

Movies for Mental Health (Online)

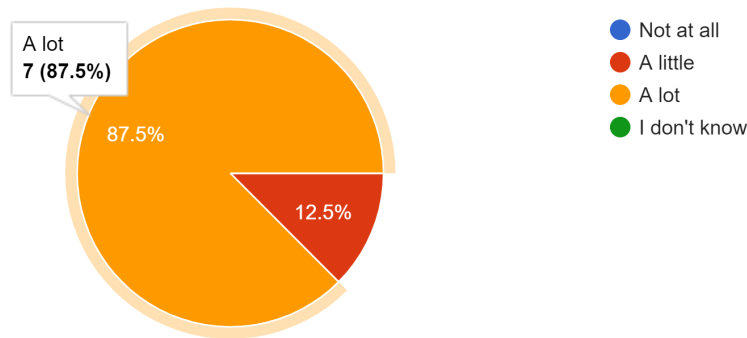
Post-Workshop Evaluations

Long Beach City College
December 8, 2021

Number of attendees: 25
Number of evaluations: 8

Did this workshop increase your awareness of mental health issues specific to queer humans?

8 responses



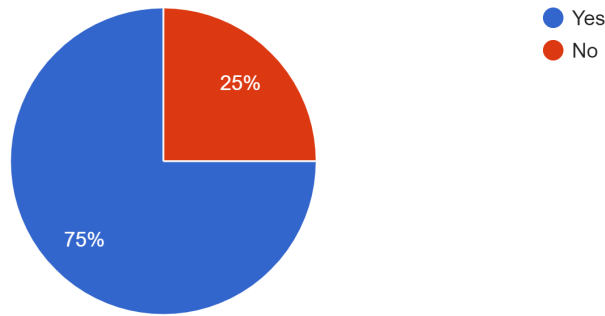
Did this workshop help you name and see examples of stigma related to mental health issues experienced by queer folks?

8 responses



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

8 responses



What was your main takeaway?

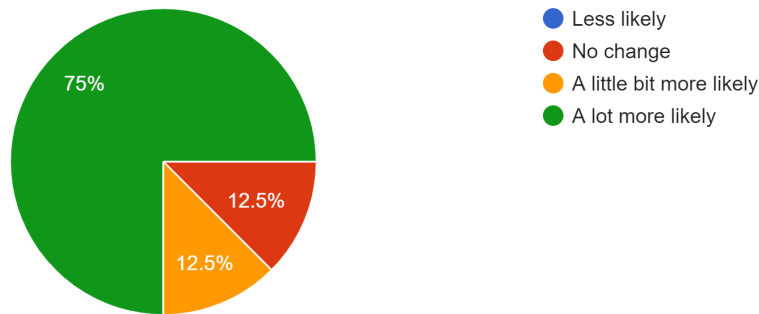
More work to be done
Everyone's interpretation based on the video but yet a collective feeling
The presenters' good vibes was the main takeaway from today's workshop -- so good!!
I found poetry to be the perfect vehicle for exploring these really heavy topics. I don't think I really appreciated the power of poetry before.
The main takeaway of this workshop was to recognize LGBTQIA mental health
The fear of people to be different
The stress that many folks are experiencing in the LBGTQ community.
Poetry Can be an art form to help with Mental Health

How might you use what you learned today?

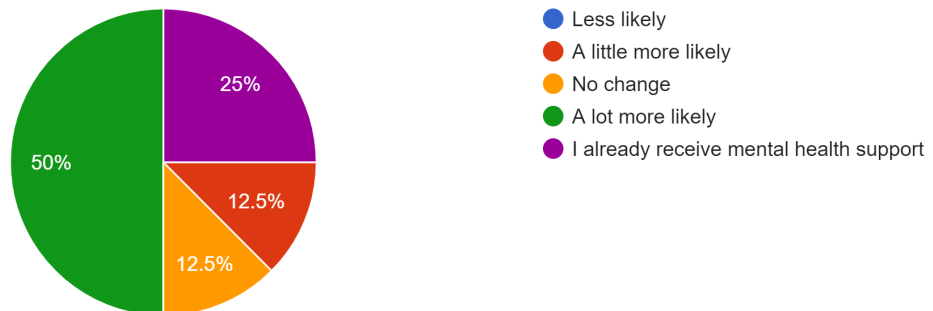
Working with students I serve
What I might use what I learned today is ask people their pronouns and respect them and accept everyone for who they are.
I think it gave me more confidence to stand up for others
I'm going to stand up for my fellow queer friends, focus on my own mental health, talk about LGBTQIA issues a lot more, and keeping a journal
Being more grateful and happy about who I am
Speaking up more if someone is critical.
Using poetry to help me along my mental health journey.

If you were telling a friend about this workshop, you would describe it as: (Highlights: see raw data for full list)
Amazing
Fun, creative, insightful program
speechless, safe place, awareness, encouraging
A really personal way to explore the issues in society
In four words: You'll learn a lot
Very helpful and interesting
Very informative and opened my eyes a lot.
It's an educational safe space that talks about the LGBTQ+ community, expressed in film. Through the short film it highlights the difficulties that people in the community have and are expressing. Through that you as the viewer get to express your own feels through writing in this case poetry.

After this workshop, are you more or less likely to take action to support the mental health of queer folks in your life?
 8 responses

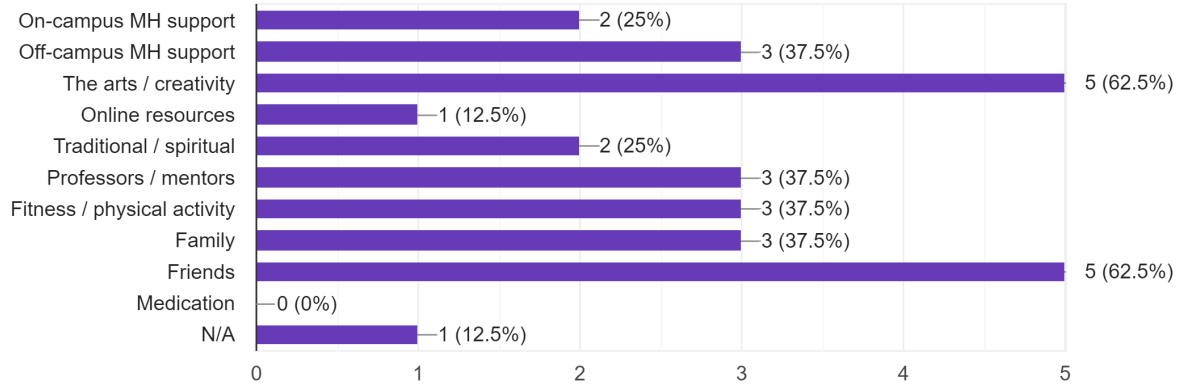


After this event, are you more or less likely to seek support for your own mental health?
 8 responses



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

8 responses



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

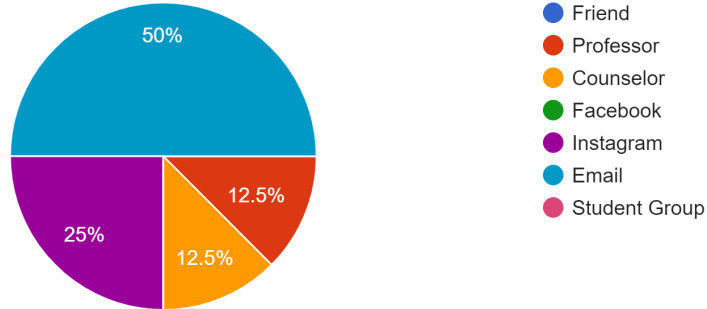
- Cost of getting professional help
- Not letting myself fall, and I would not like my family to see me at my lowest
- I just don't feel like I have the time to sit around talking about my feelings
- Sometimes I'm afraid of asking for help, because I'm afraid of people looking at me like I'm incapable of anything
- Few openings in the community.
- Lack of Education towards where to find these resources

How can we improve this event in the future?

- Bby adding more speakers instead of just one.
- I don't have a suggestion. I think this was the best professional development workshop I have had at LBCC. Really impactful. So much more than just sitting around listening to one person talk
- More films and more poetry that way we get practice in writing about these films, especially LGBTQIA films. Also, using our camera more because we mostly used the chat throughout the workshop
- Doing it by zoom.
- Advertising the event more to have more students attend

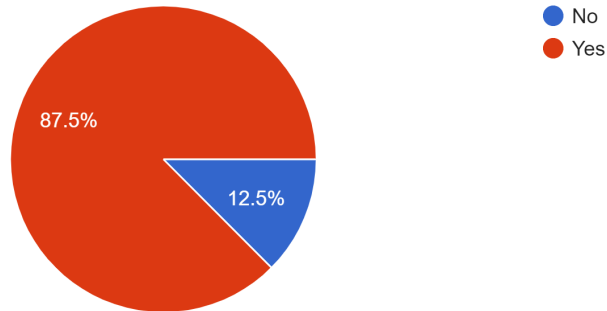
How did you hear about this event?

8 responses



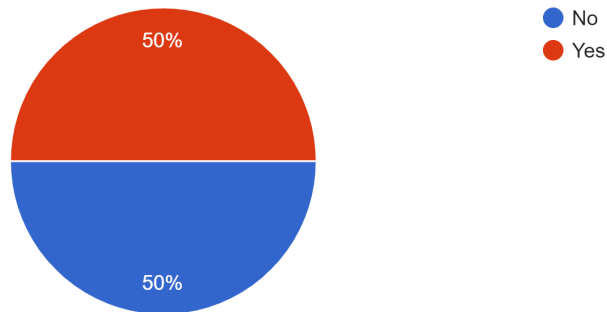
Before this event, did you know about your school's counseling services?

8 responses



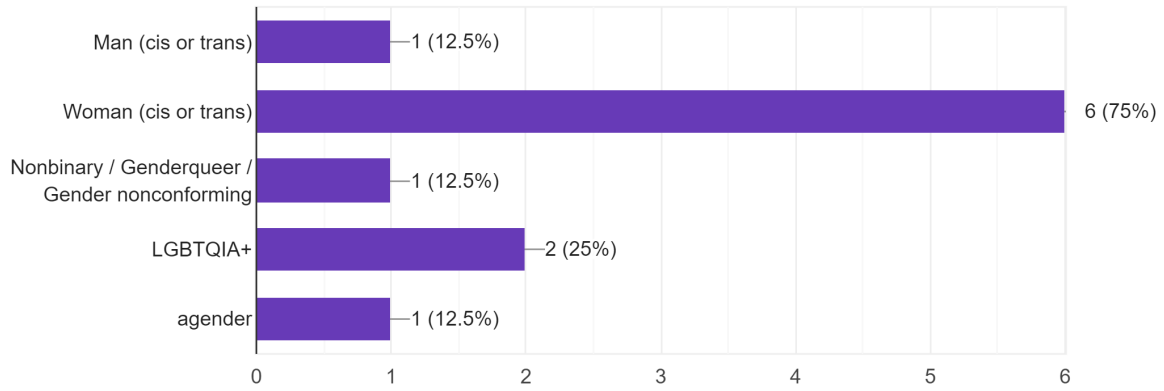
Before this event, did you know about the community resource(s) who presented on the panel?

8 responses



How do you identify? (Check all that apply)

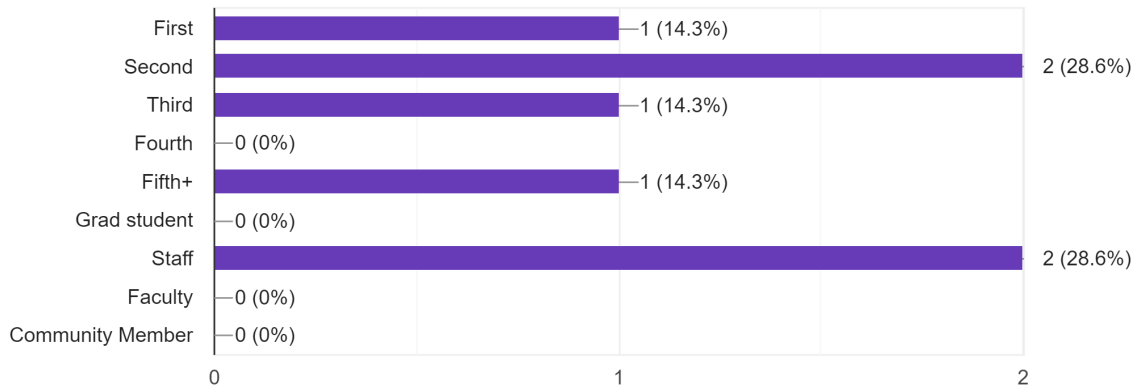
8 responses



Major	
Computer science	1
Nursing	1
Photography	1
Digital media	1
Psychology	1

Year

7 responses



Ethnicity

7 responses

