

# Movies for Mental Health (Online)

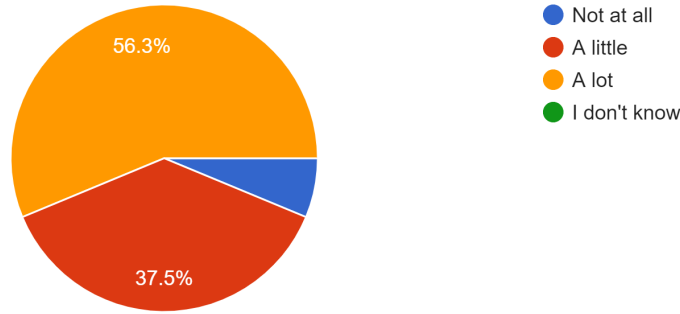
## Post-Workshop Evaluations

Lake Tahoe Community College  
May 4, 2021

Approximate maximum attendance: 28  
Number of evaluations: 16

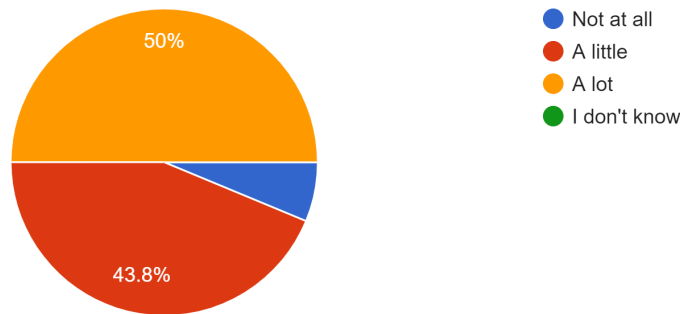
In your opinion, did this workshop increase your awareness of mental health issues?

16 responses



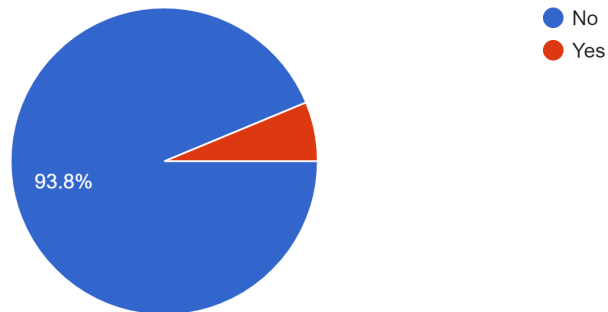
In your opinion, did this workshop help you confront and address stigma related to mental illness?

16 responses



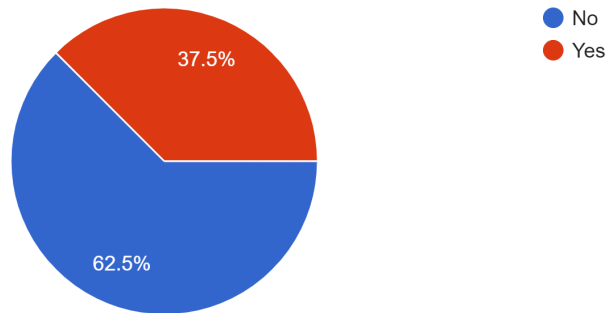
Did you know about the the Mental Health Services Act before this event?

16 responses



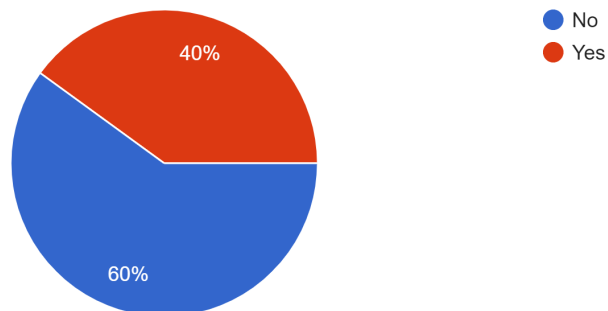
Did you know about your school's counseling services before this event?

16 responses



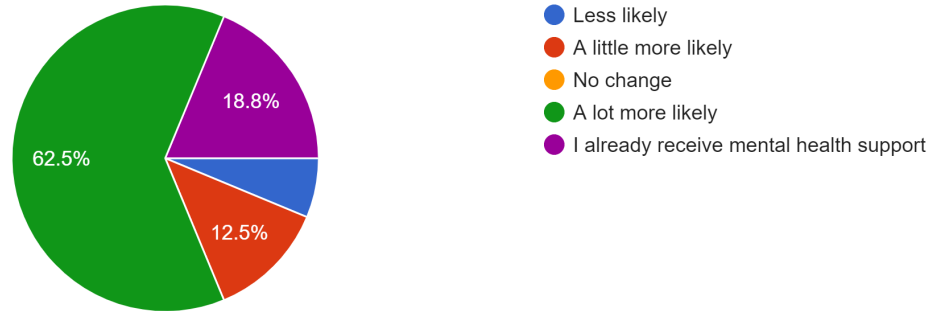
Did you know about the community resources before this event?

15 responses



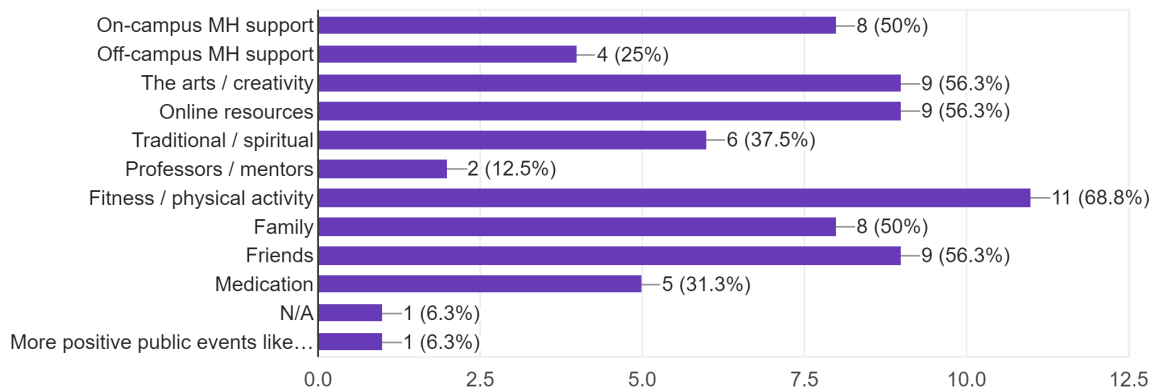
After this event, are you more or less likely to seek support for your mental health?

16 responses



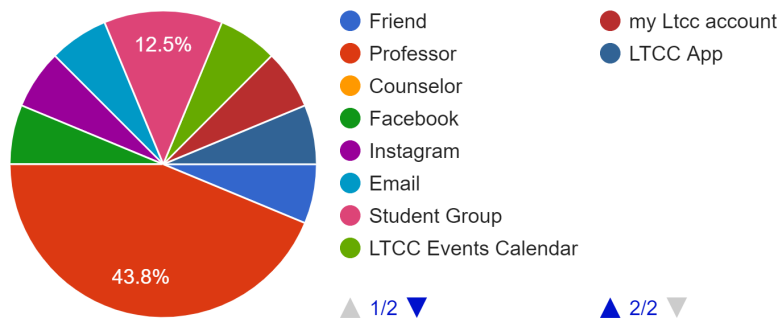
What type of mental health support do you think would be most useful to you?

16 responses



How did you hear about this event?

16 responses



## What was your main takeaway?

(Highlights: see raw data for full list)

- That SLT is now a safer, more supportive geographical community for me, suffering from mental health issues, than it has been in the past.
- I am not alone in the things I go through. It's so important to be aware of my mental health and seek support. There are people who care.
- Mental Health is important and that there are support systems available and others to relate to
- You are not alone.
- People are going through the same thing but that doesn't devalue me in any way.
- That asking for help is okay.
- Just needed this for my own education.
- We all relate and struggle in our own ways
- How "common" mental health issues are
- There is nothing to be ashamed
- That I am not alone
- I am not a burden

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

(Highlights: see raw data for full list)

- An awesome, safe space to learn about mental health.
- A wonderful and useful workshop that is really needed during these current times!!
- A safe place to explore mental health and awareness
- Relatable. Tranquil. Comforting. Supportive.
- helpful and feeling relieved from the tension of my own depression and anxiety
- Very beneficial
- Very positive and uplifting.
- Helpful (x2)
- Really useful, helpful, and informative
- inspiring

## How might you use what you learned today?

(Highlights: see raw data for full list)

- Look for resources & community to continue my mental health journey when I'm home in SLT. & help build up & support them with volunteering & activism.
- I want to be a better support person and be there for others. I always want to make my own mental health more of a focus and work to improve it.
- The relaxation techniques were great, along with hearing the stories of others helps me feel better about what I am going through.
- Going to practice more mental wellness in my life.
- Continue to seek healthy coping mechanisms.
- Try to remember the skills and techniques I just learned.
- Practicing using the exercises from the event
- In everyday life, taking time for self care.
- relaxation techniques, reminders to de stress, importance of seeking help
- To try to spent more time for my own wellness

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

(Highlights: see raw data for full list)

- Not wanting to be a burden to others.
- Feeling annoying. Feeling like its just in my head. Feeling like it'll go away in a few days.
- Finances and not wanting to "bother" anyone with my inner issues.
- Maybe just the feeling of being weak and admitting that I may need some help.
- Being vulnerable is a bit of a struggle
- Finances and time. I can't afford a therapist and I am so busy with work, school, and parenting that I often neglect my own needs.
- Being vulnerable and allowing myself to talk about it.
- State lines of law, health insurance, resources, seasonality with jobs interrupting routines & access, financial barriers, & stigma
- Finances and not wanting to "bother" anyone with my issues
- being judged

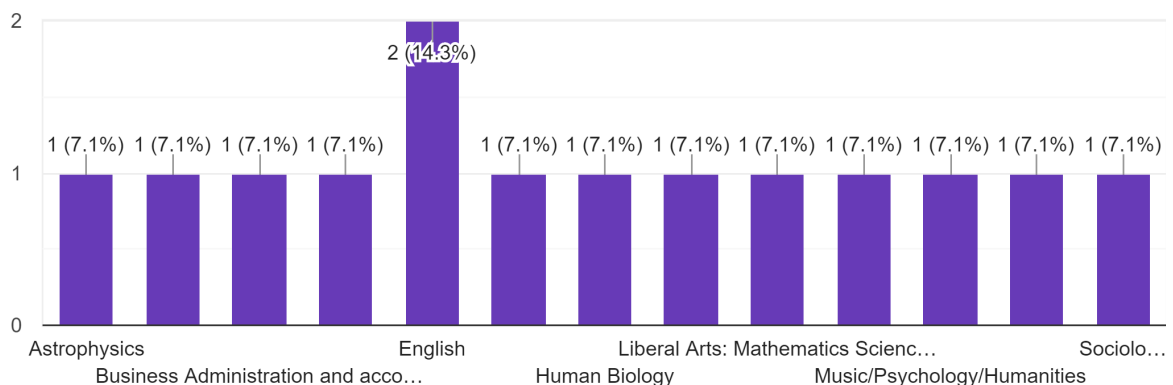
## How can we improve this event in the future?

(Highlights: see raw data for full list)

- Maybe more questions for the audience to answer
- More guest speakers.
- Less talking by moderator, more actual information on treatment options, instead of movies about symptoms, include movies about benefits and positive effects from therapy and medication.
- Keep it as it is!
- It was awesome already honestly
- Carly... your presentation is AWESOME!! You have that caring, relaxing and thoughtful aura about you! Thank you!!
- talking about eating disorders
- No advice. I thought it was great and well organized. Carly's voice is very calming and feels almost like a safety net.

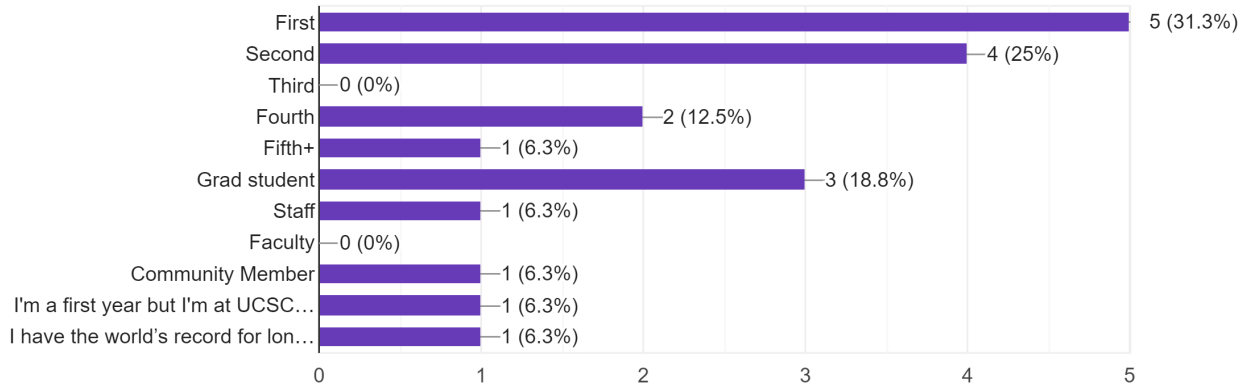
Major

14 responses



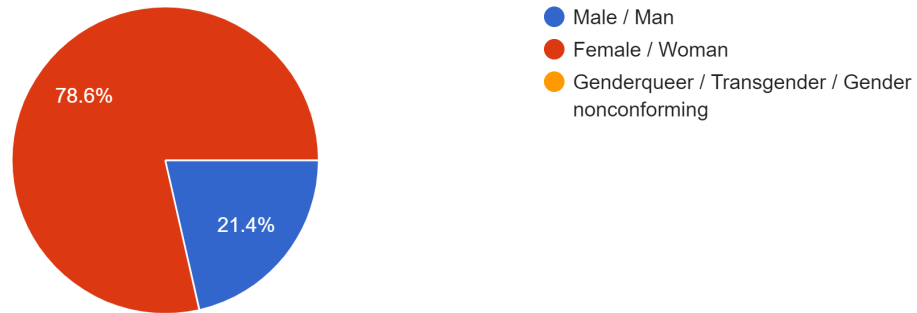
### Year

16 responses



### Gender Identity

14 responses



### Ethnicity

15 responses

