

Movies for Mental Health

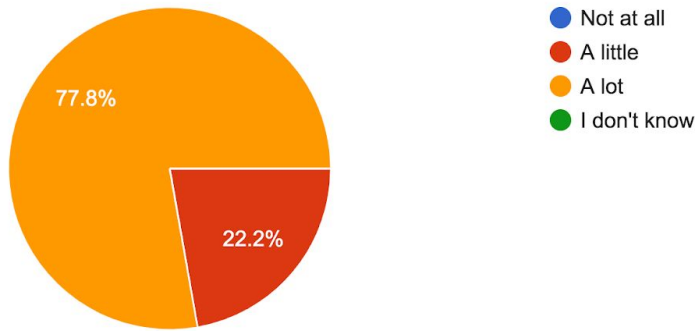
Post-Workshop Evaluations

Glendale Community College
October 17, 2019

Number of attendees: 30
Number of evaluations: 9

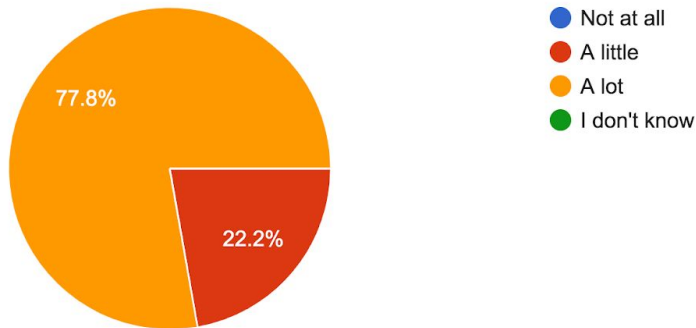
In your opinion, did this event create awareness of mental health issues?

9 responses



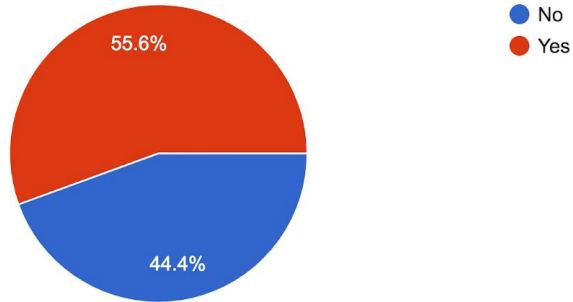
In your opinion, did this event reduce stigma related to mental illness?

9 responses



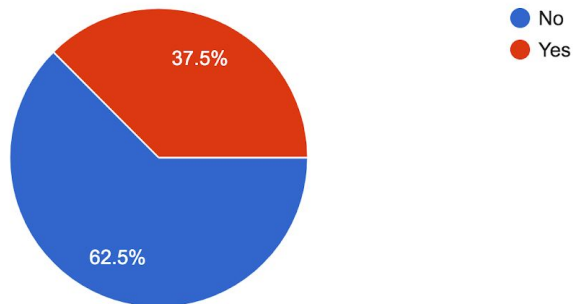
Did you know about your school's counseling services before this event?

9 responses



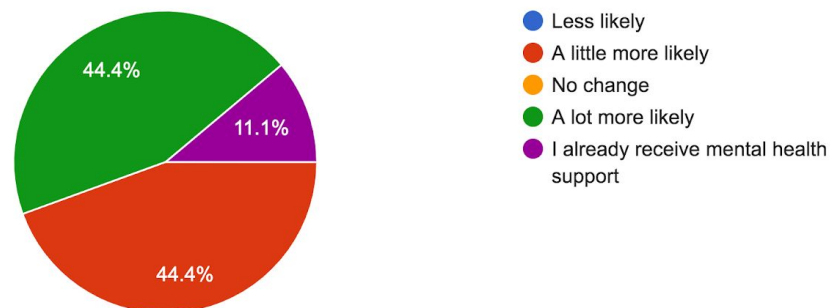
Did you know about the the Mental Health Services Act before this event?

8 responses



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

9 responses



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

On-campus MH support	6
Off-campus MH support	3
Traditional / spiritual	3
Family	3
Friends	2
Professors / mentors	1
The arts / creativity	1
Fitness / physical activity	3
Online resources	1

How did you hear about this event?

Student group	1
Professor / class	2
Posters / flyers	3
Email	3

What was your main takeaway?

(Highlights: see raw data for full list)

There are more people around me that think about mental health.
 There needs to be more talking about mental health.
 We need more awareness.
 Mental illness carries a lot of stigma.
 Help is out there.
 Got more information.

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

(Highlights: see raw data for full list)

Fun, honest, open and vulnerable.
A great way to see how different cultures differ in their ways of thinking
Insightful.
Very useful.
Great opportunity.
Helpful.
Films with discussions and interaction.
An important workshop.

How might you use what you learned today?

(Highlights: see raw data for full list)

Not to umbrella what mental illness is.
To be more open and accepting.
To have less stigma.
Help people.
By sharing.
To be calm.

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

(Highlights: see raw data for full list)

Not enough information.
Not having the knowingness.
It is looked at as a bad thing.
Everyone not caring.
Myself.
The expense and availability.
Money.

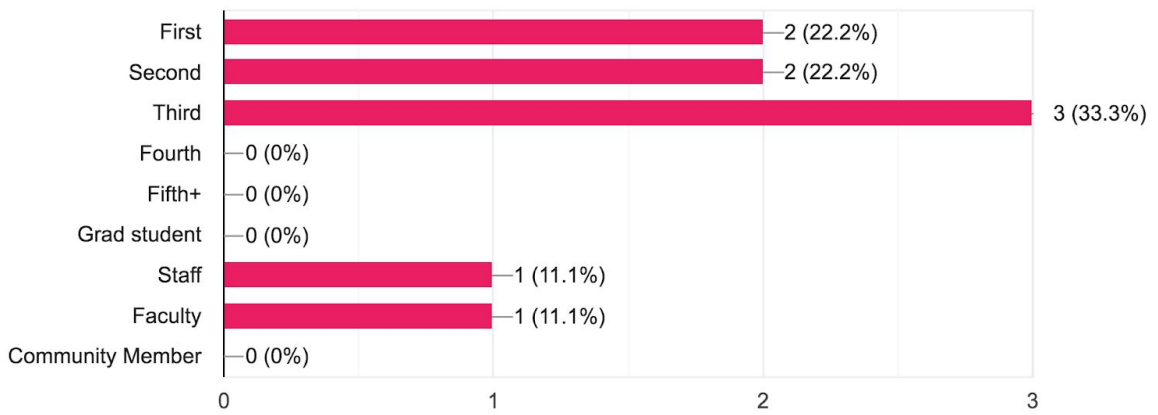
How can we improve this event in the future?

More awareness.
Just keep advertising.
I don't know.
Have these types of events on a regular basis.
More time.

Major	
Foreign language	1
Psychology / Nursing	2
Communications	1

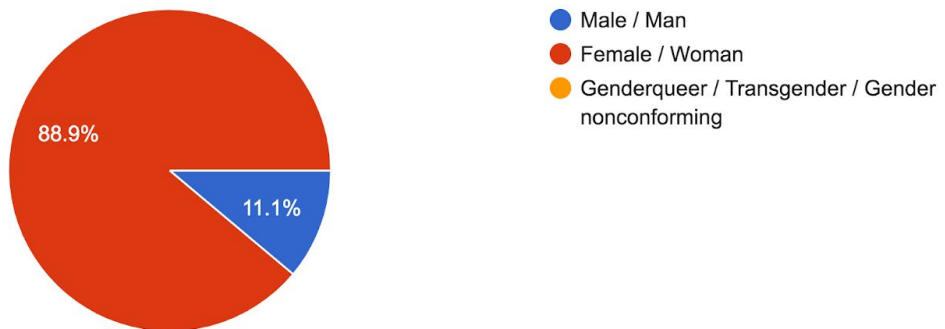
Year

9 responses



Gender Identity

9 responses



Race / Ethnicity		
Asian / Asian-American	1	12.5%
Black / African / African-American	1	12.5%
Hispanic / Latinx	4	50%
White / Caucasian	4	50%