

# Movies for Mental Health (Online)

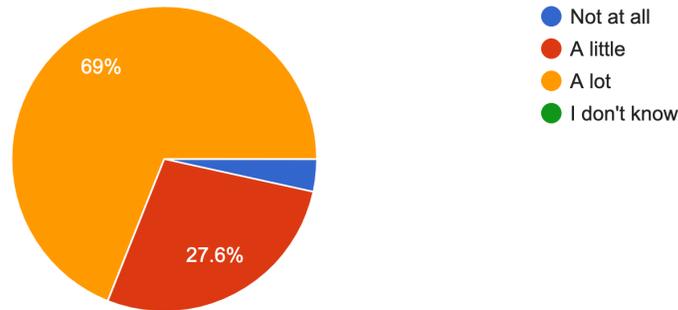
## Post-Workshop Evaluations

Glendale Community College  
November 3, 2021

Approximate maximum attendance: 58  
Number of evaluations: 31

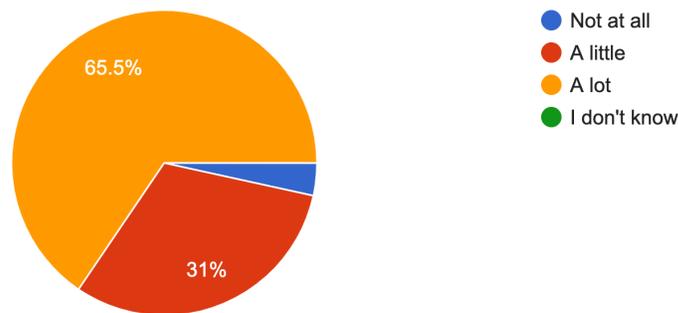
In your opinion, did this workshop increase your awareness of mental health issues?

29 responses



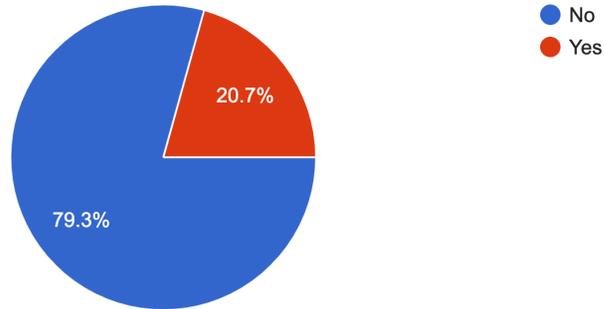
In your opinion, did this workshop help you confront and address stigma related to mental illness?

29 responses



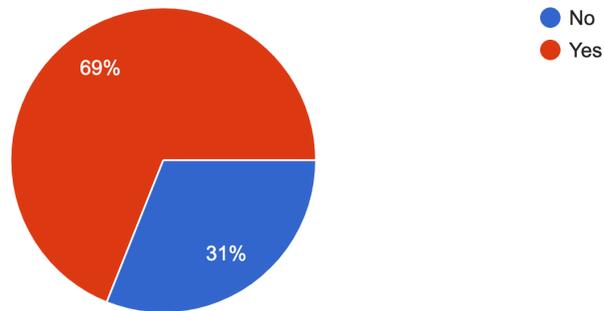
Did you know about the the Mental Health Services Act before this event?

29 responses



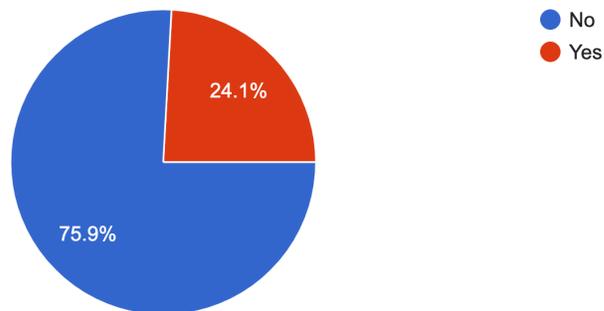
Did you know about your school's counseling services before this event?

29 responses



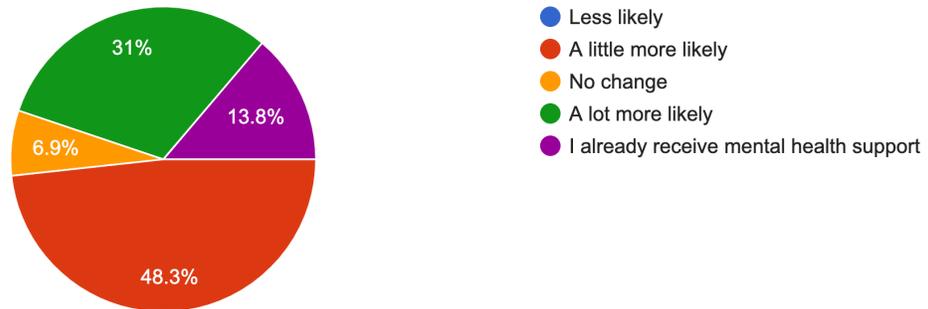
Did you know about the community resources before this event?

29 responses



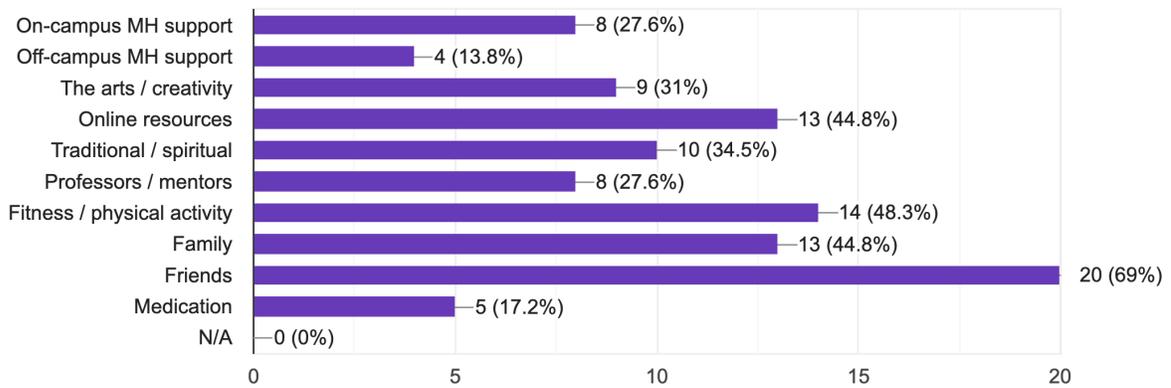
After this event, are you more or less likely to seek support for your mental health?

29 responses



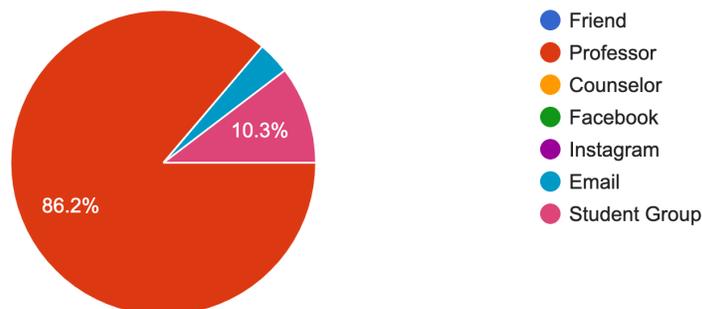
What type of mental health support do you think would be most useful to you?

29 responses



How did you hear about this event?

29 responses



## What was your main takeaway?

My main takeaway is to never ignore what you are going through or feeling, by distracting yourself from reality. Instead, recognize how you feel, seek help, and reach out to family and friends.

Self-care practices are vast in number and different for everyone, but it is important to find some to let yourself have some breathing room.

I'm not the only one dealing with things. I know this already but this made me more aware that things that have been happening is normal.

All of us have experience with mental illness whether we personally experience it or not and there are people out there that understand and relate to you. There are many resources out there to help someone in need.

It is okay to feel the way I feel and I am not alone.

Learning about stigma and learning not to be ashamed. There are many people who are struggling.

Everyone struggles with their own problems.

That there isn't one right way to deal with mental health.

do exercises to help with mental health

Everyone goes through things.

Mental health can happen to anyone not just to me

My main takeaway from this was that mental health is important and it should not be dismissed. I also think that we all deserve self-care days and support for our well-being.

Mental health affects everyone from everywhere.

Mental health can be helped in many ways.

Mental health is just as important as physical health.

I have someone to talk with when I need someone.

I care about mental health.

I'm not alone.

There are many outlets for mental health problems.

Mental health is important.

I took away that it is okay to reach out for help and that we should disregard the stigma around asking for help.

There are so many resources available

That I'm not the only one who struggles with things like anxiety and nerves.

The most important thing you can do for yourself is reach out for help.

That mental health is just as important as physical health and should not be neglected.

The mutual connections.

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

(Highlights: see raw data for full list)

If I were telling a friend about this workshop, I would describe it as relaxing, eye-opening and a safe space to be able to connect with others.

I'd describe this workshop as understanding the way stigma affects us and how mental illness without reaching out and giving yourself care for doing your best can send you into a spiral.

A positive and informative experience.

Helpful and safe

incredible and provides a lot insight, very beneficial!

Great resource

An eye opening about mental health.

It shows the different degrees of mental health issues that people deal with on day to day situation.

relieving.

A support based talk on understanding how to identify and support self and others with regard to mental health issues.  
A helpful way to make yourself aware of mental health and what to do if someone you know is needing help.  
A great stress reliever.  
Eye-opening and bringing to light.  
Very informative and open-minded about subjects regarding mental health.  
Nurturing; Useful; Comforting; Necessary.  
An impactful session with knowledgeable speakers.  
Movies are impressive.

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

I learned about the support groups and want to attend  
Share with others; have conversations  
I would use the techniques we learned, such as breathing exercises and body scans.  
I am planning to use the breathing exercises I learned.  
I think i will do the body exercise more often :)  
By helping myself  
I will definitely be trying the breathing exercises and body scan to help me in any stressful times.  
To not hesitate to ask for help from people or take advantage of resources available to me.  
Stop and taking a breath sometimes.  
I'll be more conscious in my choice of words as well as in the films I make. I'll also use my knowledge to let the people I love know that I am there for them at all times.  
I will apply all these things to my mental health daily. I don't necessarily feel shame about my mental health diagnoses but I do keep them hidden from a lot of people.  
Use the resources I was given to seek help.  
I need a little change in the work schedule  
I will continue to grow my knowledge of the subject.  
i will use it to help others with their mental health  
I will take away different breathing methods and different activities that will help me debrief when feeling overwhelmed.  
A chance to learn more.  
I will be telling my sisters about some things I learned today, and I will also be using some of the breathing exercises we did!  
I am going to research mental health services provided in my community.  
I already knew everything we went over today but I would like to spread more awareness on mental health and help those who suffer in silence.  
I will start to spend more time for myself by designating a day off from schoolwork and providing time where I can focus on self-care.  
Mental illness can affect anyone regardless of what may seem on the person.  
I might remember it the next time I feel alone suffering from mental illness.

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

(Highlights: see raw data for full list)

Embarrassment and fear.

Time.

Feeling overwhelmed.

Fear of being vulnerable.

Myself thinking I got it all on my own

I think my biggest barrier is not speaking to anyone and just keeping my thoughts to myself.

Being too harsh on myself when mistakes happen.

The biggest challenge I had was cost as I was not working when I started going to therapy. The sessions were a little too expensive and I didn't feel like the school counselor was really helping me that much until I found music therapy as well as a fitness therapist.

My biggest barrier to seeking support has always been fear of change.

My culture and surrounding .

to talk. make words for it

Difficult living conditions

Speaking up and reaching out for help.

My biggest barriers consist of understanding what symptoms I am suffering from and properly treating myself afterwards.

Embarrassment and not enough time to dedicate to my mental wellness

Stigma.

My biggest barrier would have to be the fear of change. I've always felt like I much rather still have all my mental health issues rather than confront them and work on getting through them. I don't usually talk about the things I go through, not with those I don't trust.

My biggest barrier is having family members who don't fully understand what mental health is. so when i'm going through something personal they don't know how to react or may say something that actually negatively affects me instead of saying something more positive. like for example, when i was at my lowest and having terrifying panic attacks, i reached out to a family member and they responded by saying "it's all in your head".

Trusting the right resource.

Lack of transportation and time as well as parents.

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

More interactions with participants

Making multiple sessions in one day for people with different schedules.

More activities

I would have loved to see everyone that was in the session/ have them talk instead of text in the chat. I also think it would be intriguing to have an interactive icebreaker of sorts at the beginning of the call

I would have liked to have a recording to watch this again later.

Show more videos

I didn't like the ding of the poll

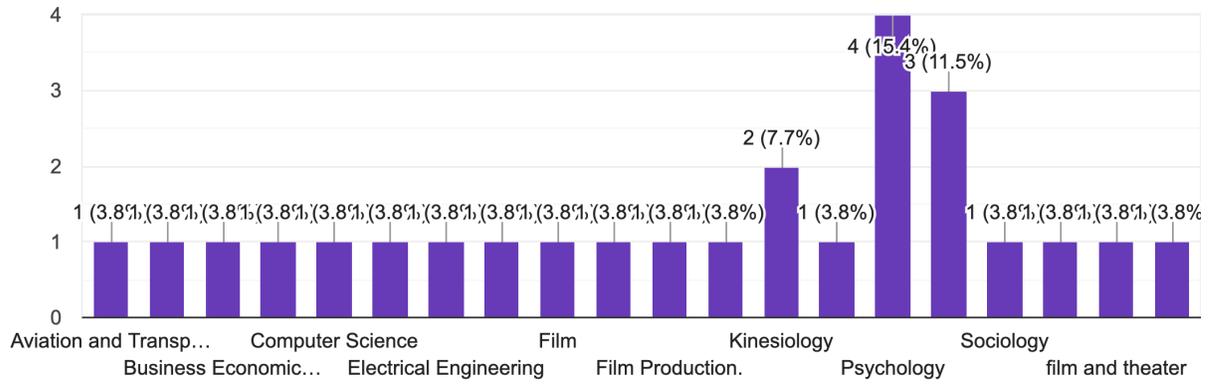
This event was amazing but I would have liked to watch some more short films regarding mental health.

Maybe have people submit questions ahead of time anonymously. That way the Q&A will be more beneficial.

I'd have appreciated spending a little more time talking about the impact of each film (and thoughts).

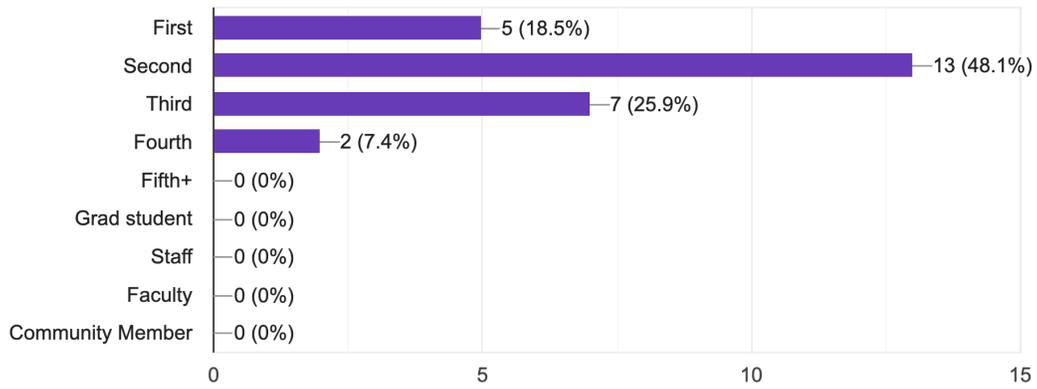
### Major

26 responses

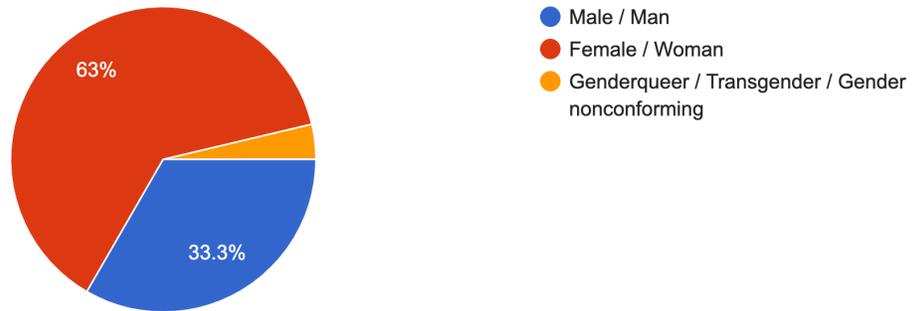


### Year

27 responses



Gender Identity  
27 responses



Ethnicity  
28 responses

