

Movies for Mental Health (Online)

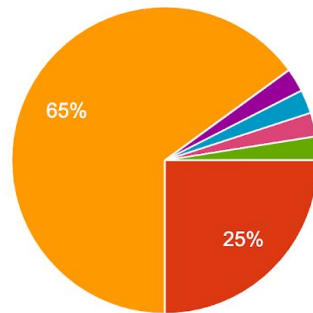
Post-Workshop Evaluations

Glendale Community College
May 5, 2020

Number of attendees: 86
Number of evaluations: 41

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

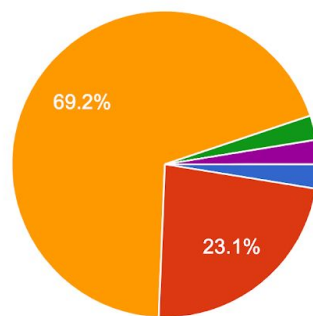
40 responses



- Not at all
- A little
- A lot
- I don't know
- Always great
- yes
- i am already very aware of mental health because It impacts me a lot so this wa...
- I already knew a lot of this stuff, but for those who don't, it was probably enlig...

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

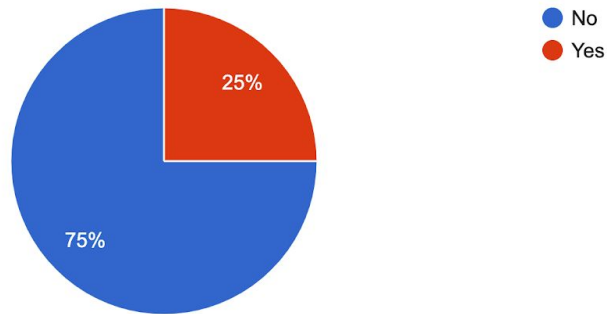
39 responses



- Not at all
- A little
- A lot
- I don't know
- yes the panelist's resources really help

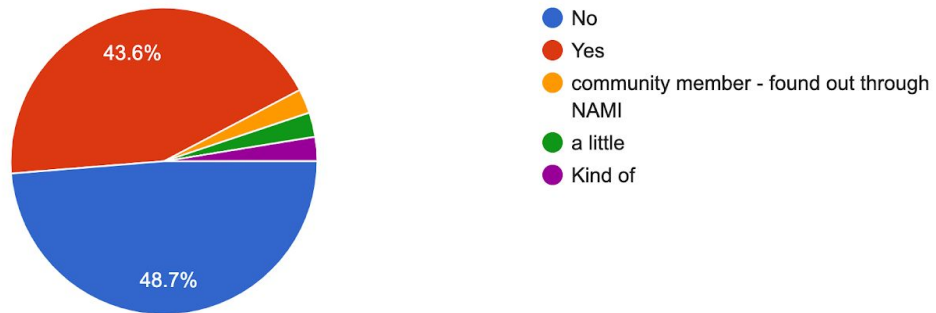
Did you know about the the Mental Health Services Act before this event?

40 responses



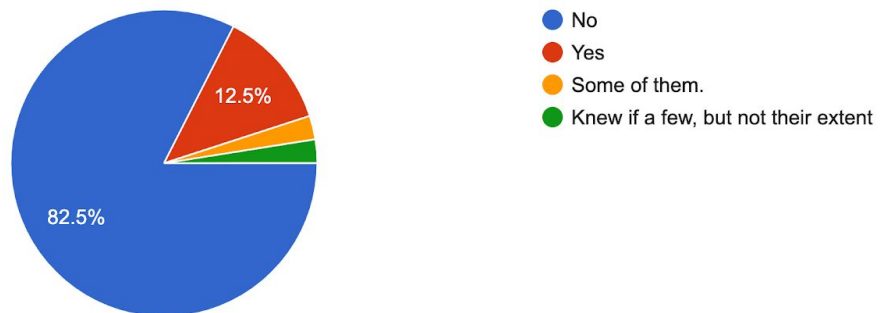
Did you know about your school's counseling services before this event?

39 responses



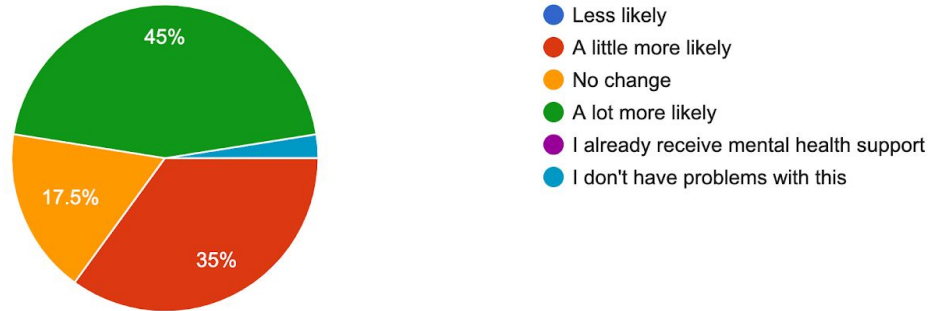
Did you know about the community resources before this event?

40 responses



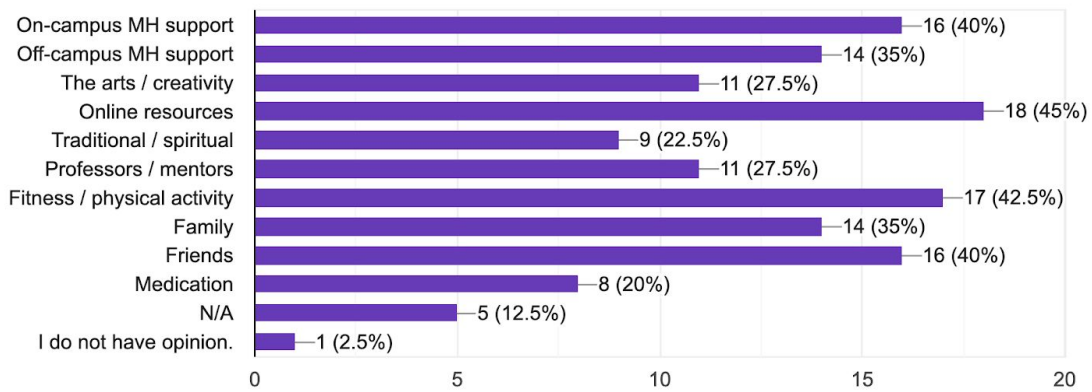
After this event, are you more or less likely to seek support for your mental health?

40 responses



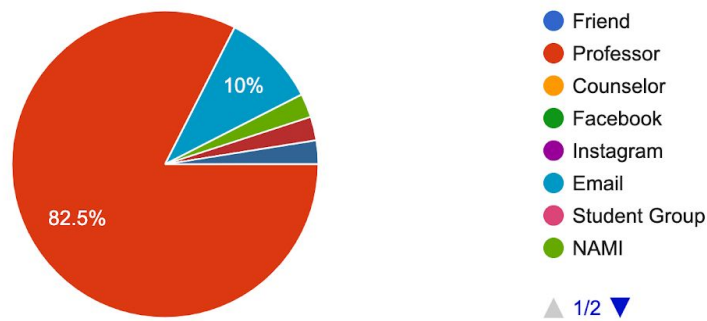
What type of mental health support do you think would be most useful to you?

40 responses



How did you hear about this event?

40 responses



What was your main takeaway?

How many people struggle with it everyday and don't receive help.
Opening up is tough, but it's doable.
Taking care of my mental health is important and that I shouldn't feel weird about going to therapy
It is essential to put away stigma and be empathetic in order to understand experiences of people who have these issues.
The resources and knowing we can reach people when we need help also many can be in the same shoes.
A new perspective on how to relate to my brother and see the things I need to work on.
Mental health is a very personal experience and can't be generalized.
its okay to seek for help and be aware with one's emotions
Be aware. Check in with yourself. Check in with your loved ones
I learned about the Mental Health service and counselings that school offers.
I'm not alone and there are supportive people who can help me.
There are resources available, breathing exercises, and body scan.
We should check in with each other more often.
That we can reach out to get access to mental health if we think we think our issue is worthy of help.
It's important to look after yourself, and there are plenty of ways to do so.
I learned how to cope with hard times by talking to someone about what is going on or even self-meditating.

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

(Highlights: see raw data for full list)

A reflective, open, and safe forum to talk about mental health and well being. It provided a group forum for input, breathing exercises, how to check in with your body, and resources to seek help. A lovely, empowering, and educational experience.
Extremely helpful.
It's a workshop that explains how important mental health is and gives resources to help with your mental health
Please don't be ashamed to get help if you need to.
There are a lot more resources out there for mental health within the community.
Eye opening, interesting, and different.
A health break.
I told my family about this workshop.
Inspiring, informational and helpful.
A way to explore mental health topics in a more engaging way
A session where you're confronted with the commonality of mental health.
Helpful, supportive, filled with eye opening stories and warm hearted people.
It is very informative and useful especially in these days.
The panel at the end was the most beneficial.

How might you use what you learned today?

I would seek help from the resources shared today to express my feelings, especially during current times when people are experiencing some level of anxieties.
Have more empathy and ask more insightful questions about someone's day.
The information was very helpful and it taught me to control myself when things go wrong with the help of yoga and self-meditation.
To help others.
Be more aware about mental health.
I'd take advantage of the resources available.
I will definitely use the resources used to help me when I need it.
Communicating with people and letting them open up.
To be more positive and present.
Share kindness.
Seek better stress coping therapies and think before I speak about things I don't know.
To self care.
In times of stress I'm more aware of the resources out there to seek help from.
Being open and receptive to people's body language and encouraging conversation.
Seeking help if I need it.
Be more open to seeking resources.
Understanding your thoughts and feelings can take physical manifestations.
To take deep breaths.
Check in with myself.
Browse through the resource websites and contact for support.
I will be doing the breathing exercises and body scan
An outside experience. First step for some people, big long drive for others.
Definitely will use it.
Deep breathing skills.

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

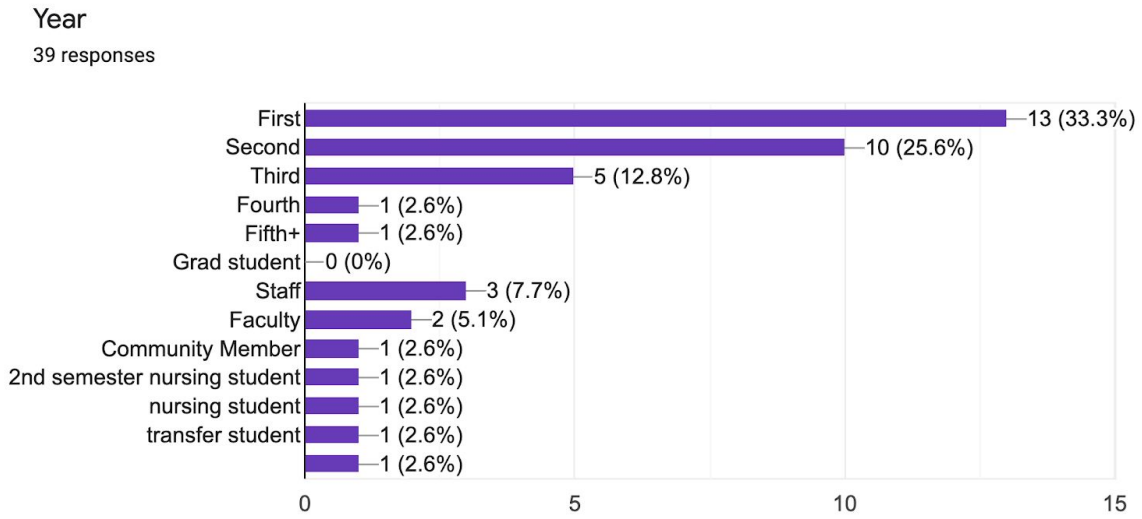
(Highlights: see raw data for full list)

Having the courage to open up to others.
Time for self care.
I had a bad therapist before and I'm afraid that my problems won't be addressed and I'm afraid of mentioning it to my mom.
Thinking that it can be managed on one's own.
Just making time for myself—now, in this time, I realized I can.
My mind gets me messed up.
Growing up Asian American, there is definitely the stigma of seeking out for mental health support.
Keep myself busy and not think about it.
Being able to let my walls down and let people in.
I didn't want people to know about my mental wellness.
Willingness to seek help regardless of others discouraging me to do so.
Time. I'm a mother of 2 and a wife juggling nursing school.
The biggest barriers for me would be lack of time and prioritization.
Parents forbid me from getting help.

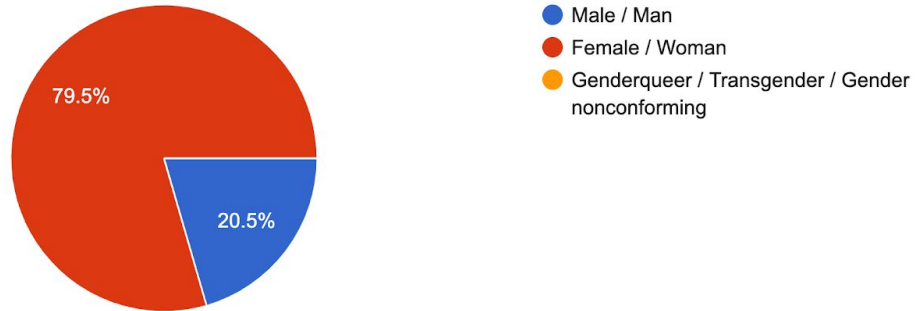
How can we improve this event in the future?

Maybe have more activities to engage the people here. For example, like a way to put yourself in others shoes.
 Fixing technical issues (such as sound)
 Have a leader for each break out room to encourage sharing, it was a little awkward.
 More breakout room discussion.
 More films to share.
 Shorter.
 Send the recording out.
 Having different times available.
 More interaction.
 Advertising it so more people know about this.
 More short films—they're so interesting.

Major	
Nursing	19
Kinesiology	4
Film	1
Child Development	2
Chemistry and Biology	2



Gender Identity
39 responses



Race / Ethnicity		
Asian / Asian-American	7	18%
Black / African / African-American	2	5%
Hispanic / Latinx	12	32%
Middle Eastern	2	5%
White / Caucasian	13	34%
Armenian	2	5%