

# Movies for Mental Health (Online)

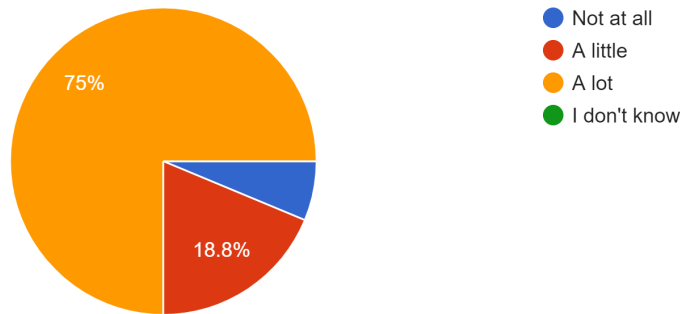
## Post-Workshop Evaluations

Fullerton College  
February 25, 2022

Approximate maximum attendance: 36  
Number of evaluations: 18

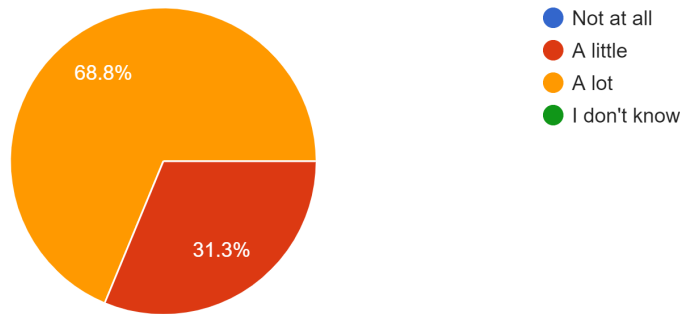
In your opinion, did this workshop increase your awareness of mental health issues?

16 responses



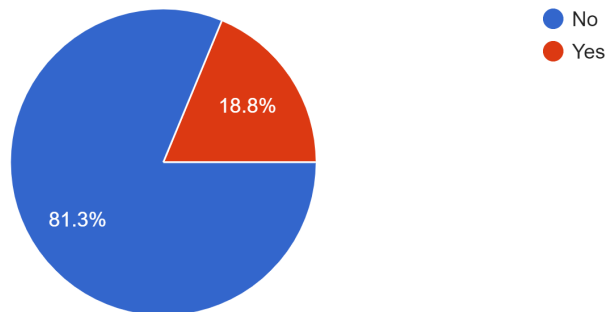
In your opinion, did this workshop help you confront and address stigma related to mental illness?

16 responses



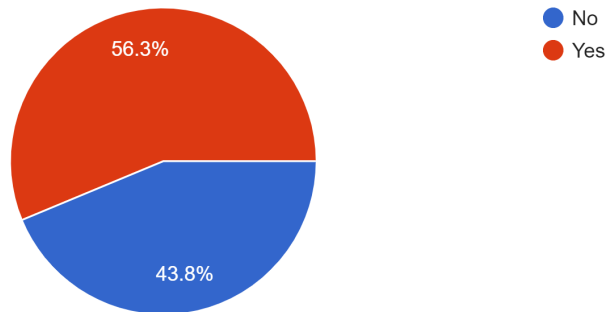
Did you know about the the Mental Health Services Act before this event?

16 responses



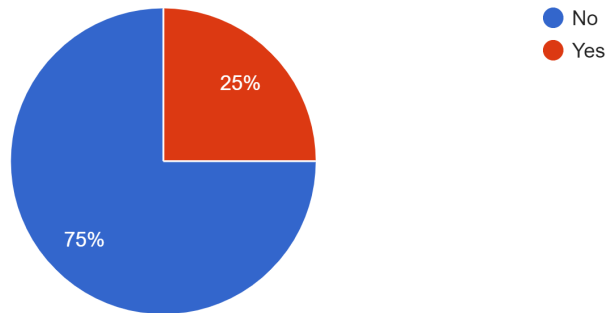
Did you know about your school's counseling services before this event?

16 responses



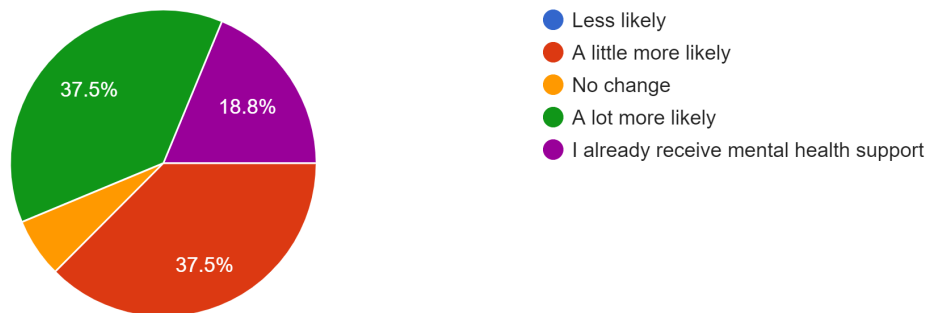
Did you know about the community resources before this event?

16 responses



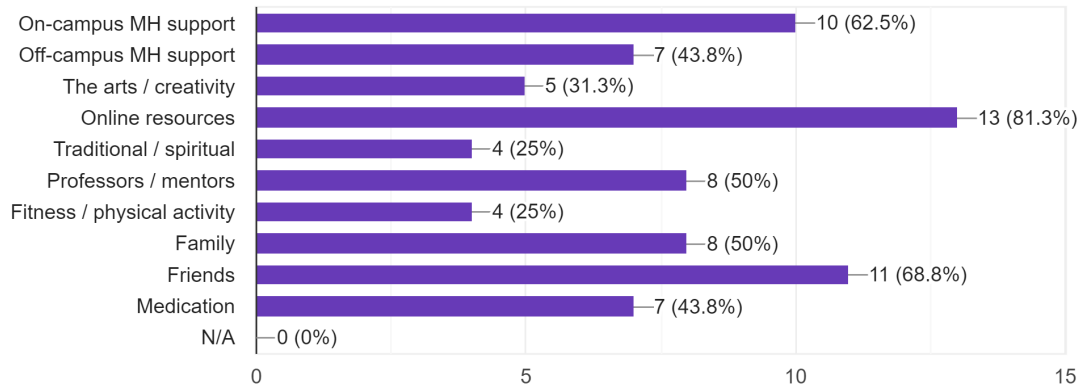
After this event, are you more or less likely to seek support for your mental health?

16 responses



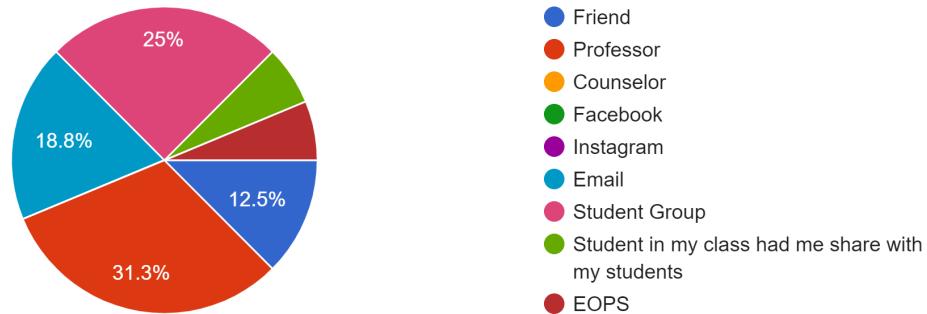
### What type of mental health support do you think would be most useful to you?

16 responses



### How did you hear about this event?

16 responses



## What was your main takeaway?

Students need a safe space.
I did not know there were so many resources available. I knew groups existed, but services felt hard to access before this.
Getting help if you can't cope on your own is okay.
How to be mindful to others
I have a community out there to support me
Normalizing access to mental health services is a powerful tool
Coming into this space with compassion and wanting to learn from other's experiences.
"Hurt people hurt people" but we need to work on talking about our hurt so we don't push it on other people

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

- There is a lot of bravery and healing in sharing your story with others
- This was a safe space to find community, explore resources, and lay down your burdens for a bit.
- Can be emotional and can give community
- Informational and helpful
- Helpful, eye opening
- It's an amazing safe space to learn more about mental health and see the common humanity in it.
- Resourceful

**How might you use what you learned today?**

- I will be checking out the resources that were shared and possibly sign up for services if I am eligible.
- Incorporating mindfulness into my daily life
- I can express my emotions healthily now that I know how to start.
- Utilize the resources offered and send them to other peers on campus in need
- In my mindfulness class and my personal healing process
- I'll try to destigmatize mental health discussions whenever I have the chance, and to share resources with people who might need it
- Students need an outlet to express some trauma.... I used to have an essay assignment that let them do this. I'm going to bring it back

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

- Scheduling
- Cultural stigmas
- Insurance limitations
- My self-esteem & home environment
- Being closed up and afraid to open up
- Facing judgment from others and having too much pride thinking I can get through it on my own.
- Knowing how to speak up
- Time management

**How can we improve this event in the future?**

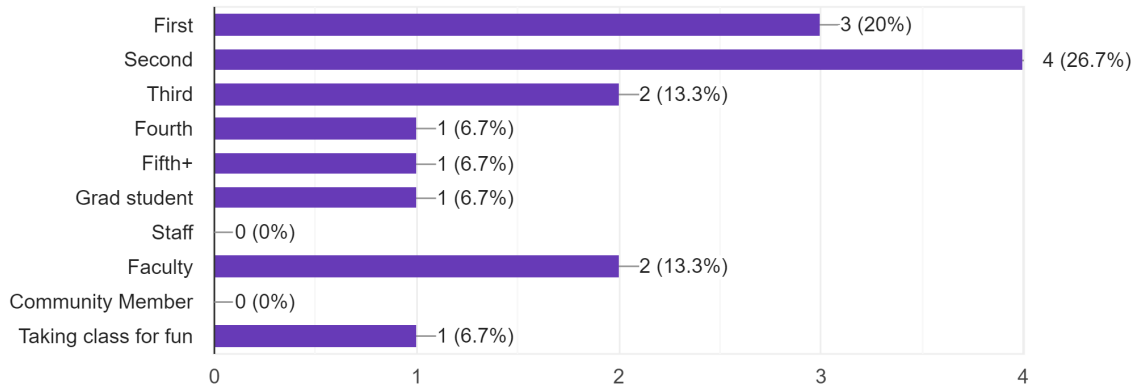
I wish more people came.
Maybe the moderator's text could be highlighted instead of all caps bc it felt a little aggressive or I would read it in my head like they were yelling
More in depth discussion on how to help others in need, different modalities to treat/heal mental health conditions and traumas, more in depth discussions on different conditions (ig, schizophrenia, bipolar, addiction, BPD, etc).
Allow some students who are not on panel to maybe share their stories if they are willing
Amicably talk to each other. Not just be give phone numbers to go talk to somebody else we don't know

**Major**

Political Science	1
Psychology	1
Child Development	2
English	2
Administration of Justice	1
Geography	1
Fashion merchandise	1
Biopsychology	1
Sociology	1
Horticulture	1
Art	1

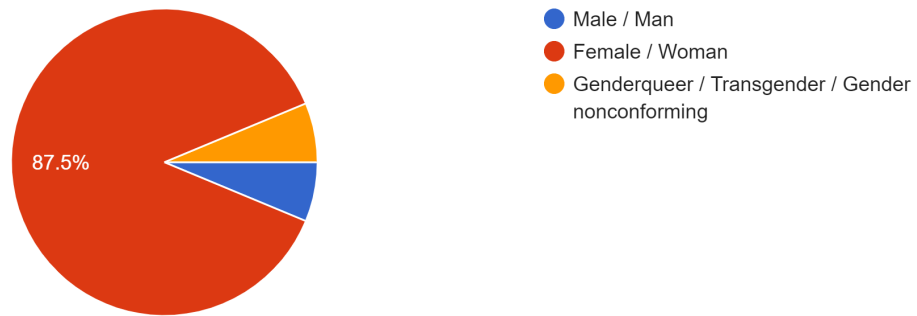
### Year

15 responses



### Gender Identity

16 responses



### Ethnicity

16 responses

