

# Movies for Mental Health

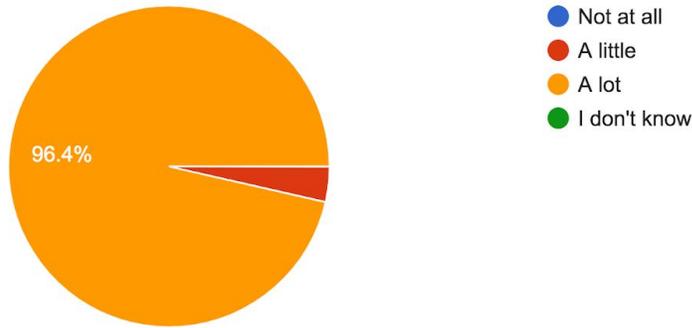
## Post-Workshop Evaluations

Gavilan College  
May 2, 2019

Number of attendees: 32  
Number of evaluations: 28

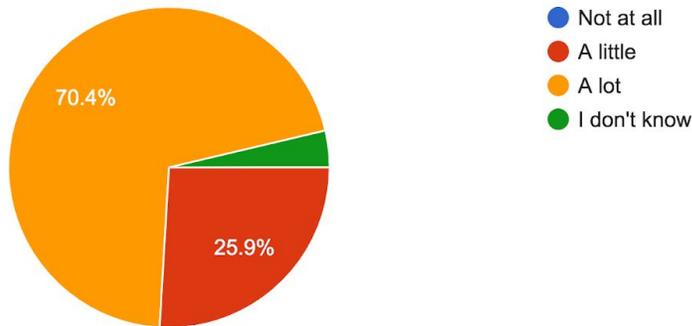
In your opinion, did this event create awareness of mental health issues?

28 responses



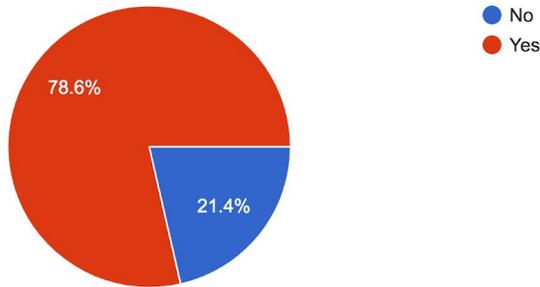
In your opinion, did this event reduce stigma related to mental illness?

27 responses



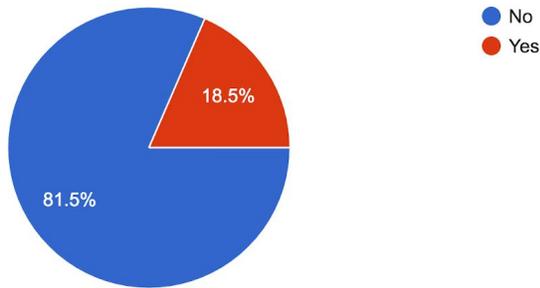
### Did you know about your school's counseling services before this event?

28 responses



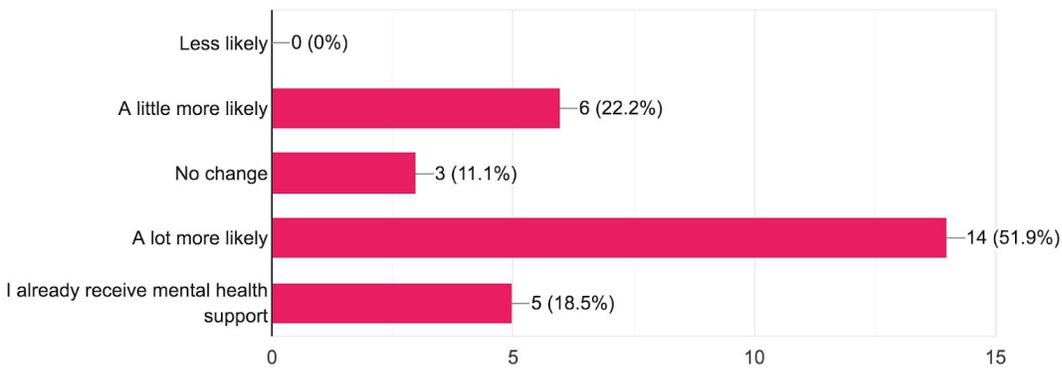
### Did you know about the Mental Health Services Act (Prop. 63) before this event?

27 responses



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

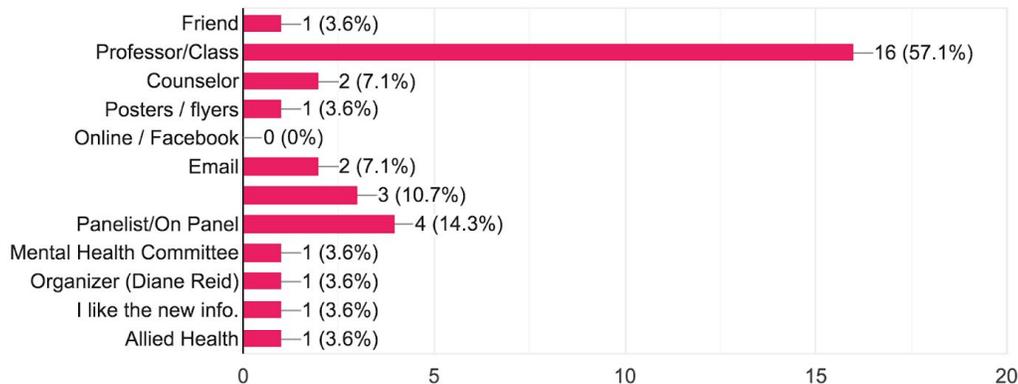
27 responses



What type of mental health support do you think would be most useful to you?	
On-campus MH support	14
Off-campus MH support	12
The arts / creativity	13
Online resources	5
Traditional / spiritual	6
Professors / mentors	7
Fitness / physical activity	14
Family	5
Friends	13

### How did you hear about this event?

28 responses



### What was your main takeaway?

(Highlights: see raw data for full list)

Everyone deals with some type of mental issue; not listening and discussing only prohibits progress.  
 Awareness of mental health practices, many resources available.  
 The different stigmas related to mental health that prevents people from getting help.  
 I feel empowered to support others and myself.  
 Learning more about resources on campus.

Great for our students and faculty.  
Mental health services are key.  
Very educational, useful, and inspirational.  
Stay open.  
We are not alone.  
Don't be afraid to ask/seek help.  
Mental health is important.  
It is important to take care of mental health.  
Mental health isn't something to be ashamed of.  
You need "me" time.  
Counseling can help so many.

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

It is really clear about what mental health is about and shared experiences put you in perspective.  
Learned about stigma and places you can go for help or encouragement to become a therapist.  
Eye-opening; a great reminder of what our students face.  
As a very interesting and helpful event to go to.  
Informative, helpful, valuable.  
An eye-opening event that brings a new light to mental health.  
A wonderful opportunity to learn more about mental health.  
Very helpful to learn more about mental health.  
A great way to show those "suffering" that it's okay to get help.

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

Creating new programs for mental health awareness.  
To reflect more on my own personal mental health.  
Become more aware of nomenclature.  
Affirmations daily.  
Think about and take more time for my feelings & emotions.  
Being more aware of what others go through & trying to help. Put time into caring for myself.  
I would be more mindful others.  
I will apply more self-love/care to my life.  
Looking into the Discovery Counseling Center.  
Share the ideas and speak up and try & beat the stigmas.  
Talk to someone, not internalize so much.

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

(Highlights: see raw data for full list)

Not knowing what sources are available.  
My family and what they think about mental health.  
Opening up to someone else.  
I wouldn't know how to express myself.  
Being afraid to open up, not having enough time.  
Courage/pride.  
Balancing time.  
Time and access.  
Social/internal.  
Family wanting more of you.  
Cultural barriers.  
Finding and affording a qualified therapist.  
The person I talk to not understanding.

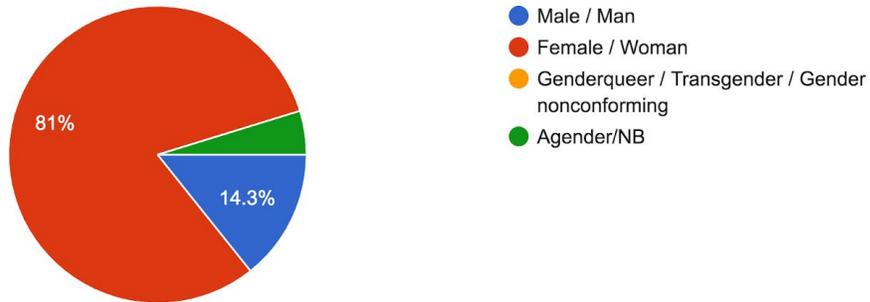
## How can we improve this event in the future?

Advertise more, get more students in the audience.  
Make it more knowledgeable to students.  
Continue to have it.  
None. This was wonderful!  
Multiple times a semester.  
You guys were great!  
No need to.  
Won't change much, it was good.  
Having a group exercise or activity to better your self-care or anything else.  
Choose a month to talk about mental illness/or speak sooner.  
Can't think of anything.  
Not sure, this was well done/fun to attend.  
Anything can be improved but I think the program is wonderful.  
More student panelists.

Major	
Nursing	8
Psychology	5
Art / Music	2
Liberal Arts	1
Health	1
Communications	1
Child Development	1

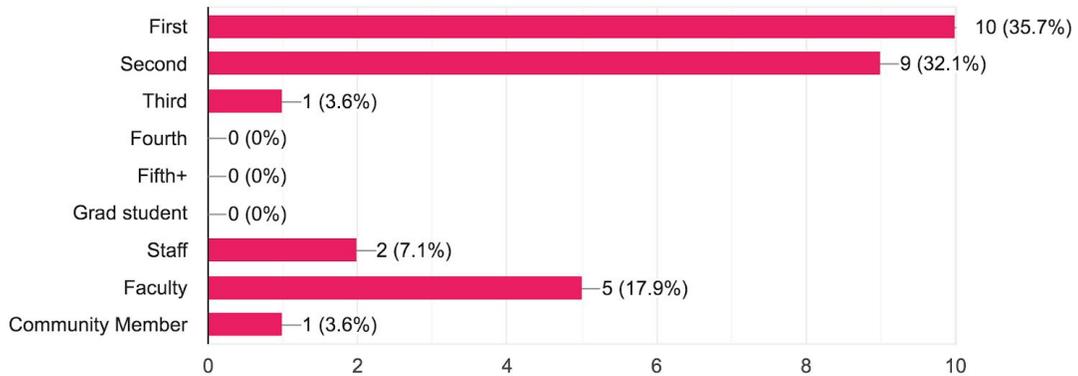
### Gender Identity

21 responses



### Year

28 responses



Race / Ethnicity		
Hispanic / Latinx	<b>13</b>	<b>48%</b>
White / Caucasian	<b>13</b>	<b>48%</b>
Pacific Islander	<b>1</b>	<b>4%</b>
Nigerian / African	<b>1</b>	<b>4%</b>