

# Movies for Mental Health (Online)

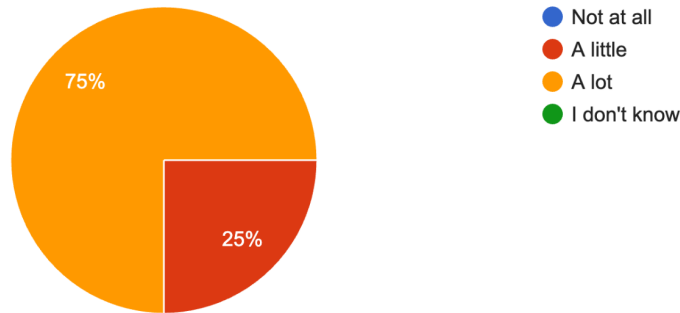
## Post-Workshop Evaluations

Los Medanos of College  
2/28/23

Approximate maximum attendance: 12  
Number of evaluations: 4

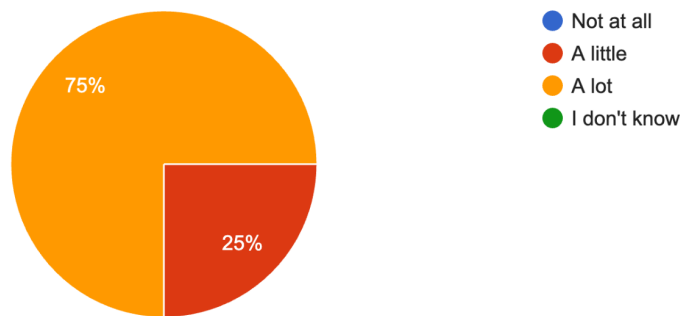
In your opinion, did this workshop increase your awareness of mental health issues?

4 responses



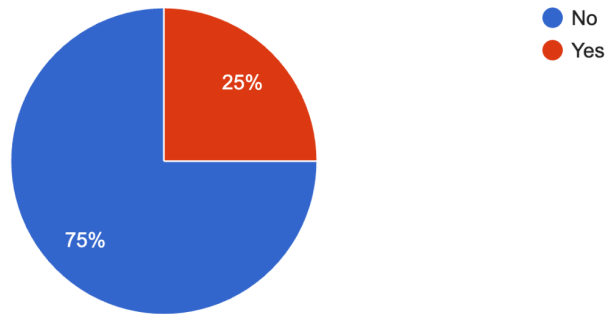
In your opinion, did this workshop help you confront and address stigma related to mental illness?

4 responses



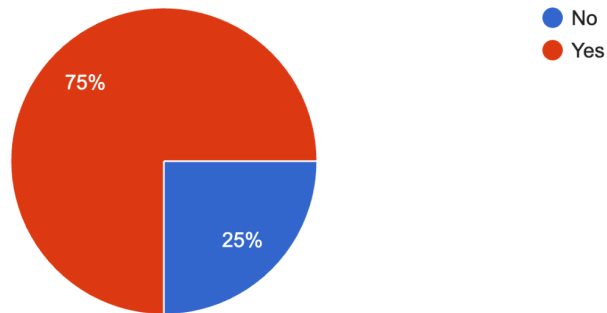
Did you know about the the Mental Health Services Act before this event?

4 responses



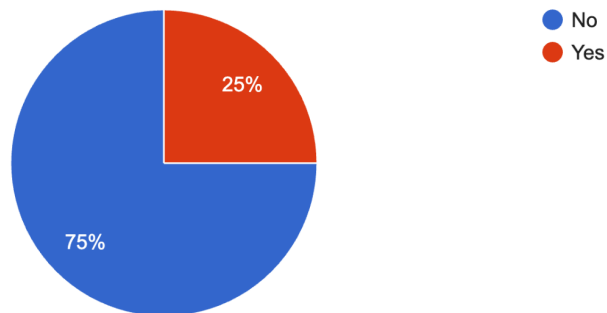
Did you know about your school's counseling services before this event?

4 responses



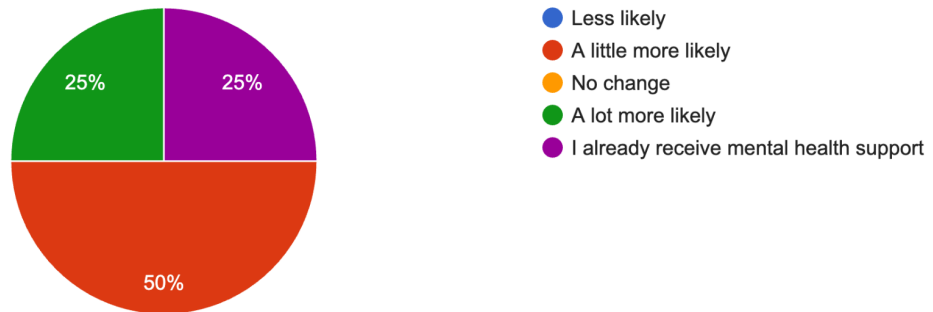
Did you know about the community resources before this event?

4 responses



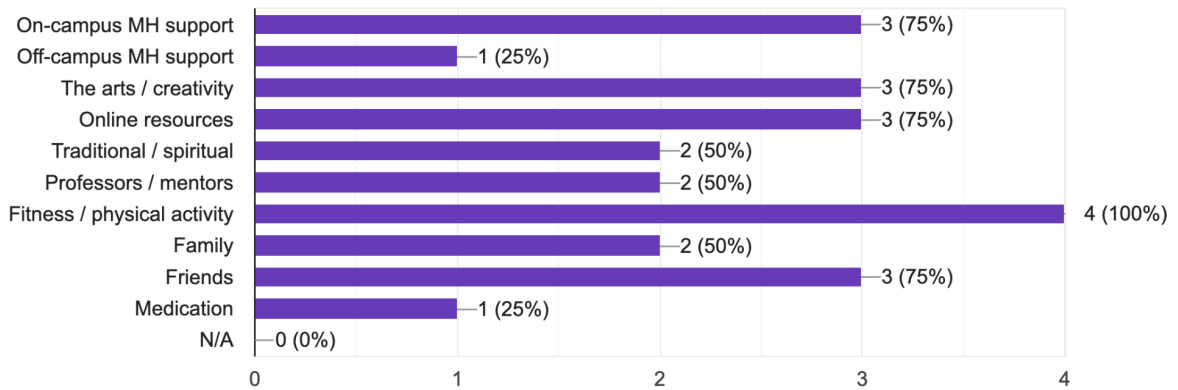
After this event, are you more or less likely to seek support for your mental health?

4 responses



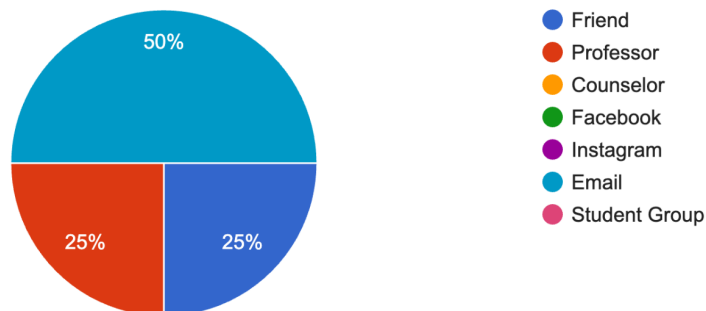
What type(s) of mental health support would you like better access to?

4 responses



How did you hear about this event?

4 responses



### What was your main takeaway?

It's helpful for us to come together as a group to talk about these topics.

Mental health is present in all cultures and that there is help available when you are struggling.

Just how to help myself in mental health.

Thinking about the stress of being a student. It is not being lazy. Learning about stigma. Watching great movies.

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

(Highlights: see raw data for full list)

A low-pressure opportunity to hear and talk about mental health topics with your peers.  
It is a workshop that helps you learn how mental illness is being experienced by other people through film.

It a little event where you watch some movies and get food afterwards for mental health  
Helpful, interesting, engaging

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

Meditating on some of the ideas and being more intentional about down time.

Use services available when I need help

Probably try and talk about what I am dealing with a little more

Very likely

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

(Highlights: see raw data for full list)

Time.

Time constraints.

My own walls that I put up.

Being on autopilot. Ignoring symptoms. Sometimes it is hard to reach the health care provider.

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

I appreciated that the event was hybrid this time. It made the event much more accessible. Thank you.

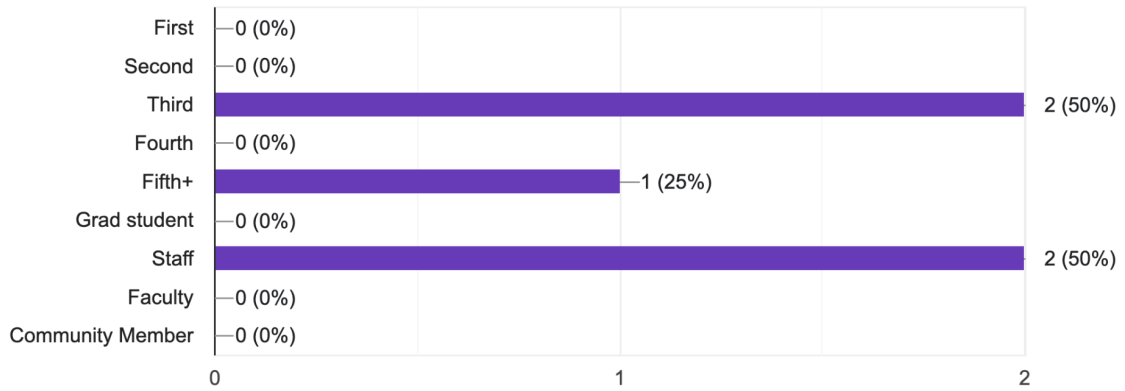
Let the participants know what the short films are going to be showed and the background

Have several sessions so students who are in noon Tuesday classes can attend too.

Major	
Nursing	
Welding	

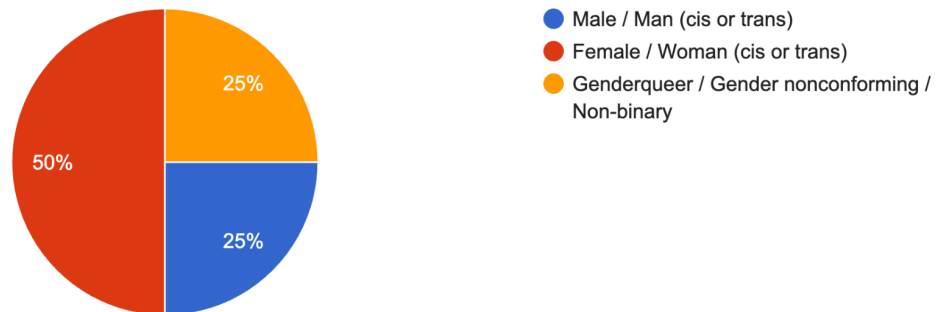
### Year

4 responses



### Gender Identity

4 responses



Race / Ethnicity		
Asian / Asian-American	2	50%
Black / African / African-American		

Hispanic / Latinx		
Indian / South Asian		
Middle Eastern		
Native American / First Nations		
Pacific Islander		
White / Caucasian	<b>2</b>	<b>50%</b>
Multiracial		
Other		