

Movies for Mental Health

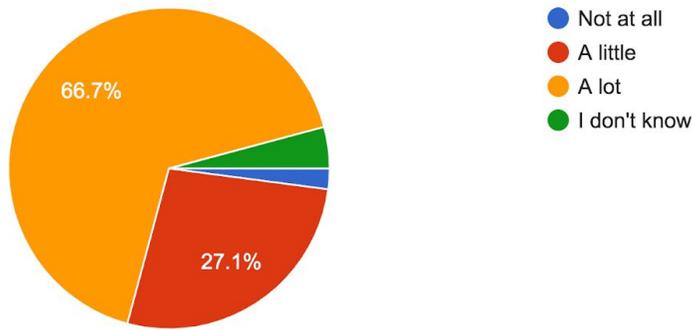
Post-Workshop Evaluations

El Camino College
May 21, 2019

Number of attendees: 75
Number of evaluations: 48

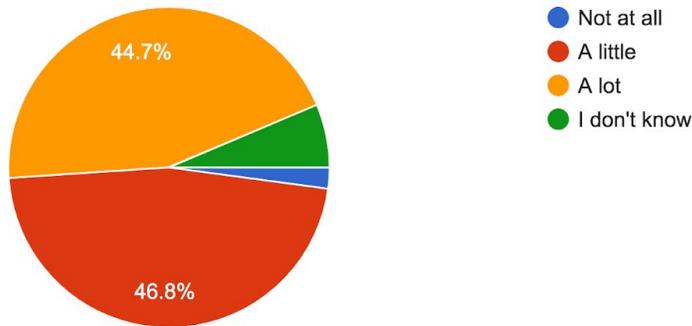
In your opinion, did this event create awareness of mental health issues?

48 responses



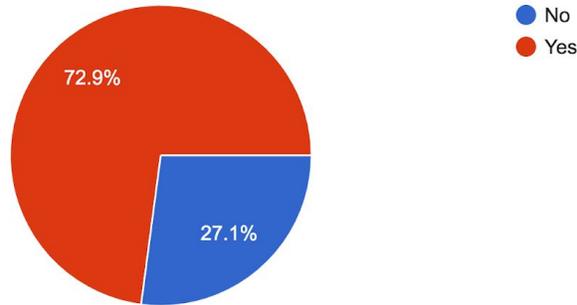
In your opinion, did this event reduce stigma related to mental illness?

47 responses



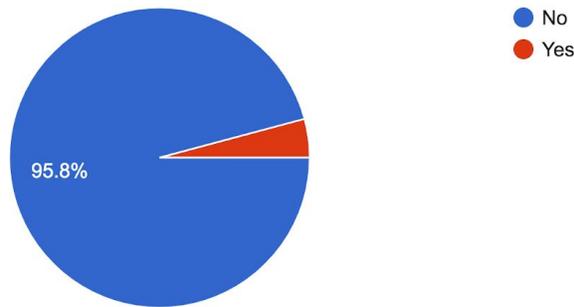
Did you know about your school's counseling services before this event?

48 responses



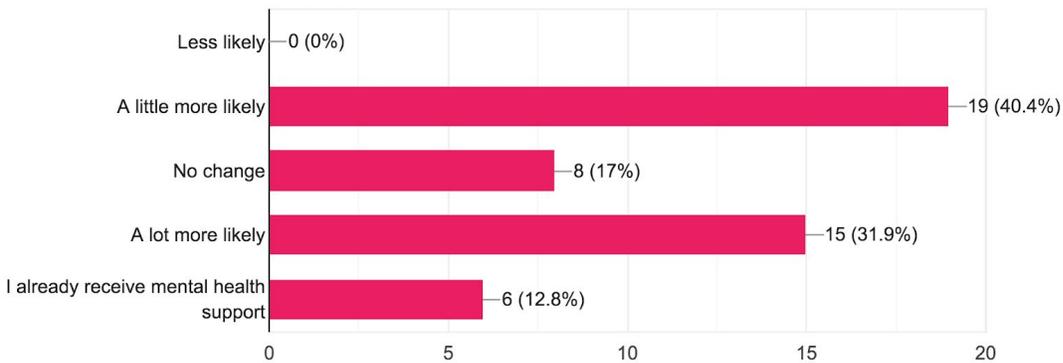
Did you know about the Mental Health Services Act (Prop. 63) before this event?

48 responses



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

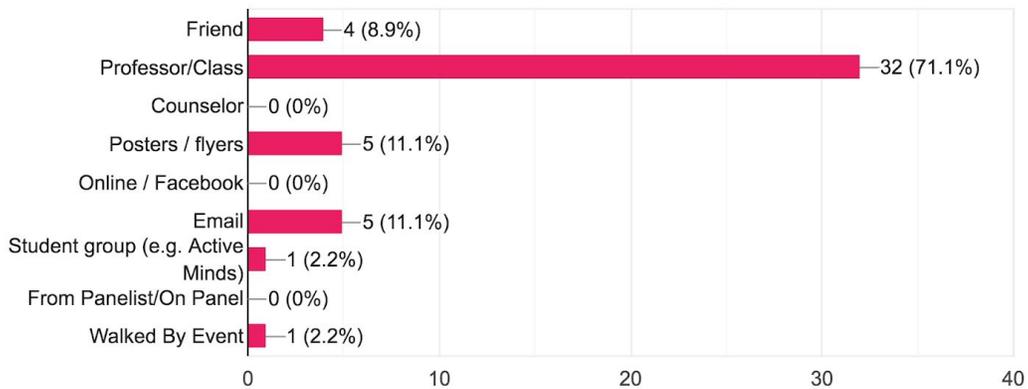
47 responses



What type of mental health support do you think would be most useful to you?	
On-campus MH support	23
Off-campus MH support	15
The arts / creativity	5
Online resources	4
Traditional / spiritual	7
Professors / mentors	7
Fitness / physical activity	15
Family	14
Friends	19

How did you hear about this event?

45 responses



What was your main takeaway? (Highlights: see raw data for full list)

- To seek help when needed, lessen the stigma of mental illness, etc.
- Films were powerful. Loved the bravery of the artists sharing these topics.
- It's okay to ask for help.
- Mental health is very important.
- You are not alone and help is available.
- Show interest, show care, show empathy, listen to them

Everybody has problems.
Talk to your peers and seek help.
Mental health doesn't define me but I do have to manage it.
I enjoyed it and it was very informative.
Seeking help is as hard for others as it is for me.
Don't be scared to talk about your problems.
There are many resources that you could use.
That we have to help others, and also get them informed about mental health and services.
Always get help when you need it or want it.
Take accountability for your mistakes and do your thing.
The support services and personal experiences.
Don't be afraid to ask for help.
There are plenty of resources ready to help—just reach out.
Getting help helps.
It was a great event and opened up my eyes about mental health.
Find support or help. Not alone!

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

Informative and helpful. (x8)
Positive sharing feelings.
If you have mental problems ask for the workshop.
Helpful, encouraging, important, and useful
Eye-opening.
Very informational about mental health.
Interesting and informative to show resources at ECC and community at large.
A discussion on mental health awareness.
You don't have to care about what others think. If you need help, receive it. There are many ways you can get it.
Very informative and an eye-opening.
Guidance on where to go if they're experiencing symptoms.
A nice reflection.
Revealing place to talk about mental health.
Very helpful.
Helpful, understanding, and relatable.
An interesting event to go to, also it is very informative.

How might you use what you learned today? (Highlights: see raw data for full list)

I will use the info to take steps in my life to improve my mental health.
Speak up, find help and don't give up on yourself.
Check out SRC on campus.
Keep the info as a reminder or possibly help family/friends.
Talk to more people and reach out.
Definitely would use the resources and would like to look more at Prop 63.
Take my mental illness more seriously.
Utilize those resources. Share with others.
Refer a friend, if needed, to the resources available. (x4)
Go seek mental health support on campus.
Always look after myself like I look after myself.
Ask my son how he's doing more often.
Use it with everything I do, stay positive.
Getting a mental stress check 1 - 2 times a week.
Reach out to mental health resources given from today.
If I need help don't keep my emotions bottle up.
To seek professional help.
For my own personal health.

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

Procrastinating/work/school.
Constant struggle emotionally, physically to deal with someone struggling with mental illness.
Judgement, denial, and finding someone with an open mind that can relate to me.
Time to spend on myself. My life has a lot of responsibilities.
Family pressure that I'm fine. (x3)
I don't feel like I "suffer" enough to take / look for support.
Lack of self actualization.
Making time to go to a counselor.
Denial, and I don't understand what is really going on. (x3)
Letting go of people and noticing things late, stubborn.
Feeling alone/stressed.
I don't want to be judged. (x3)
Time and money. (x4)
Fear of medication and judgment. (x3)

How can we improve this event in the future?

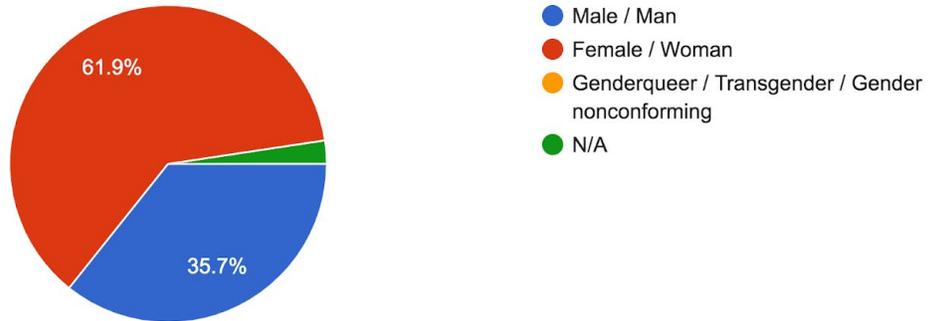
More films.
 Logistics in audio to make it more seamless.
 Microphone could be clearer.
 Encourage audience to sit closer together
 Mentors program.
 More students on the panel would help.
 Maybe add one more video.
 Start on time and end on time.
 Having more student panelists.
 Share this with many people so it will know that you're not alone and can help more than what they think.
 Have informants outside who can describe the event better.
 Video sound quality
 Bigger font for PowerPoint—hard to see.
 Better/use microphone. (x3)
 Speak about ways to get help with little or no money.
 More group talk, meeting people.

Major (Highlights: see raw data for full list)

Psychology	10
Nursing	7
Child Development	4
Criminal Justice	3
Computer Science	2
Kinesesthesiology	2
Business	1
Philosophy	1
Sports Medicine	1
Child Education	1
Biology	1

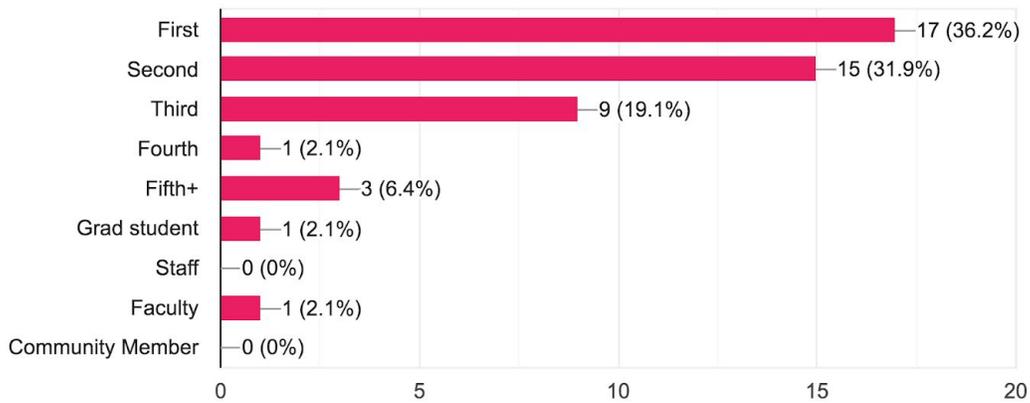
Gender Identity

42 responses



Year

47 responses



Race / Ethnicity		
Asian/Asian American	14	30%
Black/African/African American	7	15%
Indian / South Asian	1	2%
Native American / First Nations	1	2%
White / Caucasian	9	20%
Hispanic / Latinx	20	45%
Pacific Islander	2	4%