

# Movies for Mental Health

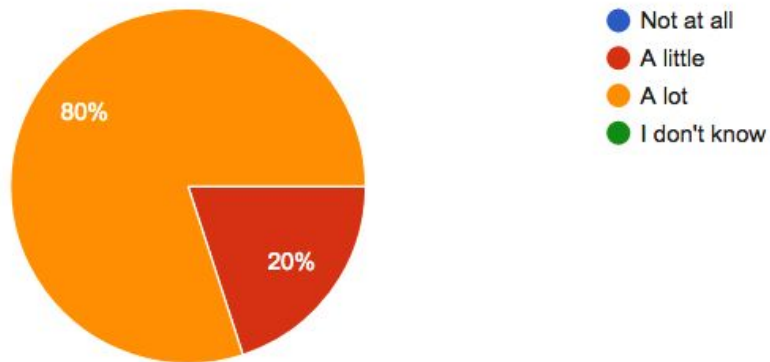
## Post-Workshop Evaluations

Lassen Community College  
September 19, 2018

Number of attendees: 78  
Number of evaluations: 40

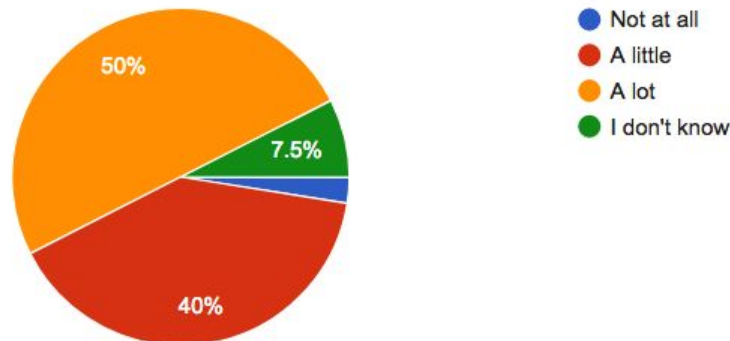
**In your opinion, did this event create awareness of mental health issues?**

40 responses



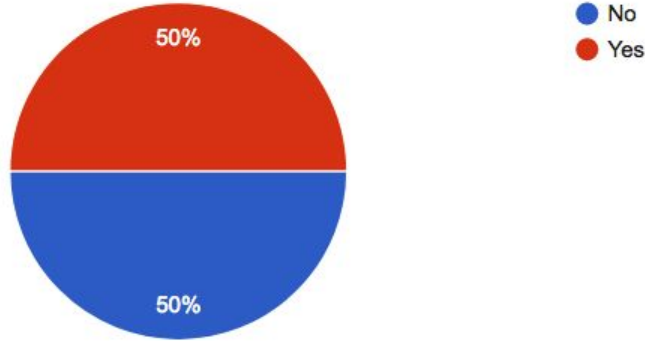
**In your opinion, did this event reduce stigma related to mental illness?**

40 responses



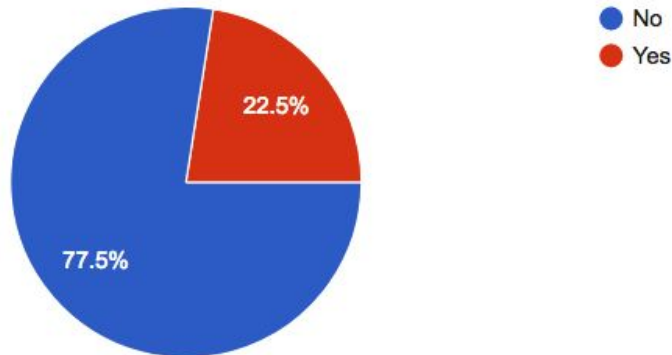
### Did you know about your school's counseling services before this event?

40 responses



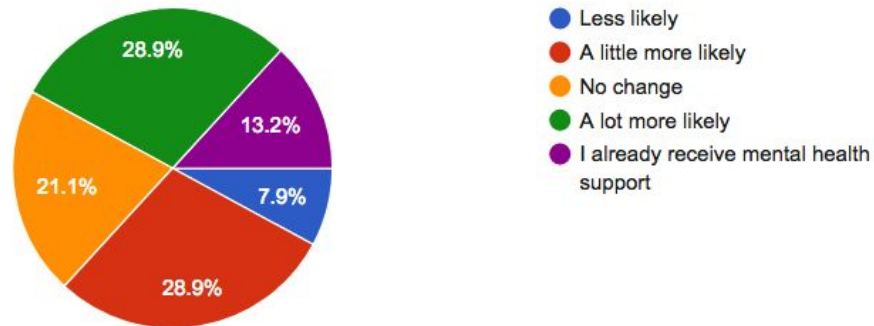
### Did you know about Prop 63 before this event?

40 responses



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

38 responses



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

On-campus MH support	8
Off-campus MH support	7
Traditional / spiritual	11
Family	22
Friends	24
Professors / mentors	6
The arts / creativity	9
Fitness / physical activity	21
Online resources	6
Other	6

### How did you hear about this event?

Friend	2
Professor / class	21
Counselor / MH club	0

Online / Facebook / email	2
Posters / flyers	4
Other	7

What was your main takeaway?

Mental health doesn't make you "weird." It's just as important as your physical health.  
 Reach out - Don't be afraid to ask for help  
 How prevalent mental illness is in our society.  
 There is hope  
 Being there for others  
 Live Learn Love  
 Everybody can struggle  
 Interesting/Informative  
 Be supportive of others  
 The stigma  
 I get help  
 Mental wellness  
 Don't give up on yourself  
 Mental illness continues to be a problem - outreach is productive  
 Having a good support system - an outlet to help yourself get through things  
 Don't give up. Ask for help.  
 Ok to talk about MH  
 Awareness of mental health  
 Altruism  
 There is always a way out  
 Mental illness is real, normal, and not deserving of stigma.  
 Reach out if mental health issues occur  
 Everyone has mental health  
 I am not alone, an there are more resources than ever  
 Help is out there  
 Wanted a little more understanding of mental health  
 You are not alone  
 Supporting others in time of need  
 Don't give up

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

Info about how to help/deal w/ mental health  
 Really good  
 Informative, and knowledge-giving, Interesting.  
 Too pushy that everyone needs help  
 Personal Issues  
 Very informative  
 Informative  
 A mental illness/health capturing the feelings of health and help  
 Awareness about mental health.

thought provoking  
Fun and informative  
Beneficial  
Well organized, informative, worth attending  
awareness, helpful, emotional, vulnerable  
To help getting a better understanding  
Positive and a safe space. No judgement.  
Important to talk about MH issues  
A psychologically class.  
Mind-opening  
Helpful  
Educational, opened my eyes to mental issues that I don't have  
Increasing awareness of mental health and destigmatizing it.  
Worthwhile  
Inspirational and informative  
Resourceful, Engaging and Informative  
Useful  
Helps you understand people more  
Helpful/eye opening  
Good  
Eye opening  
Impactful  
Helpful

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

To look for friends that might need my help  
To help other people  
To help friends struggling poor mental health  
Apply it to other  
I would be sure to be a good listener  
Improve  
Lots of people want to help  
Personal Issues  
Compassion  
Just being more aware of my own mental health  
More supportive, help and more upbeat positive  
Give a helping hand  
mental wellness  
To help others  
Get help, tell others to get help, be there for others  
Be supportive to family and friends  
Being able to listen and put myself in their shoes  
How people aren't always ok even if they seem ok  
I will think about what was said and use this in a positive way.  
Able to talk to others about MH issues  
This experience will help to have a positive personality.  
By helping improve my own and others mental health  
For my own mental health and to help other people  
Being more supportive to people who I don't know about what are going through  
Try to better recognize mental illness in myself and others.

May be more likely to open up to friends/family  
 To help better myself  
 Gather a few more resources  
 Get help when you feel down  
 Ask if people are ok more  
 Seek Help  
 Just helping others, supporting in any way I can  
 To help others

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

People thinking you're weird  
 Procrastination and uncertainty  
 It can be overwhelming  
 Time  
 Me myself  
 I like to deal with stuff on my own  
 Scary about feeling or reliving the pain over again  
 Stigma  
 Being judged. Not getting the right help. Cost.  
 Cost and loneliness  
 Worrying others  
 What others think. Thinking that I don't need it. Hurting myself.  
 Maintaining a hard working mindset; humbling myself to seek help  
 Confidence  
 My pride, judgement  
 The belief that I can/should do it myself.  
 lack of motivation  
 Fear of judgement  
 My internal conflict and my schedule  
 Many saying nothing is wrong with you  
 Don't know where to start  
 Fear that I cannot be helped  
 Confidence  
 Starting

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

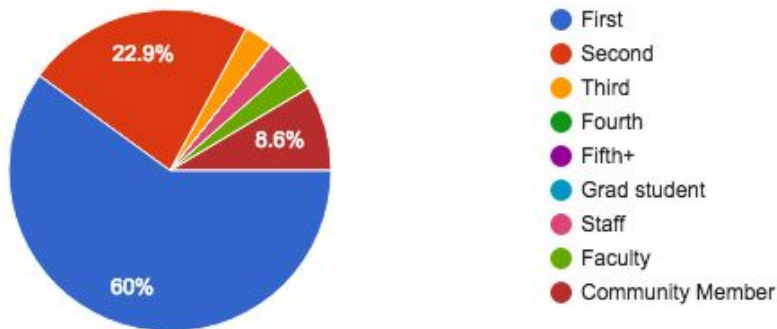
More short videos  
 It's perfect  
 Assign study groups, and come up with compelling questions about films.  
 Make it available more often  
 Encouraging more structured good discussion  
 Be less pushy of how everyone has to seek help. We can handle some things ourselves.  
 I thought it was good like it is  
 More movies, really enjoyed the movies!!!  
 Great, loved the panel and real people feelings/went through  
 earlier, not evening - more panel speaker

Good job!  
 Well done!  
 maybe focus on other illness as well (besides the more common ones)  
 Show more issues to engage people more  
 Make it more hands on. More mental health issues other than the three that was listed.  
 Panel prior to movies, need co-facilitator to type --> distracting  
 I can't think of anything, the event was very good  
 We should have this kind of event at least once a month  
 I don't know because I think everything went very well  
 More engagement and small group discussions!  
 more videos  
 Not sure maybe more films addressing different issues  
 More story headlines  
 use more videos from our time  
 A little more on mental health  
 Suggest - high school presentation

Major	
Business	2
Psychology	2
Physical Education	2
Nursing	2
Kinesiology	1
Sports Medicine	1

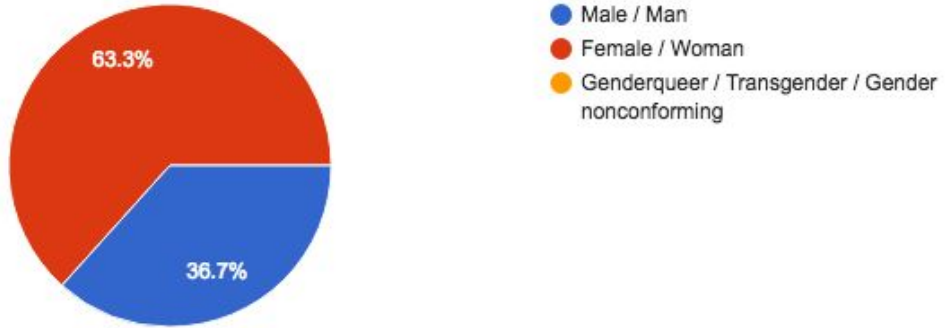
### Year

35 responses



## Gender Identity

30 responses



## Ethnicity

36 responses

