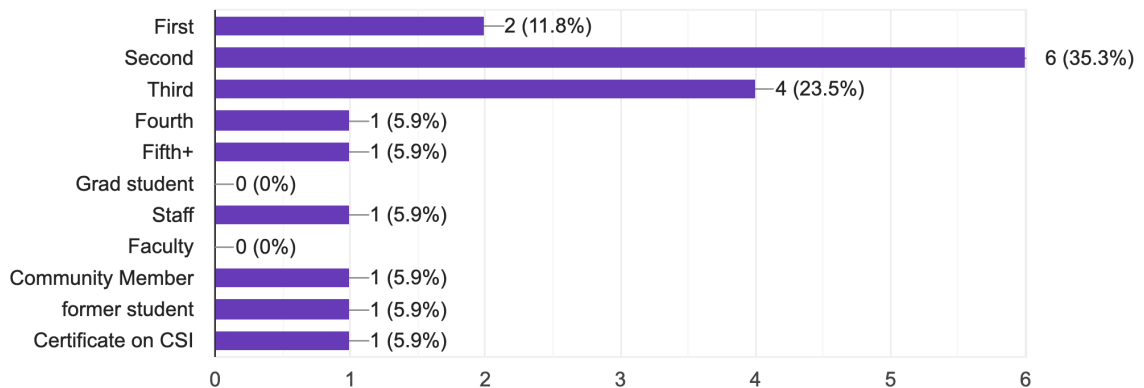
Fear of the unknown
 Being taken seriously and financial aid
 Getting better
 Feeling uncomfortable
 The stigma. In Hispanic culture, you are raised to keep silent about issues and work through them on your own if at all
 Myself, those around me.
 My main concern/barrier was feeling like I wont be getting consistent help or not being taken seriously when it comes to expressing my thoughts and worries.
 I think its always the first step.. reaching out and trying to get that self-care and taking care of yourself.
 The biggest barriers are places being full and not accepting me for therapy.
 thinking that people will think I am weak.
 Time.
 A barrier for me would be asking for help, I like to do or try things on my own terms, but sometimes that's even a task, so I definitely will reach out, and mental wellness for sure is working out.
 Access and cost.
 Too anxious to reach out or say anything, not knowing what to do.

How can we improve this event in the future?

It was great. Very simple to participate and be involved
 I feel like this was perfect, it engaged the attendees so I don't think I'd change anything
 It was a bit hard to get to initially, as I had to open up a few different windows to get to the meeting.
 This was an excellent workshop, one of the first mental health related workshops I've attended online. I don't have any problems to say.
 Great Event! I think more speakers and stories would add on to the great event this was.
 Nothing, really enjoyed how it is.
 Make it longer? It was wonderful.
 How an opportunity for more engagement.
 The music, the presenter and the information was perfect!
 To improve this event, I say keep spreading and advertising everyone should learn this, and understand in order to connect on a level with everyone.
 Shorter and more frequent.
 Make it longer and let more people speak.

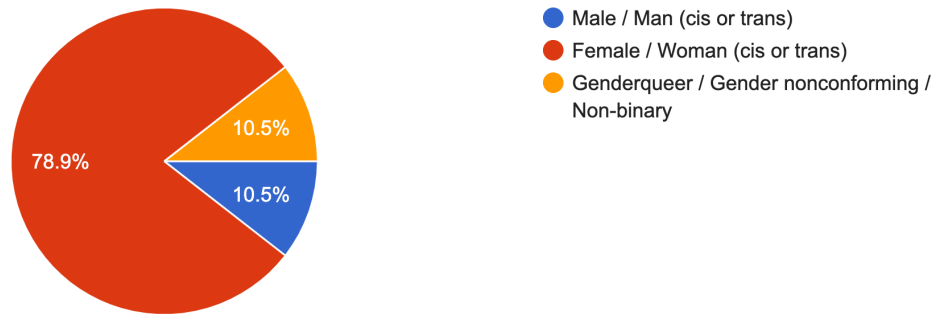
Major	
Sociology	3
Psychology	2
Kinesiology	1
Art	3
Biochemistry	1

Year
17 responses



Gender Identity

19 responses



Ethnicity

18 responses

