

# Movies for Mental Health

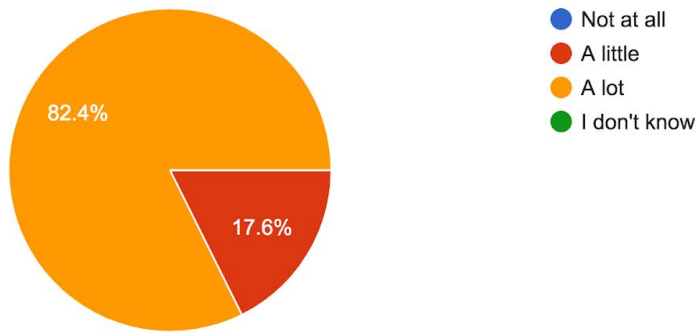
## Post-Workshop Evaluations

Merced College (AM)  
May 7, 2019

Number of attendees: 65  
Number of evaluations: 51

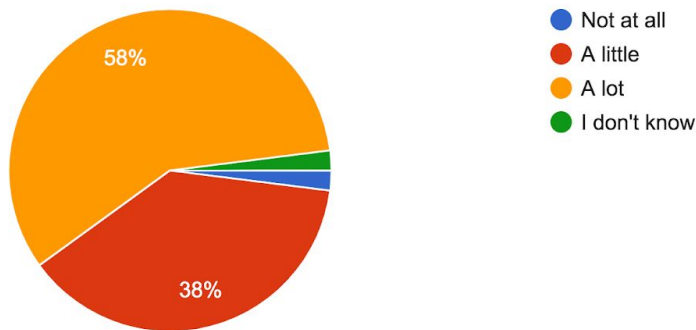
In your opinion, did this event create awareness of mental health issues?

51 responses



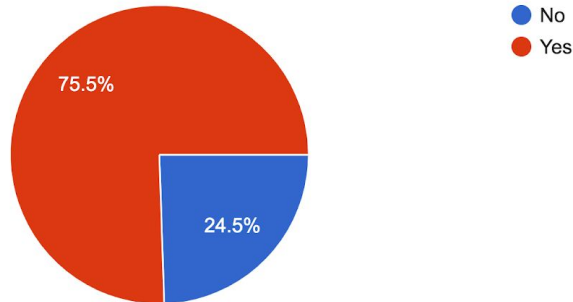
In your opinion, did this event reduce stigma related to mental illness?

50 responses



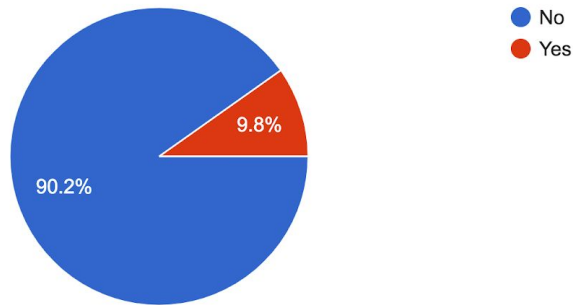
### Did you know about your school's counseling services before this event?

49 responses



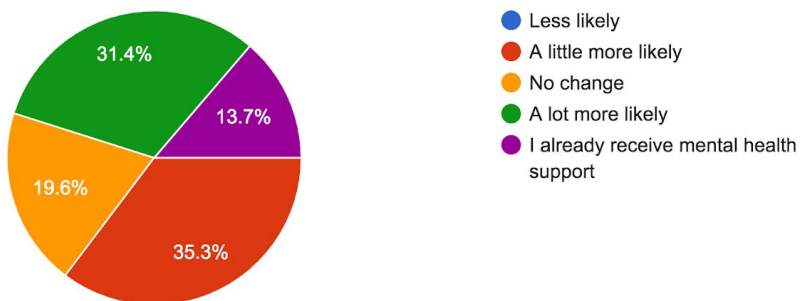
### Did you know about the Mental Health Services Act (Prop. 63) before this event?

51 responses



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

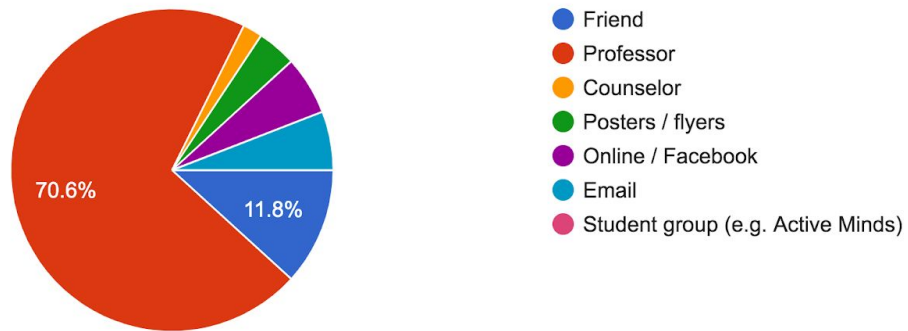
51 responses



What type of mental health support do you think would be most useful to you?	
On-campus MH support	20
Off-campus MH support	16
The arts / creativity	10
Online resources	6
Traditional / spiritual	11
Professors / mentors	8
Fitness / physical activity	31
Family	27
Friends	26

### How did you hear about this event?

51 responses



### What was your main takeaway?

(Highlights: see raw data for full list)

People who struggle with mental health are never alone. There is always someone to talk to if you are open to it.

Be understanding about others' struggles.

I'm more informed about mental health and less afraid to seek help.

Mental health needs to be treated just as physical health—there are resources available.

More people are going through mental health issues than we think.

Many struggles in life can be overcome.  
Every individual having and speaking their opinion  
Someone else has been through what you're going through.  
Everybody is going through mental health challenges; and there is help out there.  
There is a lot of information about mental health which you can gather which will help you to seek help.  
Mental health issues are real and can be dealt with.  
There's more insight into mental health in film (art).  
A lot more people relate to what you are going through than you expect.  
Informative; I will reach out for help whenever I need it.  
Mental health is just as important as physical health.  
How the mind is very important and you need to take time for yourself.  
The short movie clip was very touching and has lots of different meaning  
To prioritize your mental health.  
Some think they're alone, but they're not.  
We need to take off the stigma about mental illness and now ask for help.  
A lot of people have mental health issues.

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

A safe format for discussing mental health.  
Helpful; Lifesaving; You are not alone.  
A great learning experience.  
Informative; liberating.  
It had great content in making people aware of mental health.  
Helpful, and the films were good to portray more about the program.  
Good experience; you can get mental health help  
An easy, low-stakes way to talk about mental health  
Useful to feel empathy and not be so judgmental or stigmatizing someone  
It's worth the time; A lot of useful information provided  
A different take on mental health. Relating to films--seeing it's not just you  
An amazing way to look at mental health  
Helpful to raise awareness and get help  
Very productive and educational

## How might you use what you learned today?

(Highlights: see raw data for full list)

To be considerate of people who might be going through something. And no matter the situation, I will.  
Helping and listening to people. Inform them about this workshop.  
As a teacher, I can bring these resources to my students.  
Think twice before judging.  
More sympathy.  
I will definitely speak out more instead of bundling my emotions and thoughts inside.  
To help others understand that getting help is okay.  
To seek out more help and reach out.  
Learning my triggers.  
Seek help if needed; try to help someone get help if they need it.  
Open up more about what I'm going through  
Find outlets when feeling vulnerable and not let the little things define me  
I will try to help out people in need and even seek help when needed  
Talk to a family member currently struggling with depression.  
Explore new formats for therapy.  
I should speak up rather than keep it to myself.  
Share with others and keep an open mind to others' struggles.  
To help my family to understand more about mental health  
I will see people with mental illness differently  
Show my friends resources to use.  
Understand that it's okay to feel and realize that life is a shared experience.  
Try not to stigmatize. Be more empathetic to others.

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

(Highlights: see raw data for full list)

Financial concerns  
Struggles outside of mental health.  
Looking for the help.  
Can't identify that you have a problem.  
Expectations.  
Time management and workload.  
Access in Merced County—most mental health workers don't return calls or have long waits.  
Cultural / financial barriers / help that is readily available.

Finding the right person to trust. (x3)  
 Making time for myself and balancing my adult responsibilities.  
 The fear of not being understood.  
 Pride. (x5)  
 Admitting there's a problem and having to realize it's a thing. (x2)  
 Feeling that I can do it by myself.  
 Pride or feeling I don't need help.  
 Talking to someone new.  
 Afraid of being judged.  
 The stigma about seeing therapists.  
 Going through with getting help.  
 Loved ones making you feel like you don't need help.  
 Having 4 kids gives me very little time for myself.

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

I really enjoyed it but I wish there were more events like this on campus.  
 Promote this event more. (x2)  
 More conversation.  
 Maybe have actual live people to tell their stories, more impactful.  
 Bigger room. (x3)  
 More speakers. (x2)  
 I think there should be more films. (x2)  
 Have written discussions, some students are shy and not good at public speaking.  
 Have more frequent viewings because more students have PTSD.  
 Bring in examples of people who deal with it so they can have one-on-one.  
 Different languages.  
 More time to talk about resources that students can access.  
 Include more of a variety of mental health issues.

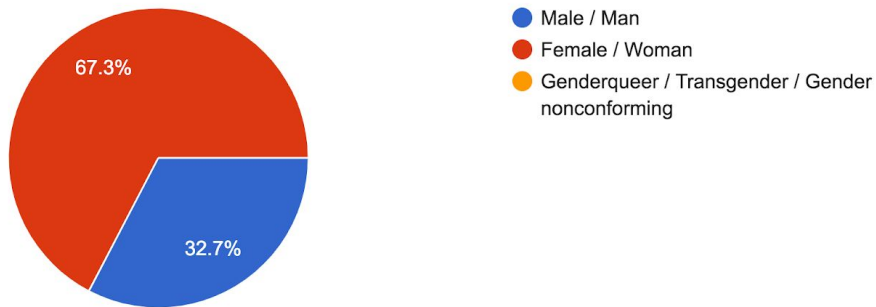
### Major

Nursing	<b>8</b>
Psychology	<b>11</b>
Sociology	<b>3</b>
Child Development	<b>4</b>
Accounting	<b>2</b>

Biology	2
History	2
Criminal Justice	2

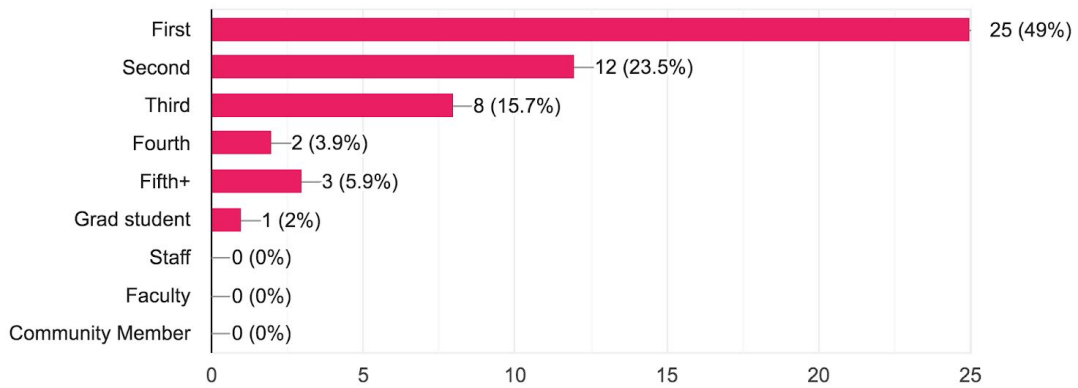
### Gender Identity

49 responses



### Year

51 responses



Race / Ethnicity		
Hispanic / Latinx	34	68%
White / Caucasian	10	20%
Pacific Islander	1	2%
Asian / Asian American	3	6%
Native American / First Nations	5	10%