

# Movies for Mental Health

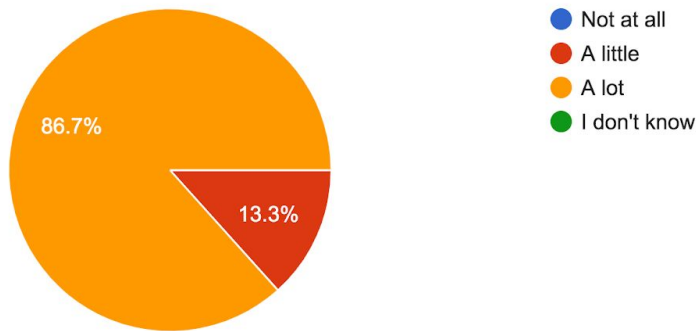
## Post-Workshop Evaluations

Glendale Community College  
May 21, 2019

Number of attendees: 49  
Number of evaluations: 15

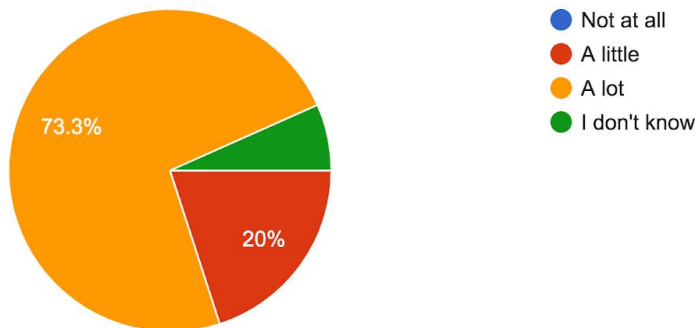
In your opinion, did this event create awareness of mental health issues?

15 responses



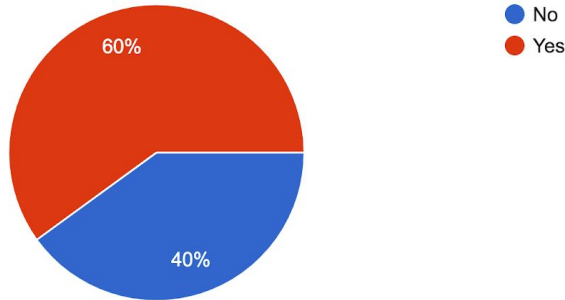
In your opinion, did this event reduce stigma related to mental illness?

15 responses



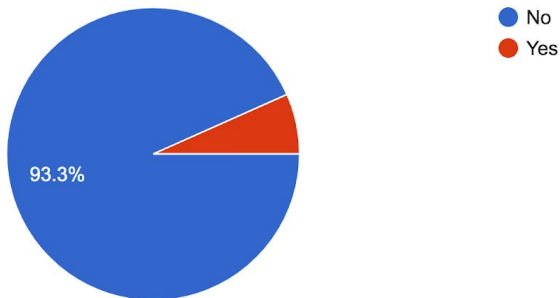
### Did you know about your school's counseling services before this event?

15 responses



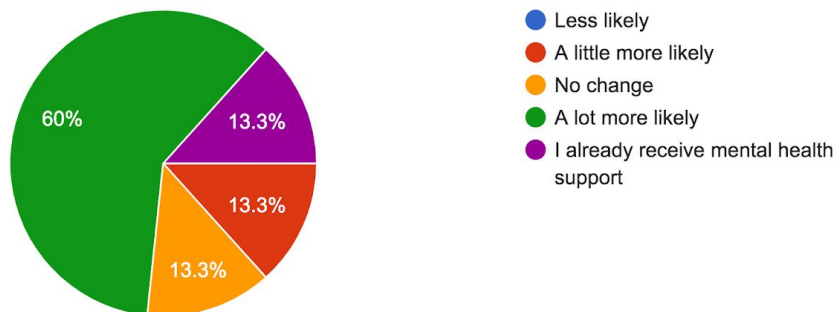
### Did you know about the Mental Health Services Act (Prop. 63) before this event?

15 responses



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

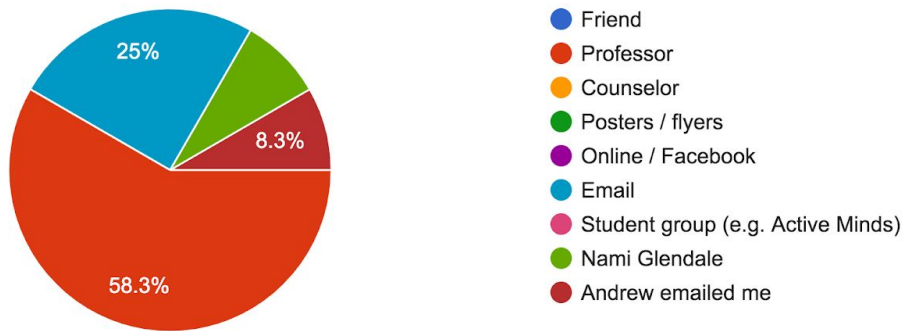
15 responses



What type of mental health support do you think would be most useful to you?	
On-campus MH support	4
Off-campus MH support	2
The arts / creativity	6
Online resources	3
Traditional / spiritual	4
Professors / mentors	5
Fitness / physical activity	10
Family	3
Friends	7

### How did you hear about this event?

12 responses



### What was your main takeaway?

(Highlights: see raw data for full list)

Everyone has mental health, and we all have our own struggles.  
Don't be embarrassed to seek help.  
To be mindful of mental health.  
There are resources for people struggling.  
Mental illness is real and not everyone is aware.  
I have a new understanding of anxiety.  
People, even grown adults, seek help.  
I learned a lot.  
Ask for help.  
Friendship.

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

(Highlights: see raw data for full list)

Informative and dynamic.  
Amazing and informative.  
Mental health awareness, and awareness of resources and dialogue.  
Informative and approachable.  
Informative.  
Informative.  
Eye-opening and non judgmental.  
A commentary on mental health.  
Great!  
Interesting. Funny.

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

To inform and motivate students.  
To inform others about mental health.  
I'm going to make a film.  
Internalize the good.  
Be more of a help to people with mental illness.  
By applying it to my day to day life.  
You never know what someone is going through.  
Prop 63.

Listen better to each other.  
I need to help more than I am.  
In my family, I try to give as much attention to my children as possible.

### What are the biggest barriers to your mental wellness and/or receiving mental health support? (Highlights: see raw data for full list)

Insomnia.  
Finances.  
Actually practicing healthy coping skills.  
Accessible resources.  
Not being able to talk about it or seek help.  
Support from the people close to me.  
Opening up to strangers.  
Time.  
Money—I can't afford therapy.  
People's openness.  
Shy.

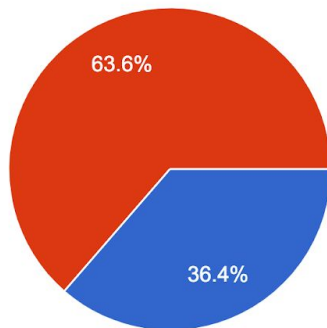
### How can we improve this event in the future?

Warmer room.  
It was an excellent presentation and great engagement.  
Pre-register to have enough room for everyone.  
More awareness—promotion.  
Just keep going!!!  
Nothing, I believe everything was very well informative.  
More movies. (x2)  
Group activities, verbal interactions, and sharing.  
Do the panel before the movies.

Major (Highlights: see raw data for full list)	
Psychology	3
Social Work	1
Child Development	1
Business	1
Accounting	1
Gender Studies	1
Nursing	1

### Gender Identity

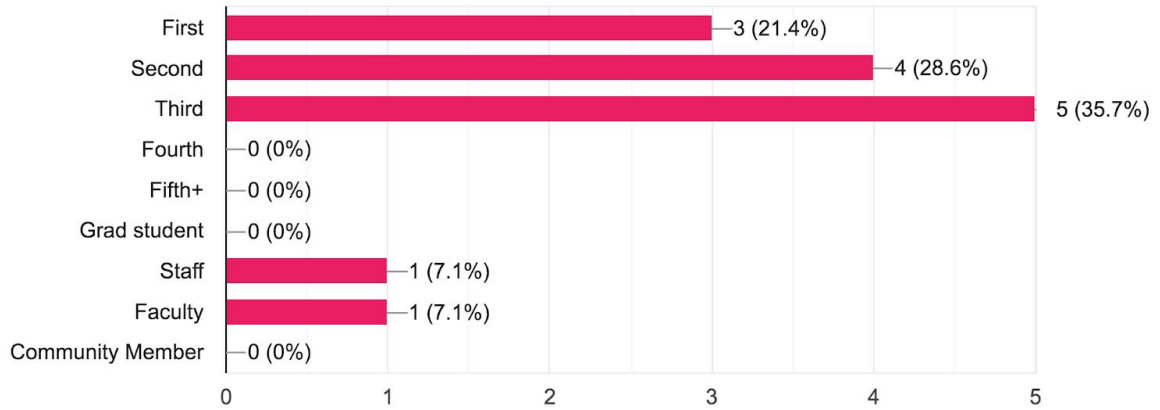
11 responses



- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

## Year

14 responses



Race / Ethnicity		
Asian/Asian American	<b>3</b>	<b>23%</b>
Middle Eastern	<b>2</b>	<b>15%</b>
White / Caucasian	<b>3</b>	<b>23%</b>
Hispanic / Latinx	<b>4</b>	<b>31%</b>
Armenian	<b>1</b>	<b>8%</b>