

Movies for Mental Health (Online)

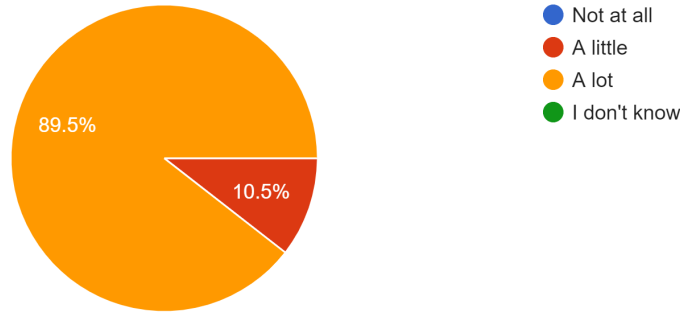
Post-Workshop Evaluations

Los Angeles Harbor College
May 5, 2021

Approximate maximum attendance: 32
Number of evaluations: 19

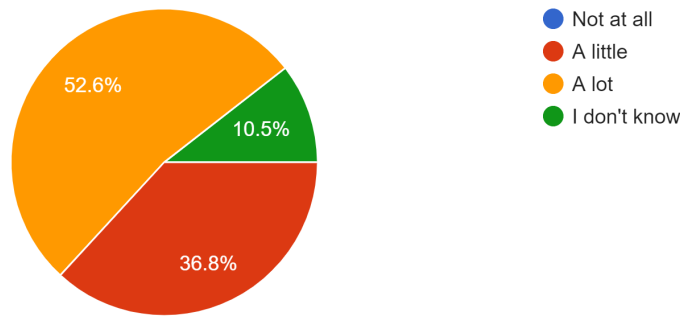
In your opinion, did this workshop increase your awareness of mental health issues?

19 responses



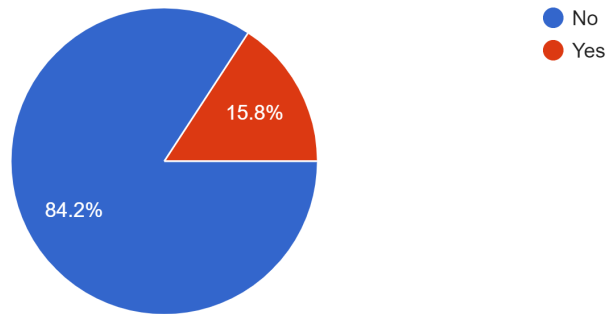
In your opinion, did this workshop help you confront and address stigma related to mental illness?

19 responses



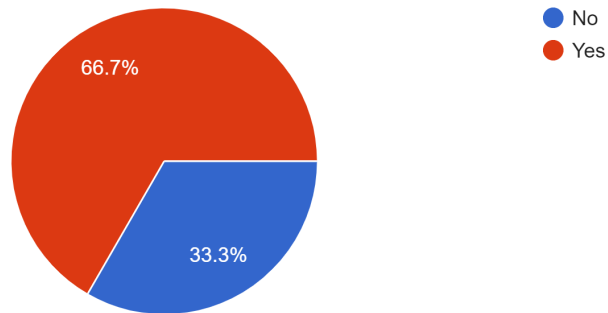
Did you know about the the Mental Health Services Act before this event?

19 responses



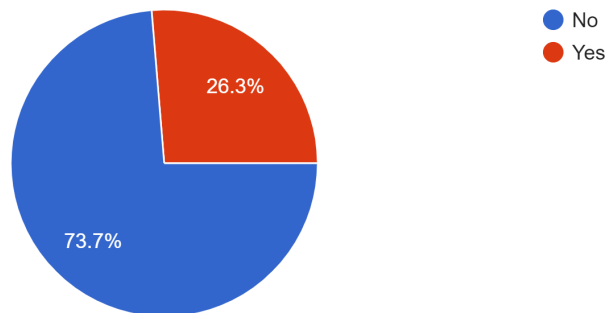
Did you know about your school's counseling services before this event?

18 responses



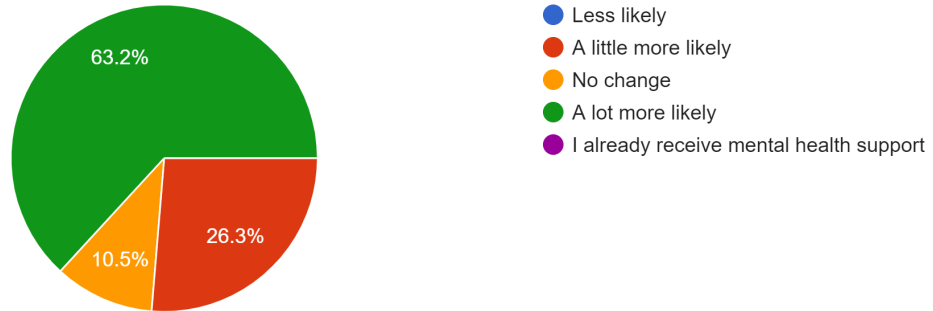
Did you know about the community resources before this event?

19 responses



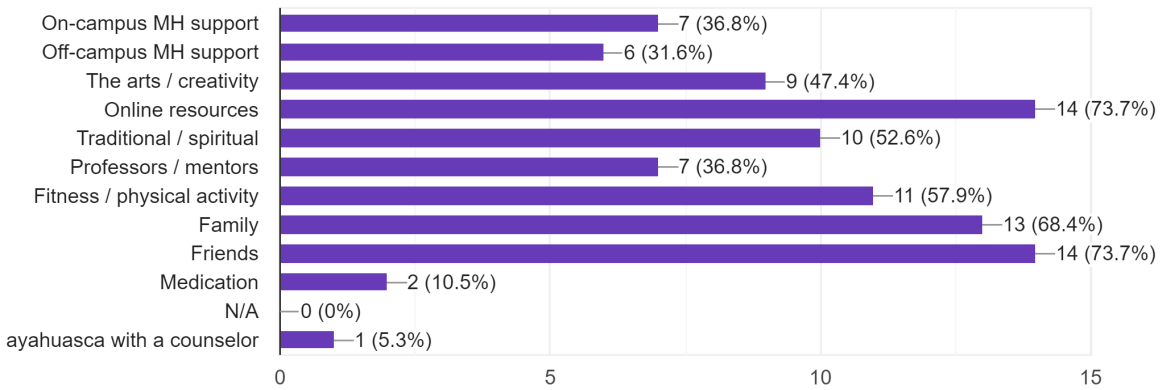
After this event, are you more or less likely to seek support for your mental health?

19 responses



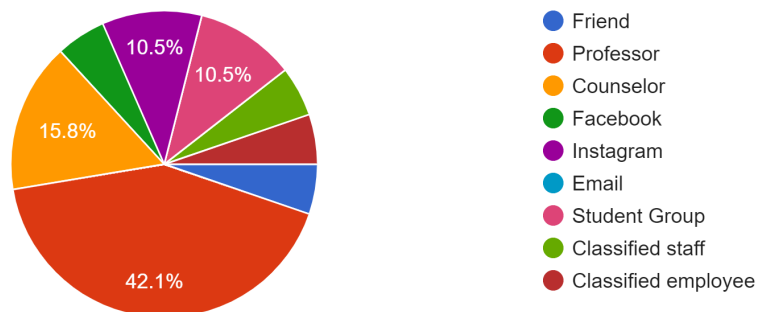
What type of mental health support do you think would be most useful to you?

19 responses



How did you hear about this event?

19 responses



What was your main takeaway?

- It is okay to get help
- Talking about your problems helps you to find help
- Take time to deal with mental health, it is normal, and be kind to others
- that we must be vulnerable and open to others
- The list of resources and help available.
- The panelists and being able to chat with others
- that it's ok to have mental health issues
- it's ok to struggle with mental health
- Free resources
- Resources and the many different ways to cope.
- seeking help and being to help others
- Different ways to deal with anxiety.
- Mental health awareness & the depth of mental health issues

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

(Highlights: see raw data for full list)

- Beautiful presentation about access to mental health resources
- An opportunity to learn about mental health issues, a place to seek help/advice without being so direct if that's what one wants.
- This event helps you understand your mental health and let's you know that you're not alone.
- Insightful
- a thoughtful talk that helps one reflect on the struggles of others and themselves
- It helped me understand the schools resources more
- A great workshop to learn about Mental health and talk to others and listen to others
- helpful with stress
- A great workshop to relax and learn and share with others
- Very useful, encouraging to find help.
- VERY INFORMATIVE and welcoming
- It has good resources for mental health
- Interesting
- Important

How might you use what you learned today?

- Always try to keep in mind that there could be a person that's broken underneath their smile. & to just listen, whole heartedly when someone wants to talk
- if i encounter anyone with a mental illness or myself i will now know how to help them and how to make them feel they are not alone
- I will forward the resource information to others.
- I am going to take my mental health more serious
- i will use the coping mechanisms whenever i feel stressed
- Help people find purpose.
- Try to use breathing exercises
- I might help my friends with this

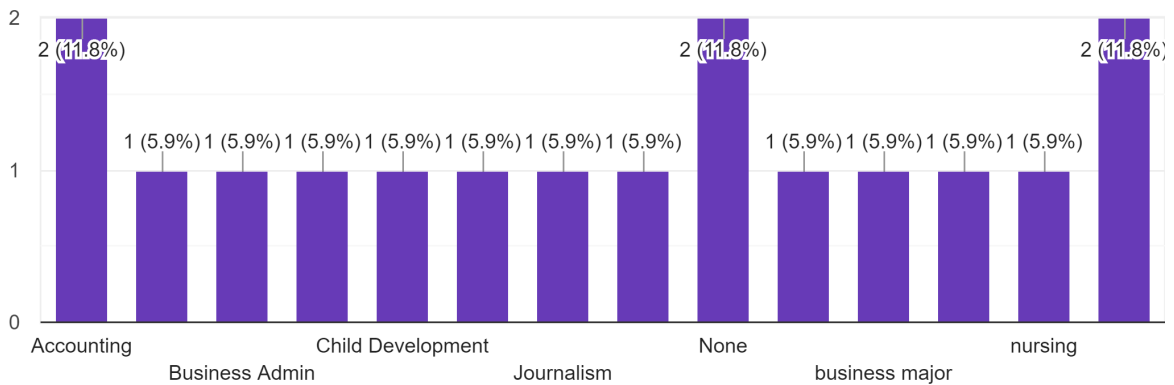
What are the biggest barriers to your mental wellness and/or receiving mental health support? (Highlights: see raw data for full list)

- Being scared of what people think or being misunderstood
- to be seen as weak in my family
- Being labeled or stigmatized
- unable to open up due to trust issues
- not feeling understood
- stigma
- being judged
- Sometimes work and school keep me busy and I don't have enough time
- Not knowing what to say or how to get help or feeling alone
- Anxiety and Communication

How can we improve this event in the future?

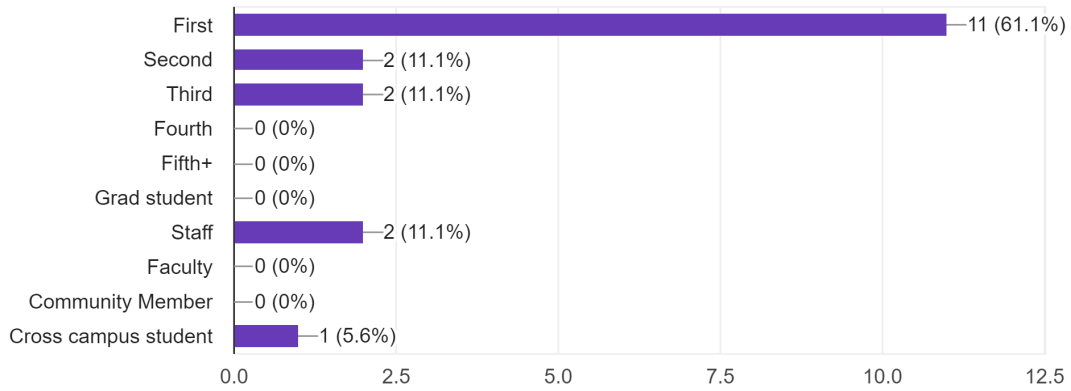
- Free food
- More short films
- Really listen to what people share because it is hard for them to
- More panelists
- maybe link therapists
- Let people know that what I am going through is serious
- Have more people share their stories

Major
17 responses



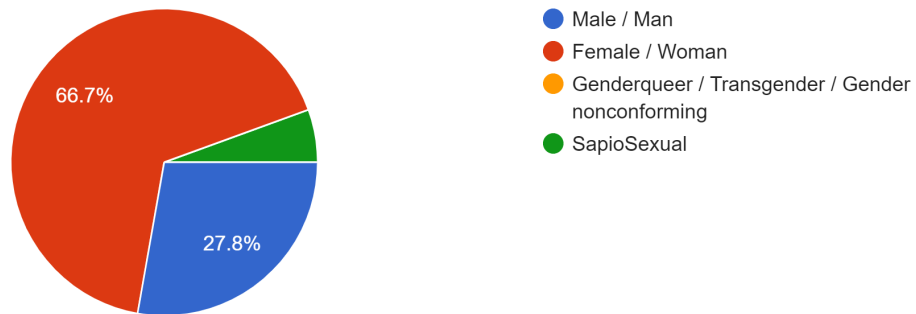
Year

18 responses



Gender Identity

18 responses



Ethnicity

18 responses

