

# Movies for Mental Health (Online)

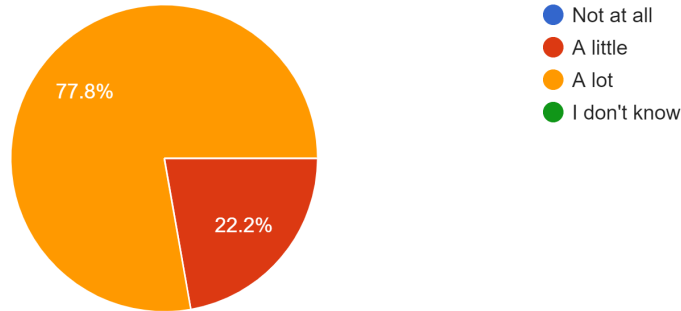
## Post-Workshop Evaluations

Los Medanos College  
April 21, 2021

Approximate maximum attendance: 20  
Number of evaluations: 9

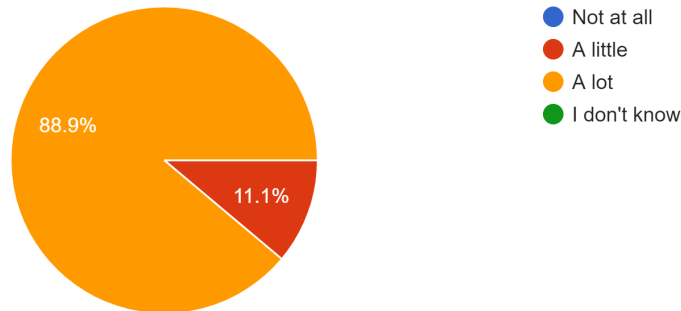
In your opinion, did this workshop increase your awareness of mental health issues?

9 responses



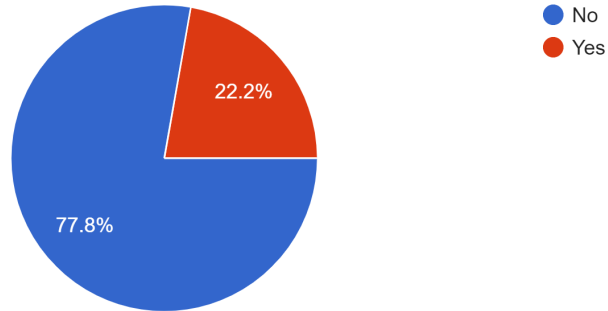
In your opinion, did this workshop help you confront and address stigma related to mental illness?

9 responses



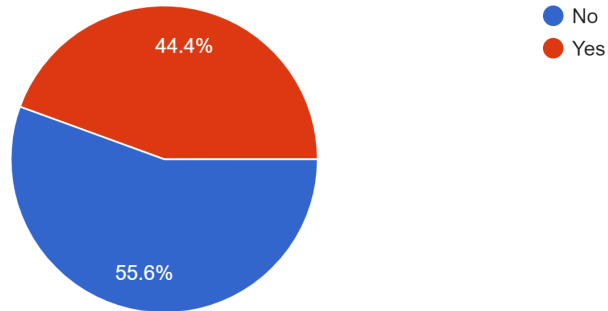
Did you know about the the Mental Health Services Act before this event?

9 responses



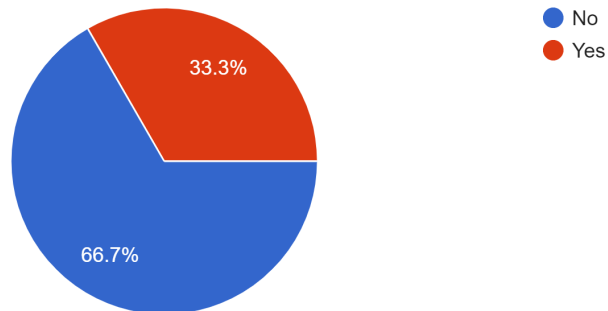
Did you know about your school's counseling services before this event?

9 responses



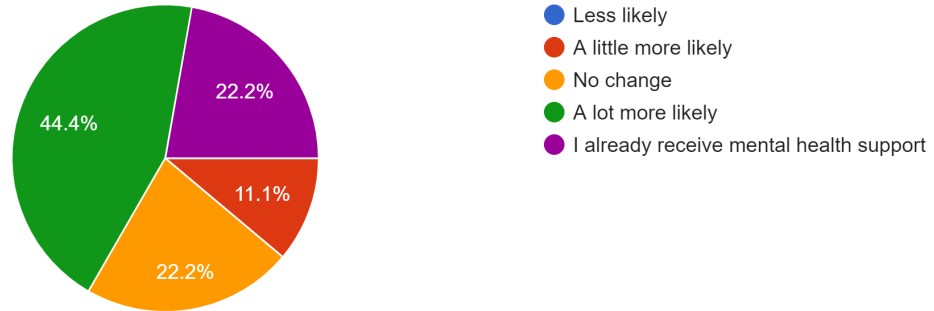
Did you know about the community resources before this event?

9 responses



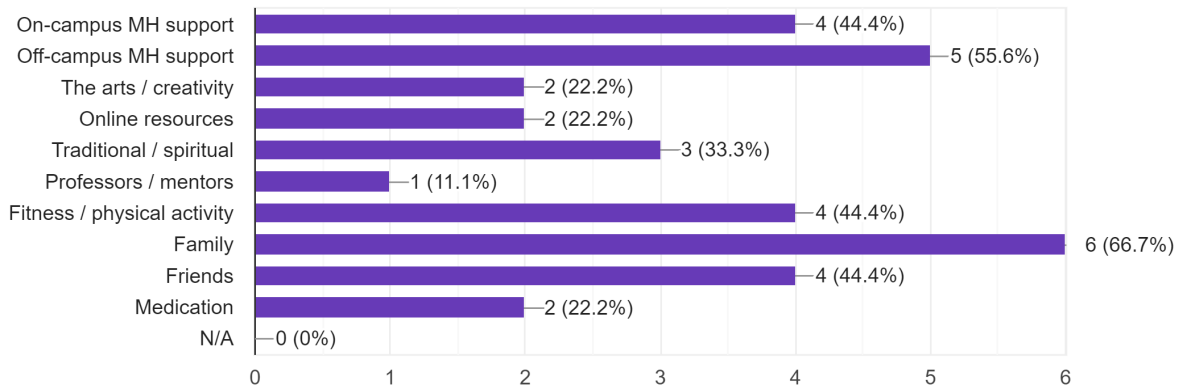
After this event, are you more or less likely to seek support for your mental health?

9 responses



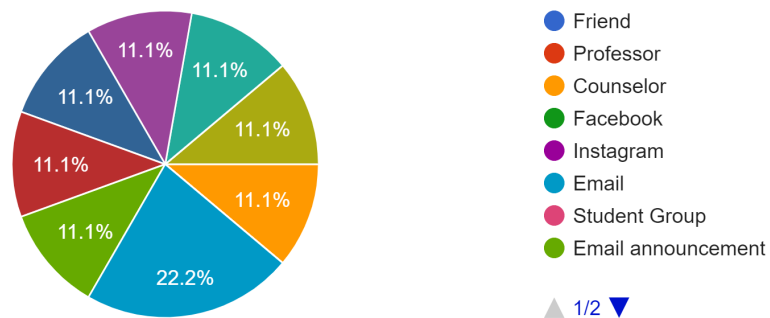
What type of mental health support do you think would be most useful to you?

9 responses



How did you hear about this event?

9 responses



### What was your main takeaway?

Amazed with all the resources that LMC already offers.  
Media can help raise awareness of mental health  
All people are human beings, and it's time for compassion and care to be universal, not shame for things outside of ones control.  
It's ok to get help. I can't heal if I push it down  
Mental health impacts everyone  
Sharing these stories is SO powerful!  
That mental illness effects everyone differently but we need to be aware that we don't know what people are going through and to be kind.  
There is a lot of mental health resources available

### If you were telling a friend about this workshop, you would describe it as: (Highlights: see raw data for full list)

A open space that allows for a deeper understanding of mental health.  
Engaging, informative, inspirational, well organized  
A great online space where we introduced methods for helping ourselves and those that we care about, as well as discussing what stigma looks like and seeing artistic representations of how those external pains feel.  
Very informative  
Wonderful mix of personal stories, movie clips, strategies and resources to address mental health and wellness.  
An opportunity to hear from peers about their mental health struggles  
Very informative and positive. Actually quite refreshing.  
Sharing your thoughts, an open space, nice people to talk too  
Chill and informational

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

I would use the breathing and stretching exercises when stressed  
Definitely encourage others to attend in the future.  
I plan to use the exercises to calm down at night, everything discussed on conversations for helping others and getting help I can keep in mind for the future. Everything here is useful for my relationships with others and myself.  
I will seek help  
Remember that mental health issues are ever present. You never know the experiences of others. Be kind and extend others grace and understanding.  
i will share the upcoming presentation at College of Alameda for people who couldn't be here.  
Just being gentler with the way I approach people.  
Learning how to share my feelings.  
being present more in relationships with my close friends and family members to check in on them.

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

(Highlights: see raw data for full list)

Not equal representation in therapist

I'm a lucky person, my family has encouraged me to seek mental health support. My biggest barrier right now is a personal bad experience.

I guess my own self

Time and prioritization.

Fear

It actually took a crying breakdown in front of my primary care doctor and she sent a referral for me to seek help.

letting people now i'm not okay or going through something

My own self-judgement

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

It is perfect the way it is.

Keep what you've done so far, it's wonderful! I can't think of improvements currently.

You guys have done great

N/A

More!!!!

Nothing

Nothing! It was my first time and i enjoyed this!

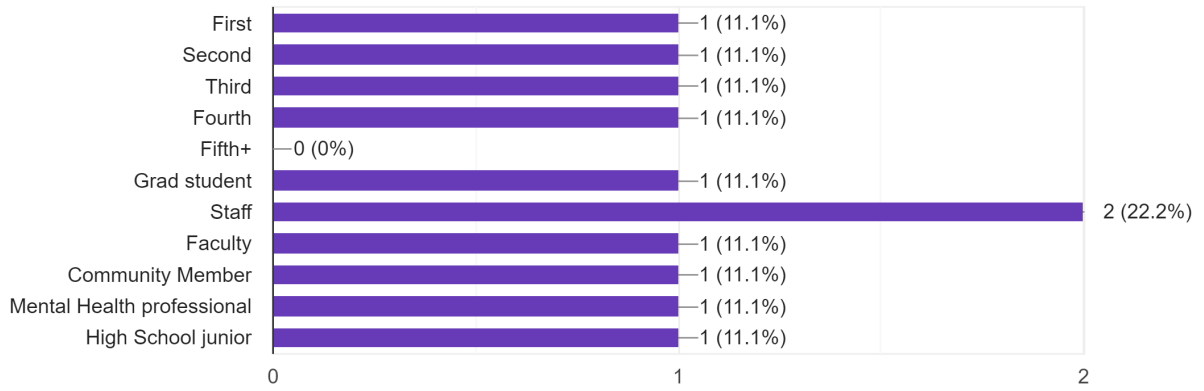
You guys did a great job with this, honestly. All I'd want to see in the future is this event, but in-person.

**Major**

Psychology	<b>3</b>
Business	<b>1</b>
Sociology	<b>1</b>
Engineering	<b>1</b>
Healthcare Management	<b>1</b>
N/A	<b>1</b>
Undeclared	<b>1</b>

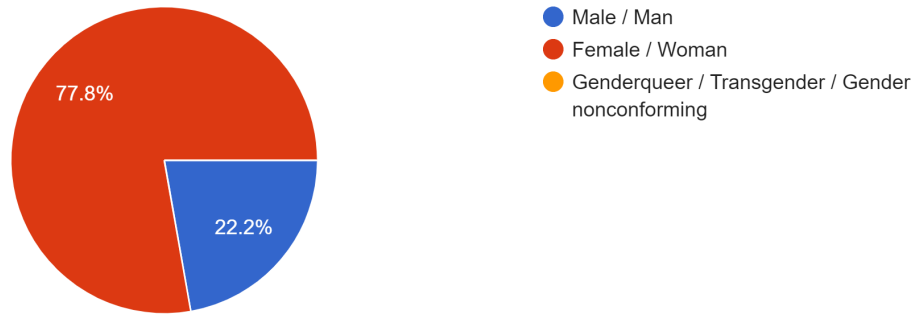
Year

9 responses



Gender Identity

9 responses



### Ethnicity

8 responses

