

Movies for Mental Health

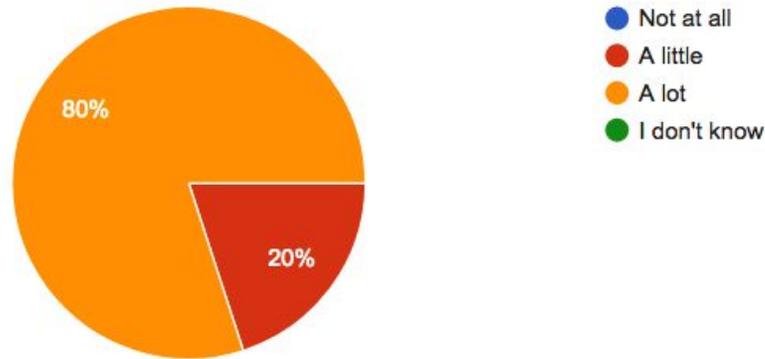
Post-Workshop Evaluations

Lassen Community College
September 19, 2018

Number of attendees: 78
Number of evaluations: 40

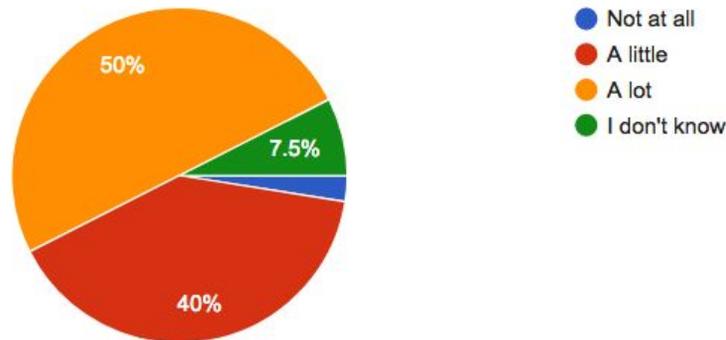
In your opinion, did this event create awareness of mental health issues?

40 responses



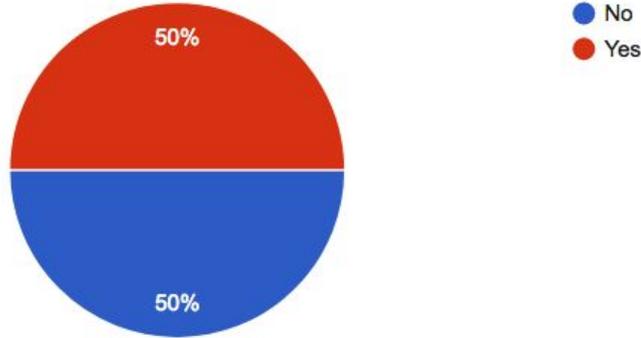
In your opinion, did this event reduce stigma related to mental illness?

40 responses



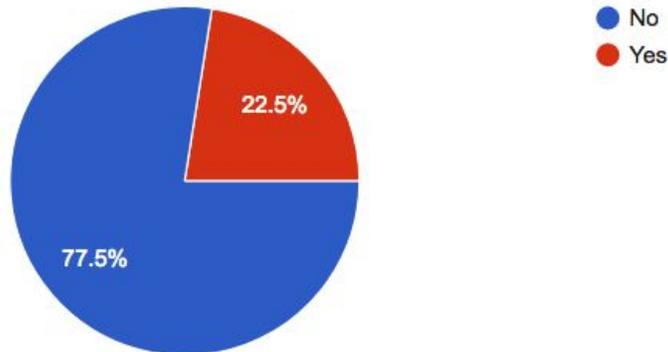
Did you know about your school's counseling services before this event?

40 responses



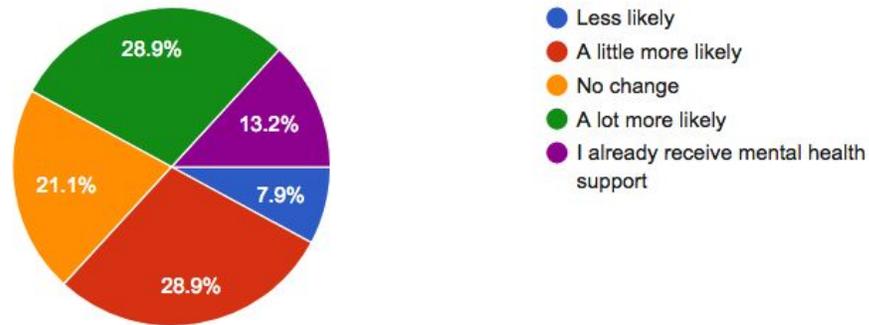
Did you know about Prop 63 before this event?

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?

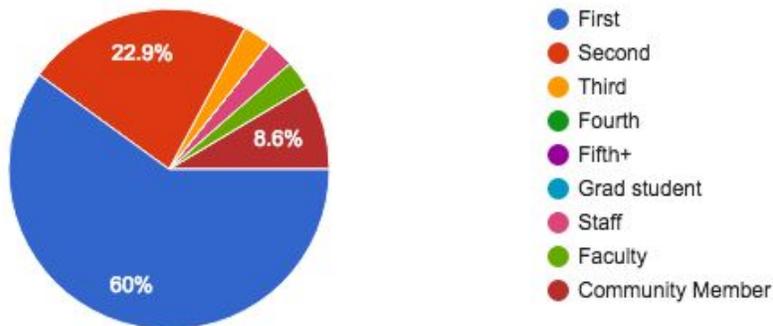
More short videos
It's perfect
Assign study groups, and come up with compelling questions about films.
Make it available more often
Encouraging more structured good discussion
Be less pushy of how everyone has to seek help. We can handle some things ourselves.
I thought it was good like it is
More movies, 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

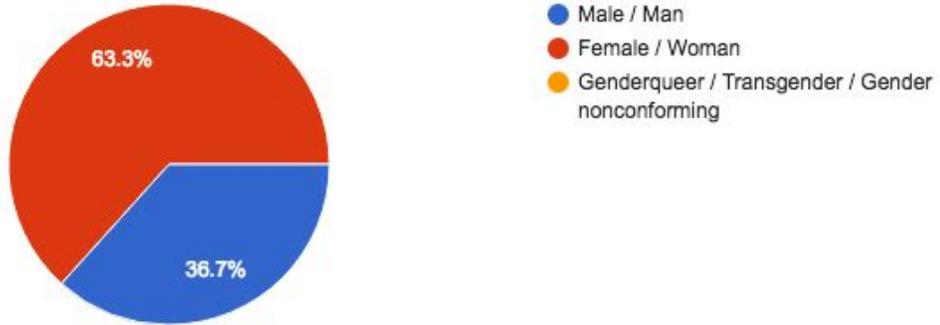
Year

35 responses



Gender Identity

30 responses



Ethnicity

36 responses

