

Movies for Mental Health (Online)

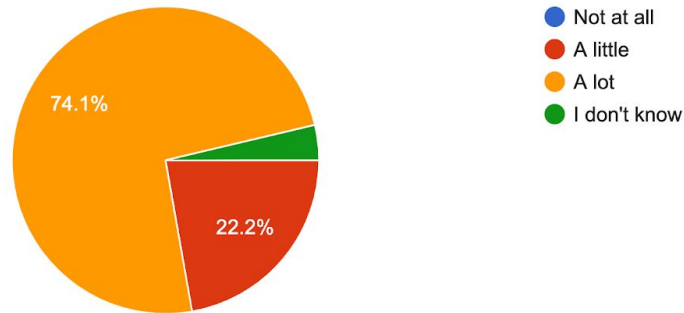
Post-Workshop Evaluations

El Camino College
October 6, 2020

Number of attendees: 63
Number of evaluations: 27

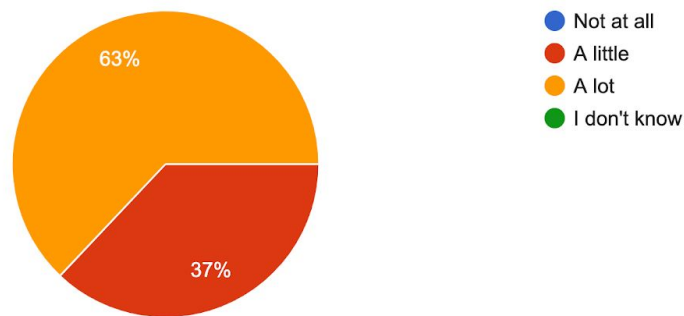
In your opinion, did this workshop increase your awareness of mental health issues?

27 responses



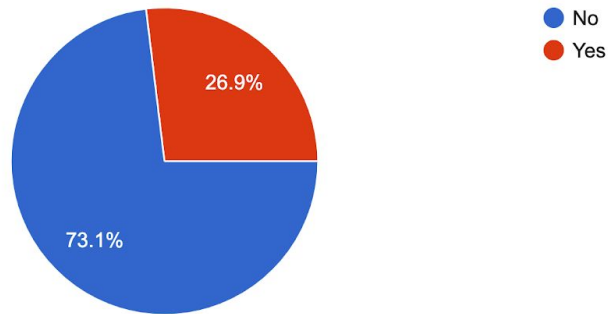
In your opinion, did this workshop help you confront and address stigma related to mental illness?

27 responses



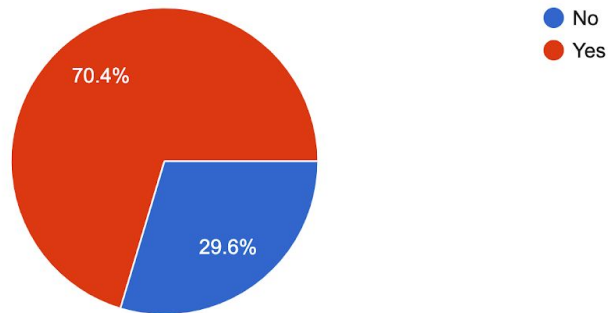
Did you know about the the Mental Health Services Act before this event?

26 responses



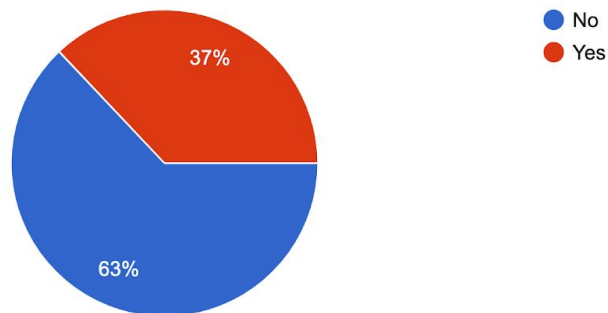
Did you know about your school's counseling services before this event?

27 responses



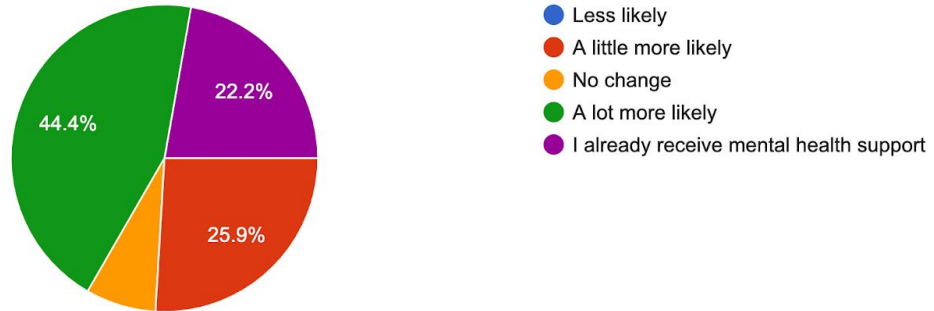
Did you know about the community resources before this event?

27 responses



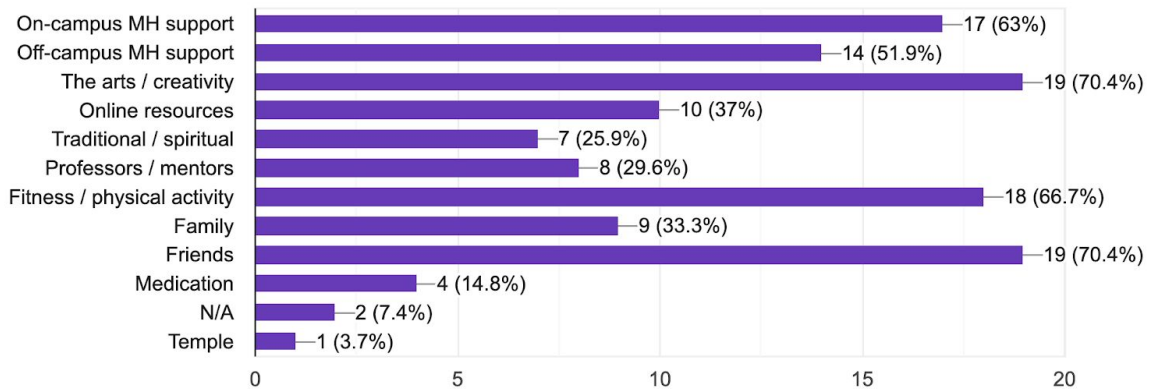
After this event, are you more or less likely to seek support for your mental health?

27 responses



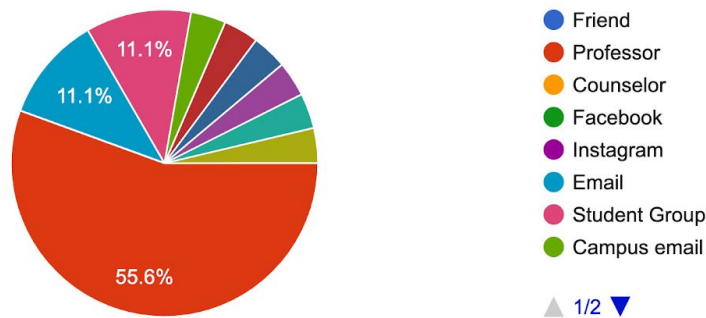
What type of mental health support do you think would be most useful to you?

27 responses



How did you hear about this event?

27 responses



What was your main takeaway?

(Highlights: see raw data for full list)

No problem is small
Seek help
Put your own mental health before others
I really 'enjoyed' the films
I loved the host and films
LOVE MYSELF
I'd say experiencing the general welcoming and open atmosphere of this event encouraged a lot more consideration for the mental health subject as something to prioritize more, as I may need to do so.
There are more resources available than I think a lot of people realize
I like how I was watching short films and interacting with other people who are dealing with mental health
This made me feel happy
Mental health
How toxic social media and family can be to young people
That my mental health is a part of me. I can get help and learn to cope with it. I am not alone.
Learning different takes of mental health specifically towards psychology
Everyone has something there dealing with and if you need help there is a lot of help out there
I am not alone (x2)
Resources - Beth was great!
Listen and be empathetic... don't let those in need of help slip between the cracks
My main takeaway would be that it is ok if you feel like you need time and space to clear oneself from stuffy spaces or relationships
Always take care of yourself. Love yourself. Self-care and self-love
The resources provided and the speaker's honesty
The need to be more empathetic (x2)
That a lot of us suffer in our own way and process it differently
Get involved in the campus clubs

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

(Highlights: see raw data for full list)

Very eye opening
Powerful
Informational
A powerful group of women who shared their stories and discussed feelings that are validated
Hopeful
Relevant, timely, and super helpful and supportive
Helpful and relatable
RELIEF
Welcoming and open
Really informative, supportive, and interesting
It gives you more resources whenever you need help
Fun engaging (x2)
Very informative; allows you to feel hopeful about yourself
Helpful. Mind opening. Close knit and community feeling (x2)
An educational take on mental health and the awareness it has
This workshop had tons of information

Informative and moving (in a positive way)
 Community
 Very helpful to gain understanding of those with lived experiences
 I would describe it as a gateway for mindfulness and time for ourselves to become educated and aware that people go through things like this topic and even they themselves may be as well without realizing
 Emotional and helpful
 Enlightening (x2)
 Mental Health Wellness
 Comfortably informative and resourceful

How might you use what you learned today?

Really focus more on my mental health
 To talk and or listen to others
 Tell people
 I would like to grow and help others in the future!
 Mainly as a way to support others experiencing crisis; referral to local / community / culturally competent resources.
 Different coping methods
 SEEK HELP
 I will try to manage my priorities for what I'll focus on in terms of my mental health
 I would use more Headspace when I'm balancing classes
 In my classes
 Not have stress
 I can convey the information to my students. I already do, but having more information to work with is always wonderful.
 Remind myself of this experience. Think about what others have shared and gone through. Know that I am not alone. I can get through the troubles.
 Take into consideration the actions I make and others and how it may affect us. Find a way to support a friend or family member with knowing more about the awareness of mental health
 I'd care to know how people around me are really doing
 Self love is importance
 Body scanning between classes and breathing techniques
 Share with other students that we are not alone...help is available
 What I learned today I will use in the future by taking a needed break from spaces that make me feel stuffy
 I'd be mindful of what I say. Actively listening, and not comparing
 Breathing exercises
 I can use it to further my understanding surrounding anxiety
 Stop negative talk as it starts/BREATHE

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

I don't need it mentality
 Social media and comparing yourself with others
 Myself
 Looking for a support system that won't judge
 Wanting to talk about it but not really
 My own beliefs and needing to get out of my own way, sometimes

The stigma and financial reasons
FEAR
I have yet to fully realize the severity of my issues, be it subconsciously or the opposite
The feeling that I have to be independent and "strong"
Attending other workshops while I'm balancing classes
Therapy
Talking to people being shy
Being judged.
Being aware and knowing where I stand and others I know may stand so I could possibly help support them
My inability to share much of myself
Not being able to afford support
Financial and being able to find a therapist I can continuously work with
Availability.... I have good insurance just kind find providers as they are fully booked
I feel like it would be support and validation from the people I find important characters in my life but especially from myself because I am the one who is supposed to know how I feel at the end of the day
I was planning to reach out the resources on campus earlier this year. However, since the current situation, I just tried to work on my mental wellness by myself with support from a few of my friends
I was not believing that I needed help. Glad I did
My inability to share much of myself
It's hard to figure out exactly what's going on with yourself. If you don't know why you're reacting the way you are, how can you find help ?
Family

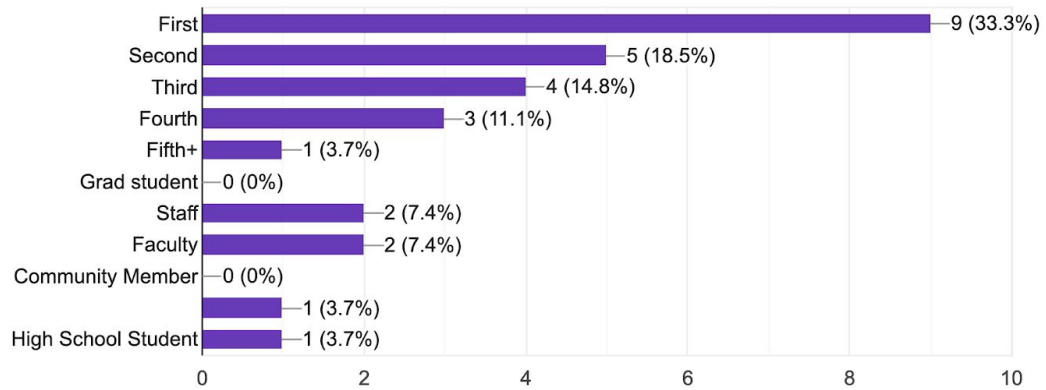
How can we improve this event in the future?

I think it's pretty good overall , it really was quick and effective
Nothing, it was amazing!
Announce it more
Please offer this more often
Make it longer
LET PEOPLE SHARE EXPERIENCE ASIDE FROM "PANEL"
Nothing in particular comes to mind, as this was my first time experiencing something like this
Maybe some more short films
By celebrating it more with celebrations
Nothing really. It was very well organized
Not sure exactly. Things seem good with how the event was set up
It's quite great, it should just continue
This was great
Have this workshop monthly (at least)
More panel discussion, story sharing and repeat name of psychologist available if you want private consult
I feel like this was a great experience and at the moment I wouldn't say I would change anything although I know there is always space for improvement
For today, anxiety and depression are a few that was discussed. In the future, maybe include other illnesses, like eating disorders.
It seem good to me
It's quite great, it should just continue
The website made it difficult to interact in the chat because it was very slow typing. Maybe by using a different because it was frustrating to text in the chat
Make it a regular event

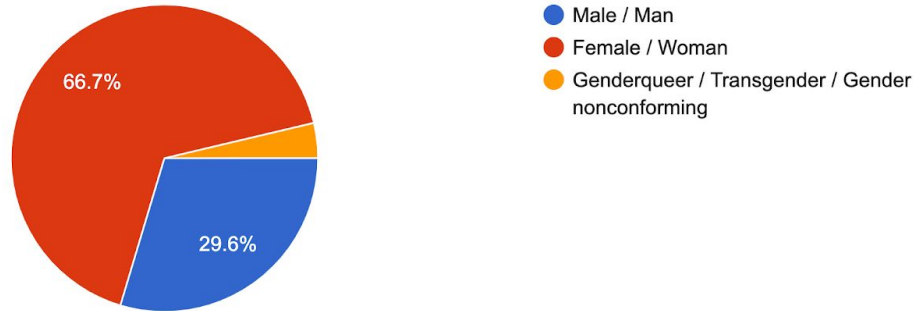
Major	
Child and Adolescent Development	1
Communications	2
General Science / Pre-Dentistry	1
Kinesiology	1
Psychology / Psychology & Neuroscience	7
Music / Acting	1
General Studies	1
Nursing	4
Political Science	2
Unknown	1

Year

27 responses



Gender Identity
27 responses



Race / Ethnicity		
Asian / Asian-American	3	11%
Black / African / African-American	4	15%
Hispanic / Latinx	9	33%
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	5	19%
Multiracial	5	19%
Mexican / American	1	3%