

Movies for Mental Health (Online)

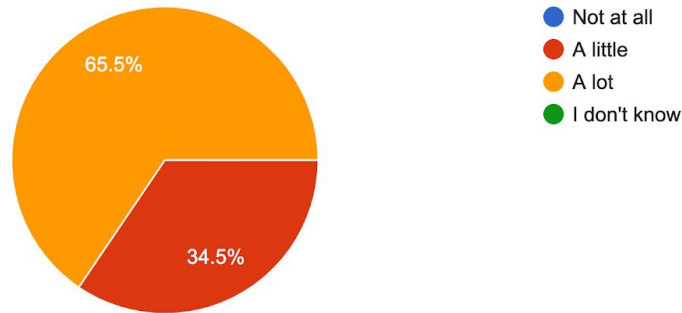
Post-Workshop Evaluations

Glendale Community College
October 29, 2020

Number of attendees: 101
Number of evaluations: 29

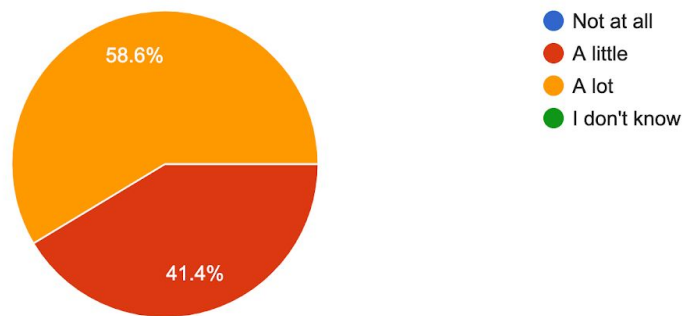
In your opinion, did this workshop increase your awareness of mental health issues?

29 responses



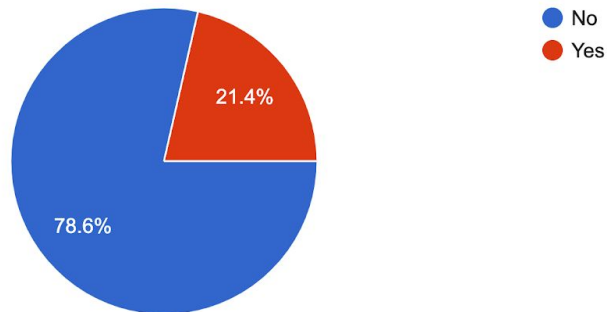
In your opinion, did this workshop help you confront and address stigma related to mental illness?

29 responses



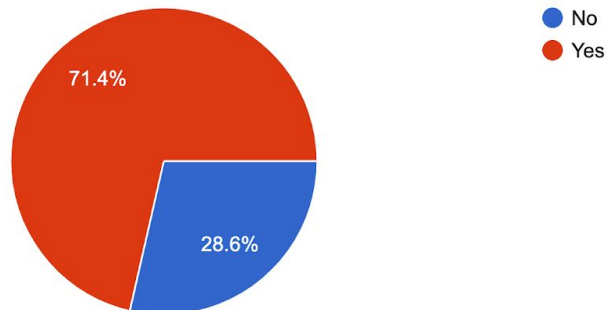
Did you know about the the Mental Health Services Act before this event?

28 responses



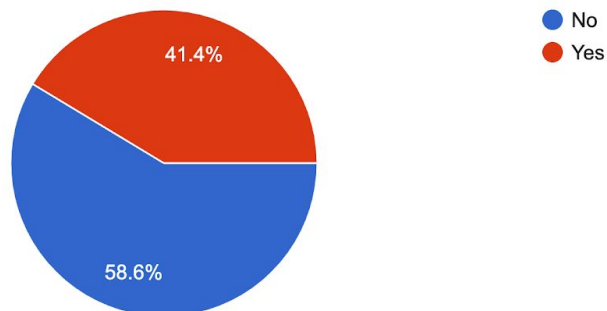
Did you know about your school's counseling services before this event?

28 responses



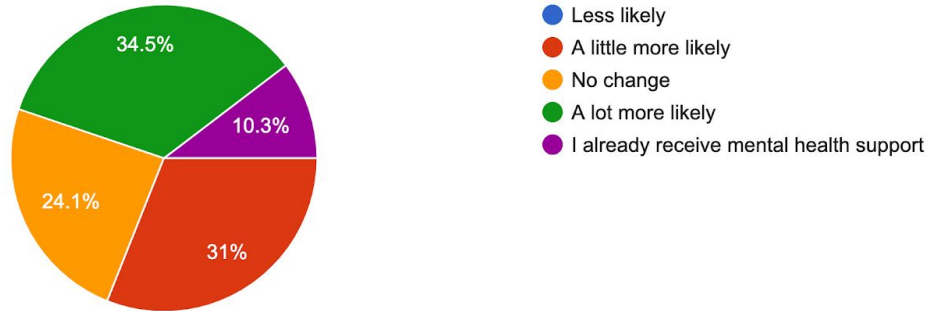
Did you know about the community resources before this event?

29 responses



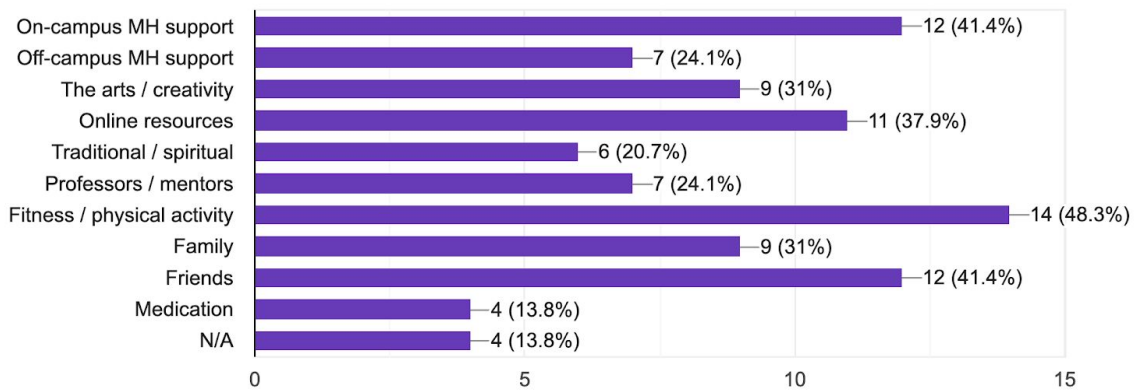
After this event, are you more or less likely to seek support for your mental health?

29 responses



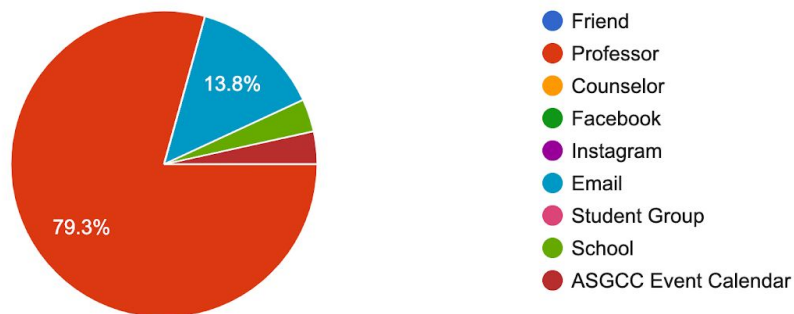
What type of mental health support do you think would be most useful to you?

29 responses



How did you hear about this event?

29 responses



What was your main takeaway?

I learned a lot on how to take care of myself
mental health is important to function properly
love, openness
Immersing yourself in the right community and with people who support you, promotes mental wellness.
Different factors play a part in the way we handle life. Factors that contribute to identity like your sexual orientation or the culture you are from determine how you will go about taking care of your mental health.
Self-healing starts with self-acceptance. Honesty surrounding mental health is just as important as it is with physical health.
Awareness to more mental health issues
Helpful Mental Health Online Resources
GCC has a great support system for people with mental health issues.
GCC Support for our students!
That mental wellness is important to cultivate
To be mindful of everyone's experineces.
There is always help around and your not alone.
Acceptance
The unity in our community
the stigma that sticks to people creates a burden people carry around.
It was very informative about from the films and the internet links.
Be nice
Its ok to be different and it should be celebrated
The importance of taking care of one's mental health.
Enlightening and educational
take mental wellness seriously
Mental health issues are more common than many may think.
Strong film representation
Get Help! We are not alone.
The support the GCC students receive was news to me

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

power, inspiring
helpful and a good source of resources for mental health
helpful
A safe space to learn about mental health and wellness.
Enlightening and powerful
Enlightening and educational
Refreshing
Helpful and educational
Enlightening
Exciting
relaxing and informative
Very insightful in showing us different experiences.
Thought-provoking nonjudgmental exploration of mental health topics
Insightful
It is very informative about general mental health issues
Everyone is nice, understanding and accepting

Introduction to mental health awareness
 A safe space to gain a better understanding of self-care, and how that is exhibited thru amateur films/filmmakers.
 Honest and helpful
 mind wellness
 A safe space
 Good learning experience
 Very informational and great.
 Excellent

How might you use what you learned today?

I might use the resources in the future
 be more sensitive to other and what thy are going through
 schedule time for reflection and exercise
 I would like to do more breathing exercises more often and continue to do body scans whenever I need a break or am feeling overwhelmed.
 I'd use the information to come to terms with my experiences.
 Self awareness
 Seeking help within the community and/or online
 By spreading the messages I've heard today to others in my life.
 Continue to learn and support all.
 I will tell my close friends about this
 Be more attentive to others emotional needs
 To be more understanding of things I don't relate to
 Talk to someone instead of going through it alone.
 My Professor wants written feedback since we're not physically in class.
 Be nice, understanding and accepting
 Im a pretty nice guy for the most part
 Taking time to relax/focus.
 With outreach and understanding
 share resources with others
 I am in the Nursing Program with GCC. I can use this information to be a better, more empathetic nurse.
 To spread awareness
 Being more empathetic towards others who suffer from mental health.
 Share with my students.

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

(Highlights: see raw data for full list)

Communication
 Being honest with myself and others
 I do not want to be viewed as damaged goods
 Feeling shameful for asking for this type of help
 Ego
 I currently seek mental health services, but for a long time I did not seek help because I felt like school did not give me enough time to focus on my mental (and physical) well-being.

Stigma
 I did not find the correct person to contact in my new health after I changed my health plan six months ago.
 Money and time
 Financial
 Chaotic home life. No safe space.
 family
 nothing
 feelings of hopelessness
 Currently, it is the quarantine and world state
 judgement
 time, family obligations
 Being afraid to ask for help
 Funds
 Funds
 Stigma / Denial
 Stigma

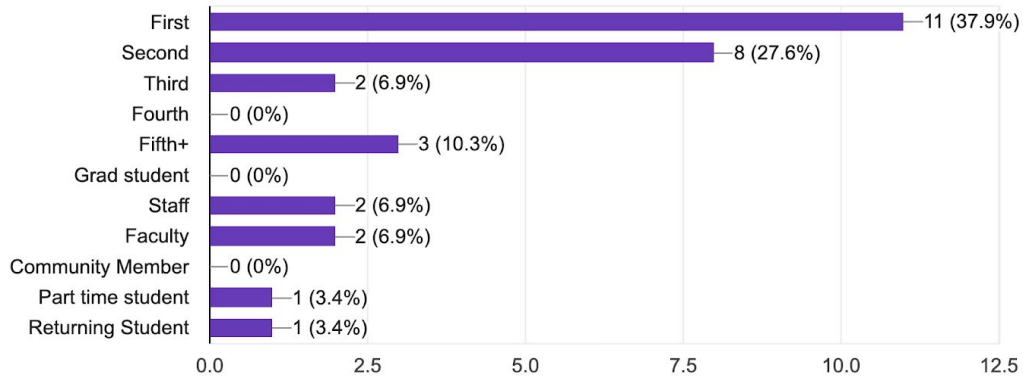
How can we improve this event in the future?

Hopefully in person next time
 It's amazing as is!
 more videos 😊
 N/A. The workshop was really organized and perfectly performed.
 Interaction
 I thought that this event was done well!
 Share with the student body
 More like OCD, Bipolar, Depression films too.
 More sharing of personal stories
 Have some za and pop
 Make it a series, so that there can be more in-depth conversations.
 i would not change it
 no ideas it was pretty good
 more featured films, speakers
 It was great, I have no suggestions!
 it was all really good
 have more
 Have opportunities for observer interaction.

Major	
Nursing	6
History	1
Kinesiology	1
Philosophy	1
Computer Science	1

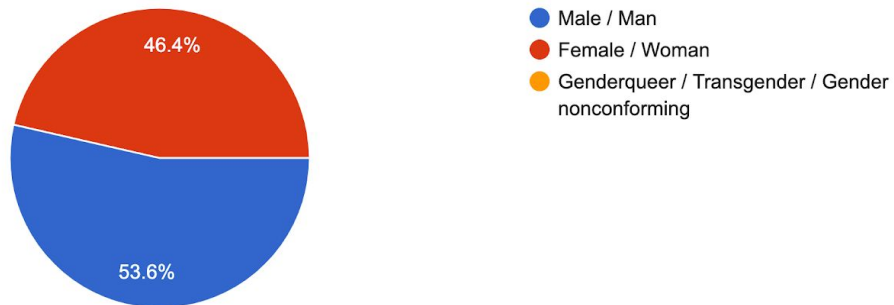
Year

29 responses



Gender Identity

28 responses



Race / Ethnicity		
Asian / Asian-American	2	7%
Black / African / African-American	1	3%
Hispanic / Latinx	14	48%
Native American / First Nations	1	3%
White / Caucasian	11	38%
Armenian	2	7%