

Movies for Mental Health

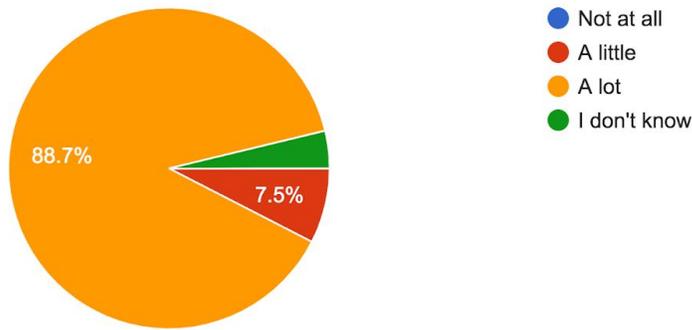
Post-Workshop Evaluations

Merced College (PM)
May 7, 2019

Number of attendees: 60
Number of evaluations: 54

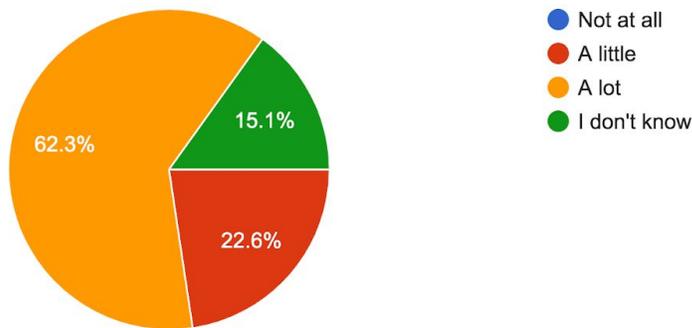
In your opinion, did this event create awareness of mental health issues?

53 responses



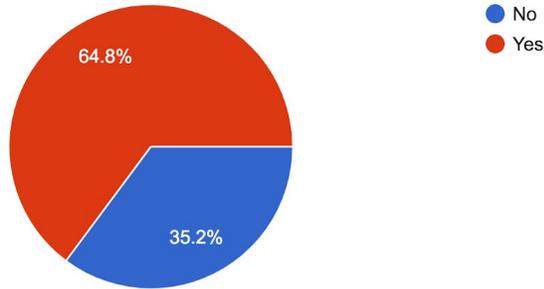
In your opinion, did this event reduce stigma related to mental illness?

53 responses



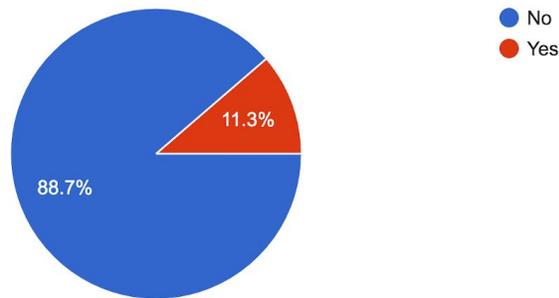
Did you know about your school's counseling services before this event?

54 responses



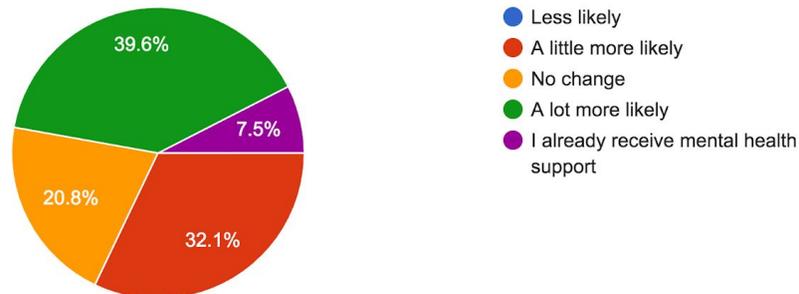
Did you know about the Mental Health Services Act (Prop. 63) before this event?

53 responses



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

53 responses

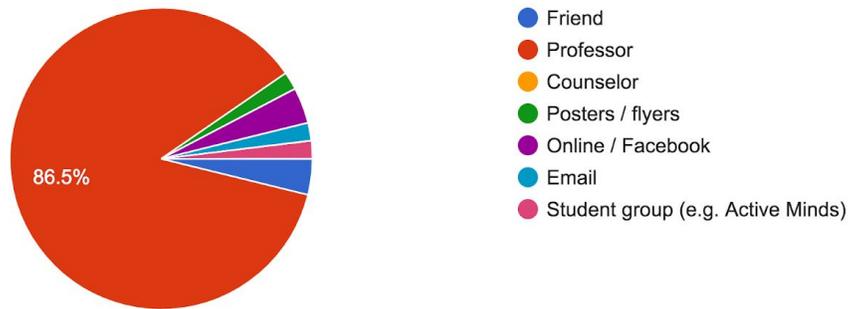


What type of mental health support do you think would be most useful to you?

On-campus MH support	14
Off-campus MH support	13
The arts / creativity	10
Online resources	6
Traditional / spiritual	8
Professors / mentors	6
Fitness / physical activity	22
Family	11
Friends	12

How did you hear about this event?

52 responses



What was your main takeaway?

(Highlights: see raw data for full list)

- Being able to help others.
- There are lots of resources on campus.
- Mental illness is very serious.
- Mental illness happens in many forms.
- Mental awareness is in everyday life events.
- How bad stigma is.
- You don't know what people are dealing with on the inside.
- There is help for mental issues.

That mental health affects everyone differently.
To not belittle others.
Many people suffer from mental illness.
To understand myself and mental health more.
I was unaware of veteran PTSD.
We don't know what other people are going through.
Learned more about illnesses I knew nothing about.
Learning more information about mental health
The negative stigmas on mental health in culture.
We should try to make an effort to help ourselves in our mental health battles.
To not judge someone without knowing.
That it is okay to seek help.

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

Interesting presentation and discussion.
Helpful. (x9)
Very motivating
Art and expression with mental illness background.
Powerful; Inspiring
Open-minded discussions
Engaging; motivational; eye-opening.
The workshop is helpful and you will be more aware of mental health.
Very inspirational; motivational to others who deal with mental illness.
Deep.
Very informative. (x8)
Mind-opening. (x2)
Knowing some mental health situations.
Powerful, educating and eye-opening
Helpful; supportive; motivated.
Knowledgeable; Eye-opening
Very emotional.
Powerful; inspirational.
Very helpful and eye-opening.

How might you use what you learned today?

(Highlights: see raw data for full list)

I will definitely continue to educate myself and others.
I'm more educated on mental health and I think it will be easier to see the signs.
I'll take what I learned and change physically and mentally.
Be more understanding and compassionate for those who suffer.
I will seek out help for myself.
Seek other similar types of mental health art.
Open-mindedness. Open to expression of others.
Look for signs of mental illness in my loved ones.
Being more understanding of others' situations.
To tell people they are not alone.
To be able to tell people how to get the help they need.
Not to judge others because we don't know what they're going through.
To first see the world in someone else's view.

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

(Highlights: see raw data for full list)

Finances. (x6)
Not wanting others to know about me.
Reaching out.
Denial, and stigma.
Putting others before me
Fear and insecurity. (x5)
Finances and finding therapists of color.
Others opinions.
Fear of vulnerability.
Feeling insecure and embarrassed.
Social acceptance.
Never seeking for help, so may be a little shy.
Not enough time. (x4)
Being judged.
Health insurance coverage.
Religious expectations.
Shy or embarrassed.

How can we improve this event in the future?

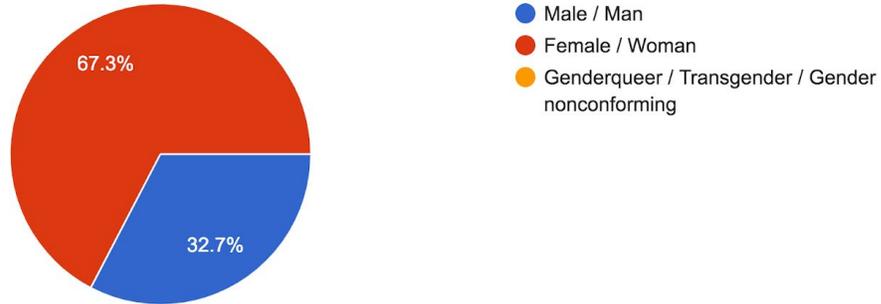
More room for people attending event. (x6)
 More group work
 More discussions.
 Make it more known.
 You should do this event at more schools.
 Well, I am a mother of three so, I wish it would have talked more about how to help others.
 Try to make people talk and say how they feel
 Speaker with mental illness to share their experiences
 Not make people feel insecure.
 I thought it was great; super-informative, and I felt safe.
 Have it more than one day for bigger turn out.
 Shorter.
 To be more organized.
 Bring in real life people that can tell their story.

Major

Nursing	8
Psychology	11
Sociology	3
Child Development	4
Biology	2
Accounting	2
Welding	1
Criminal Justice	3
Communications	3
Art	1
Undecided	3

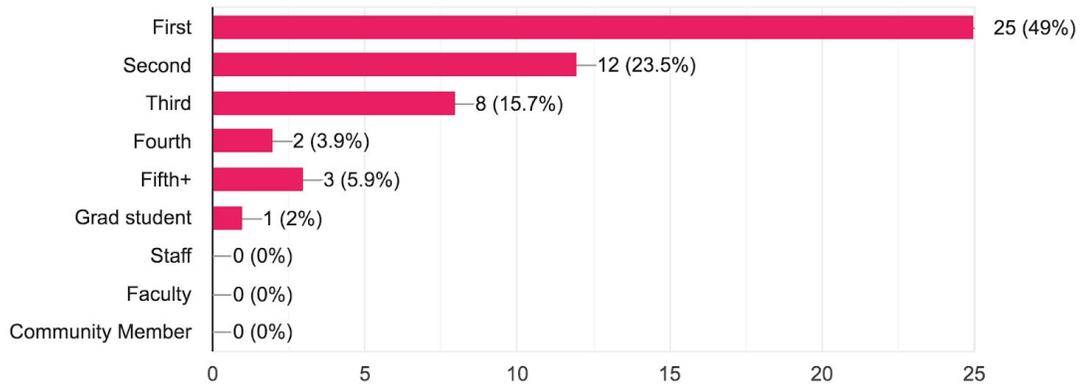
Gender Identity

49 responses



Year

51 responses



Race / Ethnicity		
Hispanic / Latinx	34	68%
White / Caucasian	10	20%
Pacific Islander	1	2%
Native American / First Nations	5	10%
Middle Eastern	1	2%
Indian / South Asian	1	2%
Black / African / African American	2	4%
Asian / Asian American	3	6%