

Movies for Mental Health (Online)

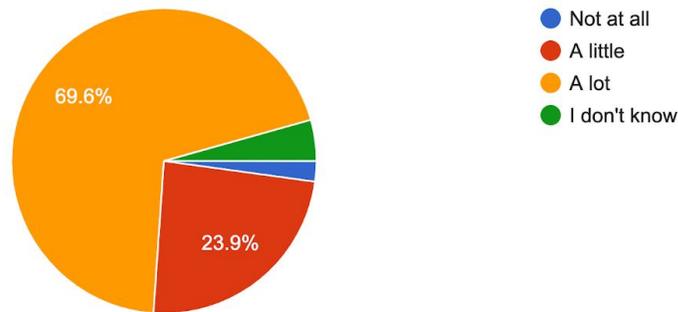
Post-Workshop Evaluations

Fullerton College
February 19, 2021

Number of attendees: 60
Number of evaluations: 40

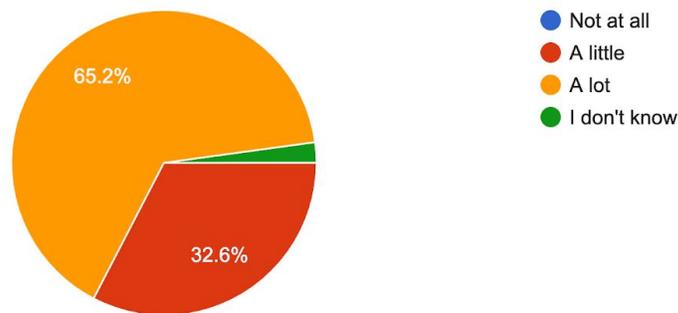
In your opinion, did this workshop increase your awareness of mental health issues?

46 responses



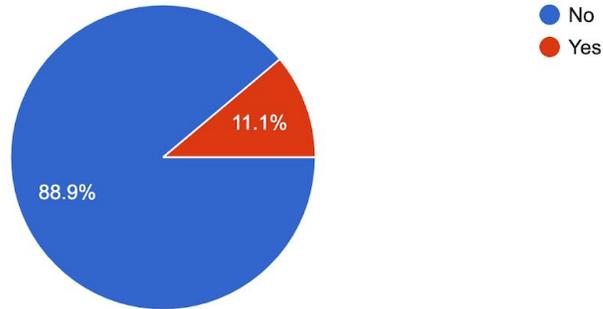
In your opinion, did this workshop help you confront and address stigma related to mental illness?

46 responses



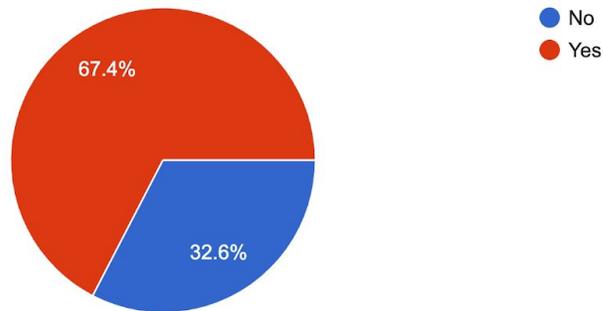
Did you know about the the Mental Health Services Act before this event?

45 responses



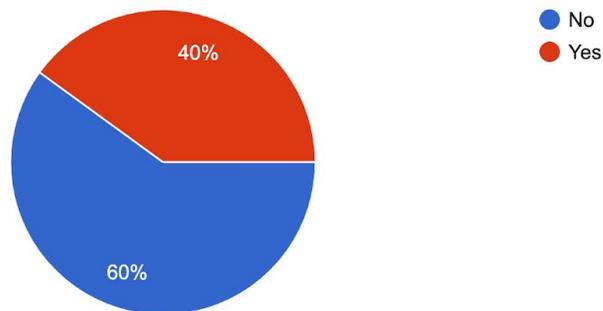
Did you know about your school's counseling services before this event?

46 responses



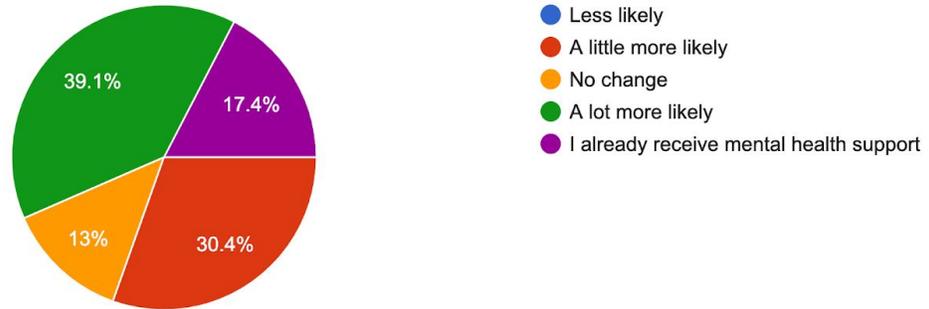
Did you know about the community resources before this event?

45 responses



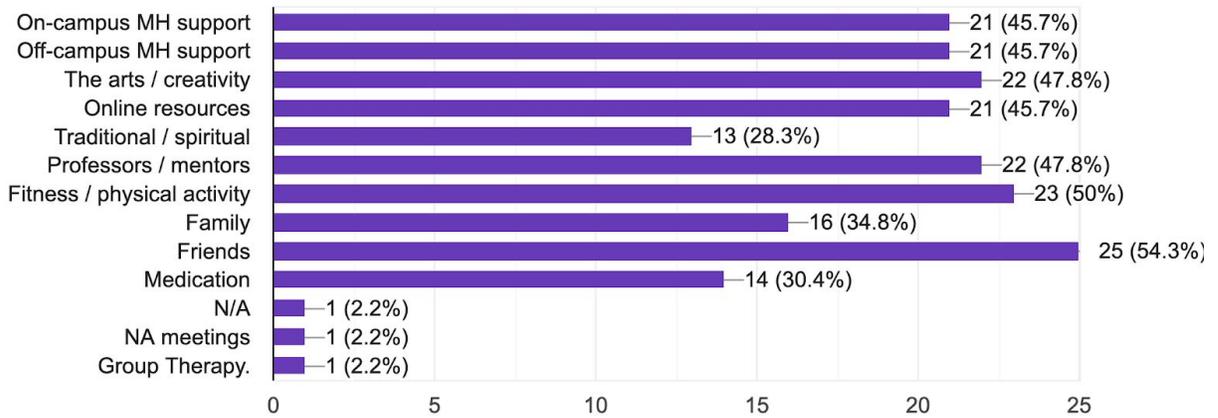
After this event, are you more or less likely to seek support for your mental health?

46 responses



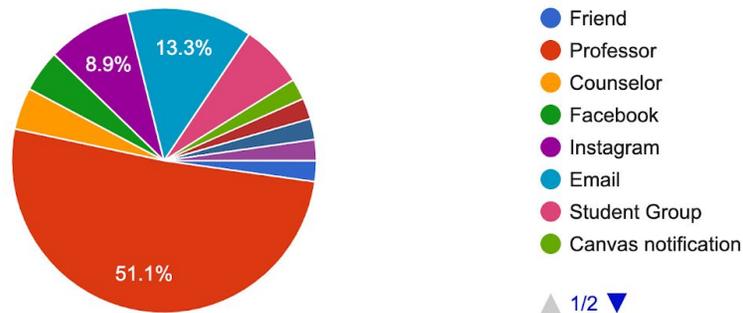
What type of mental health support do you think would be most useful to you?

46 responses



How did you hear about this event?

45 responses



What was your main takeaway?

(Highlights: see raw data for full list)

There is a community at Fullerton College that supports you! Would love more of these events.
Mental health is not always talked about, but it is important to talk about it freely to stop this barrier we have and that stigma that mental health is bad or weird to talk about.
I'm an old student (56) so it was great to hear all the young people being so open, supportive, kind, inclusive, non-judgemental, knowledgeable. This was not college life back in the day.
I am not the only one who gets these types of feelings, it's okay to have a panic attack, before I thought I was "crazy" and didn't know what was the meaning of what I was doing.
Renewal of having determination to find mental health resources, advocacy, and to work on self-care through art.
To be kinder to myself and be more understanding and aware of others and their problems which I will most likely never know about
Everyone is going through something so treat everyone with kindness.
Mental Health encompasses more than a way to heal and confront mental illness
There's no shame in not being okay.
Mental illness is a growing issue.
That mental health is everywhere and everybody has it
Do not be afraid to ask for help.
Everyone is struggling internal and there's support out there for you besides counseling
Mental Health relates to everyone, there is not one exception.
Mental is something that we all face. The positivity in the chat was refreshing
There are a lot of resources and self-care is important.
From the beginning of the web meeting, I was unable to hear anything. I tried to log out and log back in
That is totally normal talk about mental health and look for help.

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

(Highlights: see raw data for full list)

Lighthearted artistic short films and a place to find resources, good for people who are unaware of the concept mental health
Powerful much needed workshop.
Relief for the soul and mind, a truly positive community
I would describe it as an educational event for those who may have be unknowledgeable of mental health or maybe need an open platform with others who relate to what they are feeling and experiencing.
An interactive mental health webinar
A streamlined acknowledgement of how art assists with mental health, how they are involved with each other, that there is abundant resources on mental health in our community
I would describe this place as a workshop and eye opening. I personally have dealt with depression and I could definitely relate most of what was talked about today. I would say it was a great resource to have.
Very insightful and helpful
Uplifting, uniting, useful
I would describe it as useful information.
This workshop is so caring, the speaker made you feel so comfortable to breathe with her and it makes me feel like my mental health is a priority and not just thoughts I have to deal with everyday.
Amazing and wonderfully organized
Very welcoming and will not make you feel awkward at all!
It's an interesting and helpful workshop to know better our options to help our MH.

How might you use what you learned today?

I will openly talk about mental health more with my family members because there is nothing to be ashamed of and now I am aware. In my family (Hispanic culture) mental health is nothing serious but I always feel like my mental health should be taken seriously and this workshop helped me see that I should be able to talk about it and not be ashamed. I will also help people around me start a conversation of mental health.

I will try to think back to how many people out there struggle as well.
share it with others and also using the breathing technique
Practice Self Care with more awareness of the tension areas of the body
joining these communities and programs like the art one, interacting with others who are open about their mental awareness

It definitely helped me acknowledge my own mental health and I know that there are resources that can be used to my advantage.

I plan on applying the mindfulness I came to understand during this presentation, and seek out professional mental health advise

I wrote down ideas on how to practice self-care, and saved the links assisting me to mental health resources in the community and online

There are lots of things I would use: the breathing exercise, body scan, all the helpful resources that you provided, and all the self-care methods.

Be more likely to use knowledge rather than just continuing to suffer

I will use the resources and the knowledge I got from other peoples experiences and get to feel peoples pain to let me help myself.

I will use what I learned today to take better care of my own mental wellbeing.
Being aware of my mental health, and physical symptoms of my mental health.
Everyone's going through something so be nice at all times

I think that this was the push I needed to go out and seek professional help and get a mental health assessment. Unfortunately, like I said before, there was no audio so I was very bummed out. However, I still feel a bit more encouraged to seek help I need.

By looking for help in any of the resources that Fullerton college offers
Be open to everyone's personal struggles - especially as a parent
Start implementing in my own life

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

(Highlights: see raw data for full list)

Not noticing that my mental health was being affected until i had a small breakdown. Feeling like my problems are not worth talking about

The biggest barrier is my family and my culture. Mental health has never been addressed, considered or even recognized. If you are mentally exhausted or mentally ill, you are quite literally viewed as "crazy" and people kind of start to distance themselves because you are "not normal."

My family is usually my biggest barrier and my friends. it's just never something I can talk about freely without feeling judged.

The biggest barrier I have is that I am unsure of whether or not I am overreacting my feeling or if it is my mental wellness. I would say that I am too afraid to talk to someone about my mental health.
feeling different and not actually knowing why I felt the way I did. I was in a toxic relationship when I realized my mental state and he used it against me

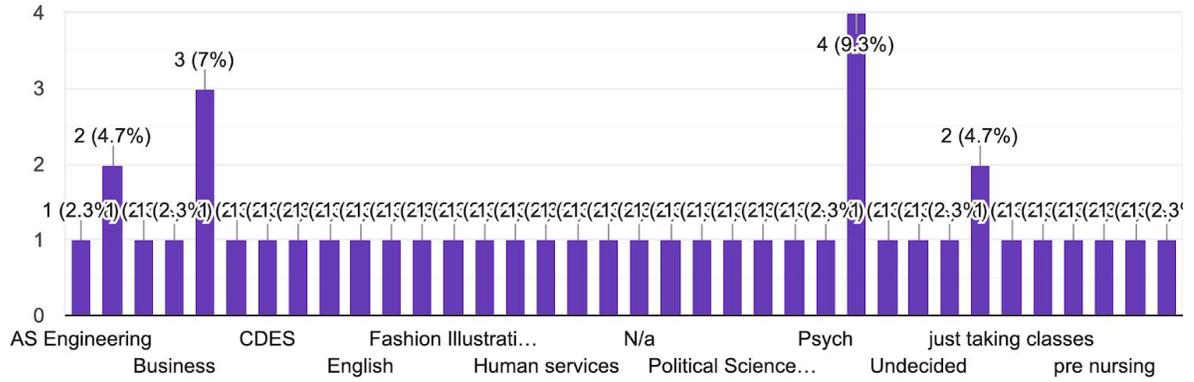
Helping myself to help the ones I love
insurance/the time it takes
Feel ashamed to share my emotions
Getting the energy to actually ask for support
Myself, getting to the resource.
Stress and time management, balancing responsibilities, allowing myself the ability to take care of myself and my mental and emotional health
People always say I'm overreacting or overthinking, some of them may say I make it up or something.
money. confusing infrastructure.
My habit of just gritting my teeth and soldiering on
Not being able to get the support I need from family or knowing where to get the help, the only person I can talk to could be one of the reasons I want to get help and my family won't understand if I try to talk to them.
Committing to reaching out to MH campus resources
a lot of stressing and we need to take time for your self such as eat healthy, exercise ,enough

How can we improve this event in the future?

Maybe speak about mental health issues that aren't so common knowledge. I felt as though lots of the information was very surface level and although some of the movies proved helpful for some, I think the approach was a little too adolescent at times. Breathing practice and other practices were great, discussions and polls felt took away from the meaning a bit. I don't like how the speaker put such a heavy umbrella over mental illness, I think it's important that we don't encourage people to self diagnose or make them think being nervous or having any negative emotion can be classified as a disorder. That really rubbed me the wrong way. Chat discussions were great as well.
Bits of meditation with the breathing exercises would be nice
more advertising or word of mouth... I wouldn't have known about this if my lacrosse coach hadn't received an email about the event
id like to see the people who attend. full live zoom.
It was very engaging and the host was able to hold my attention, which can be a challenge for me have it once a sem and in the middle of the week. Hard to give up Friday afternoon. I'm like mentally drained out with zooming all week.
I loved how interactive it was so more of that would only make it better :)
It was a great balance of art/film to represent mental and emotional health, as well as the provision of resources and panelists, as well as a chat room access to present questions, answers, and general discussion
It is well done, had a lot of emotional relatable
I loved the event I honestly have no suggestions on how to improve. I think all points were talked about and the films were amazing I definitely related.

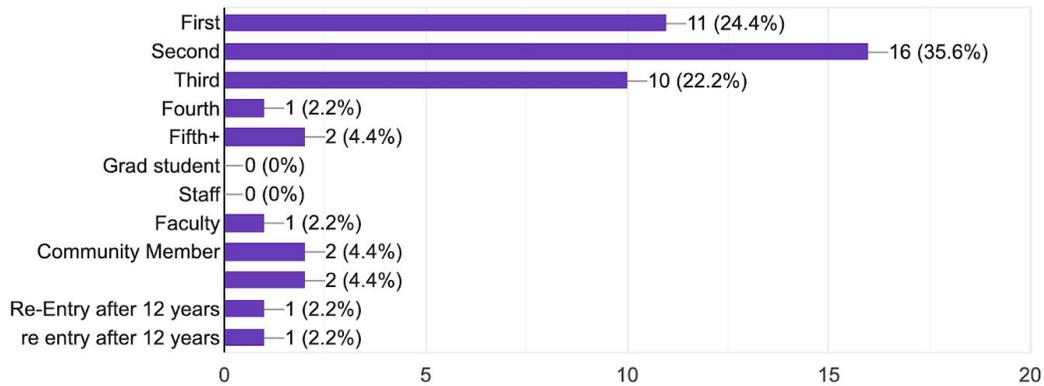
Major

43 responses

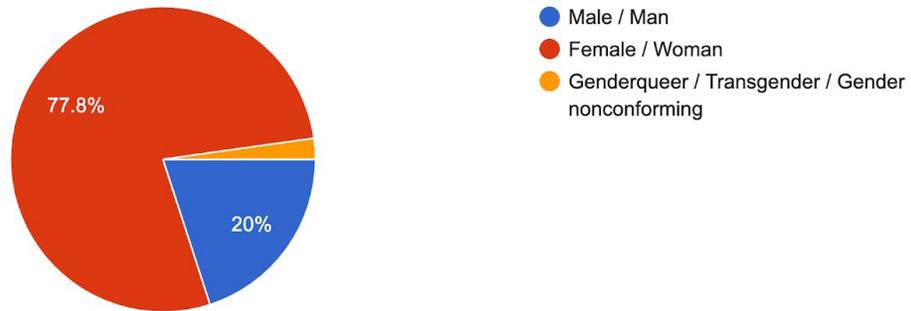


Year

45 responses



Gender Identity
45 responses



Ethnicity
45 responses

