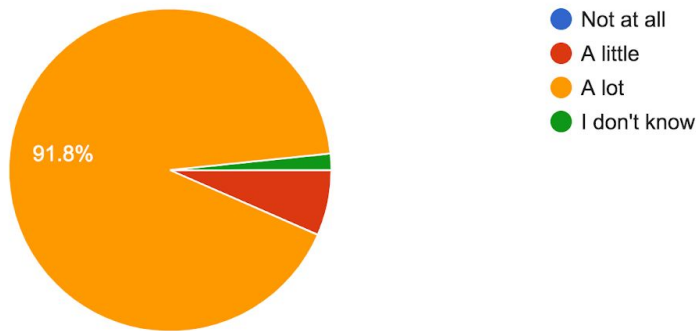# Movies for Mental Health

*Post-Workshop Evaluations*

Long Beach City College
May 8, 2019

Number of attendees: 95
Number of evaluations: 61
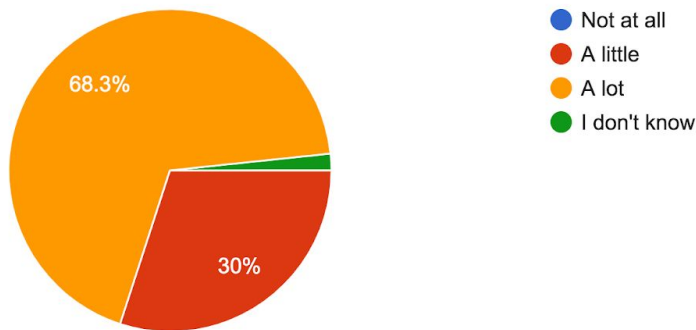
## In your opinion, did this event create awareness of mental health issues?
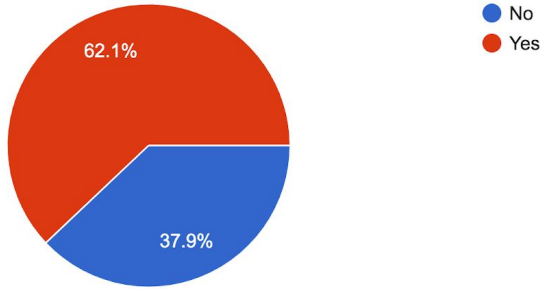
61 responses



- Not at all
- A little
- A lot
- I don't know

91.8%

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

60 responses



- Not at all
- A little
- A lot
- I don't know

68.3%

30%

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

● No
● Yes

62.1%

37.9%

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

● No
● Yes

13.3%

86.7%
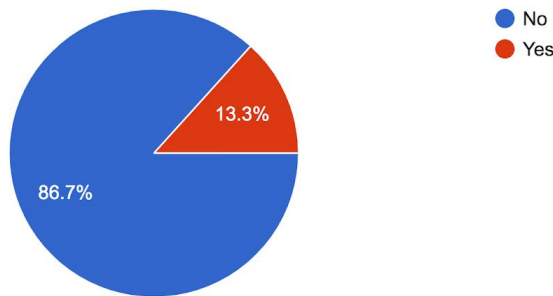
## After this event, are you more or less likely to seek support for your mental health?
60 responses
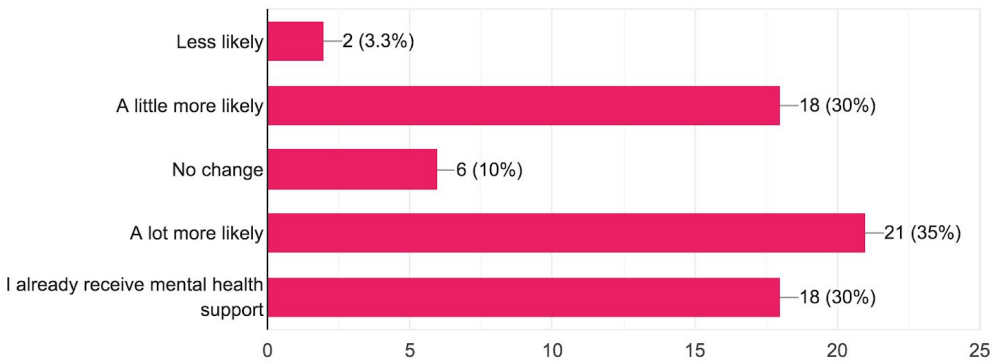
| Category | Count |
| --- | --- |
| Less likely | 2 (3.3%) |
| A little more likely | 18 (30%) |
| No change | 6 (10%) |
| A lot more likely | 21 (35%) |
| I already receive mental health support | 18 (30%) |

| What type of mental health support do you think would be most useful to you? | |
|---|---|
| On-campus MH support | 20 |
| Off-campus MH support | 16 |
| The arts / creativity | 14 |
| Online resources | 9 |
| Traditional / spiritual | 15 |
| Professors / mentors | 14 |
| Fitness / physical activity | 26 |
| Family | 19 |
| Friends | 23 |

## How did you hear about this event?

56 responses
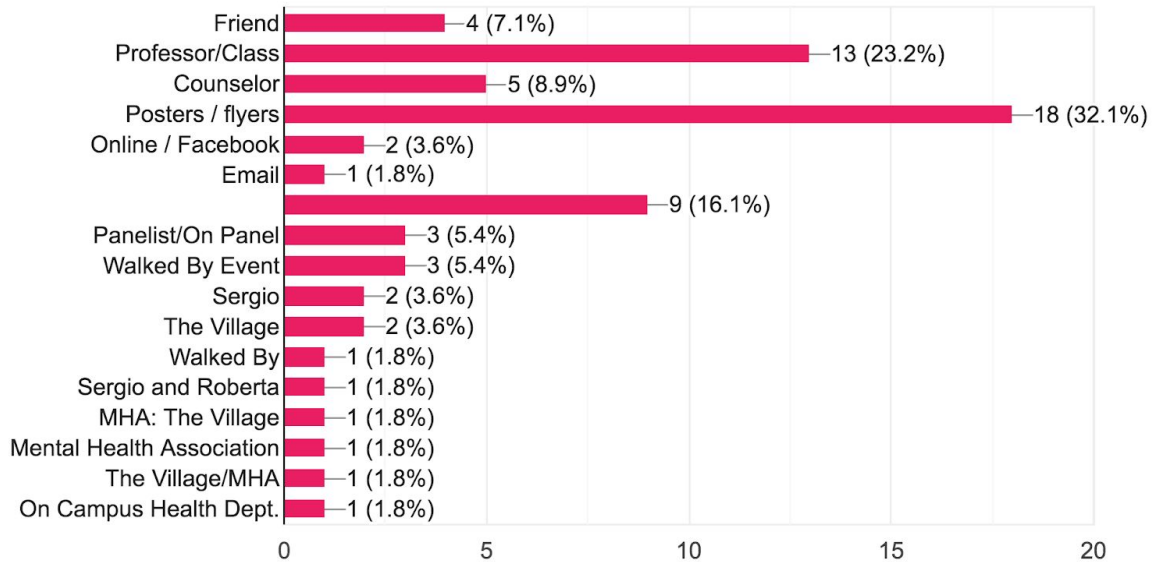
## What was your main takeaway?
(Highlights: see raw data for full list)

Mental health is important to Long Beach City College and the Long Beach community.

It is okay not to be fine all the time and so many people actually do care.

Reinforces the fact that mental illness is much more common than we think.

What is going on in your life and your mental health matter so we should all know how to address things.

Don't be afraid to seek help and don't judge others.

Everyone has some mental issue to deal with which we all hide or cope with in some way.

There needs to be increased visibility in film about mental illness.

I'm not alone, many people need mental help—and that's okay.

There are services for mental health that are easily accessible. (x4)

You should be open to help or get help when you need.

How mental health impacts people differently.

Be kind to others and learn how to listen to others without judgment.

The best way to support a friend is just listening, and being there for them.

Seeing people as people.

Mental health should be okay to talk about. (x3)

We are not alone. Wellness is a choice. Help is there for us!

Recognizing depression is not a disease, but an emotion.

Everyone has a different obstacle.

I think when a DSP student, they need to be recognized.

Mental illness affects a large group of people.

That mental health should definitely be talked about more.

There is no shame to at least talk about mental health.

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

Helpful and insightful (x2)

Educational, an eye-opener

Mind-opening about mental health.

A good, open atmosphere and space.

Workshop to show awareness to mental health.

You learn so much.

A very helpful resource. (x4)

Informative about stigma. (x11)

Discussion w/ videos that we express thoughts.

An informative workshop for awareness

Starting a conversation about mental health & finding resources.

A beneficial workshop that could get you in the right direction.

An informative and real-life way to break the mental health stigma.

Very informative, opens a bigger picture.

A workshop that improves your understanding and awareness of mental illness.

Very helpful, lots of opportunities and it's eye-opening

Informative and fun… there's pizza!

Mental health awareness with film and a panel. (x2)

A discussion on mental health with a couple short films.

Needed, and taught well.

Sharing, discussing mental health, mental illness, and linking people to resources.

Comforting.

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

To advocate a message for mental health to remove all stigmas.

I have to accept that I have anxiety, and I shouldn't feel crazy or upset about it.

Seek help or help others when needed. (x6)

Start a conversation with people in my community, family, and friends.

To go utilize resources on campus.

Be confident in myself.

Try to be more understanding. (x2)

Continue to go to therapy.

Try to help out people who seem like they need help.

To inform my friends and family about mental health and de-stigmatizing mental illness. (x3)

I would be able to provide better support to my students.

Spread the information receive to people that might need it. (x6)

Help others who have apparent visible signs of mental distress.

Take a break and breathe.

Be more mindful of what I say to those experiencing poor mental health.

How I see mental health as a whole & how I would approach someone that may need help.

Help destigmatize mental health and be open.

Expand knowledge and inform myself about mental illness.

Research other independently produced films on mental health.

Actually talking because talking about it takes the power away.

I will look more into resources and organizations I might want to be involved in.

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

Time between balancing work and school. (x4)

Some might not want to express themselves.

Shame—mental illness telling you to isolate and bad thoughts.

Culture-wise, because my family and I are Latino as well as financial reasons.

Police getting involved because they are not trained to be patient and view mental illness as criminal.

Family/social issues. (x4)

My family. Some say it's good to get help for mental health, but it's easy to say than do. And myself, sometimes I feel like it's too late to get help.

Cost. (6x)

Stigma. (3x)

Myself—fearing as if it's "not bad enough."

Culture, not knowing what people will think. (x2)

Not really identifying what my thoughts and emotions are.

Criticizing myself, assuming others are criticizing me, hating myself, etc.

Being judged and not receiving the help I really need.

Pushing people away and having no friends.

Taking the first step to seeking help.

Having to admit that I am not okay.

Difficulty with connecting to a good-fitting therapist.

It won't help, shame, stay comfortable in depression.

Waiting for a therapist appointment.

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

Move tables to allow for better discussion.

More one-on-one time w/ professionals.

Try to incorporate it with classes.

I think it was perfect for my first time.

Not caring about other people's thoughts to take care of ourselves.

Make all tables circle for better discussions.

Have extra credit available to all who want to attend and also send notices and flyers to all teachers in all departments.

More films, better prepared student speakers.

Make it longer or more frequent.

Hopefully next year the auditorium will be open and the event can go in there. It's more public—maybe more students will see and go.
Offer more space for ppl to share their personal stories and how they take care of themselves/deal with mental illness.
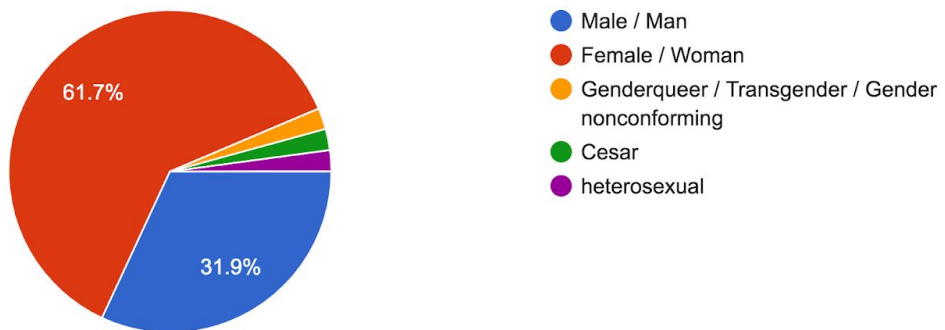Collaborate more with activities that are positive to get mental health victims involved for happiness.
Showing signs of behavioral changes or the signs we don't see.

| Major | |
|---|---|
| Nursing | **8** |
| Psychology | **7** |
| Kinesiology | **2** |
| Sociology | **2** |
| Social Work | **2** |
| Computer Science | **2** |
| Childhood Development | **3** |
| Business | **2** |
| Criminal Justice | **2** |

## Gender Identity
47 responses



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

61.7%
31.9%

## Year

51 responses
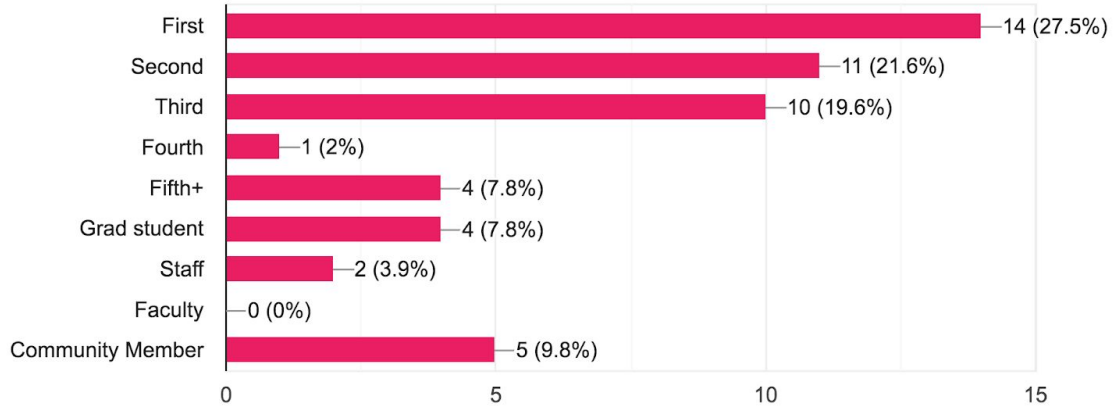


| Race / Ethnicity | | |
|---|---|---|
| Asian American | **11** | **20%** |
| Black / African / African American | **7** | **12.5%** |
| White  / Caucasian | **8** | **14%** |
| Hispanic / Latinx | **28** | **50%** |
| Pacific Islander | **2** | **4%** |