

Movies for Mental Health (Online)

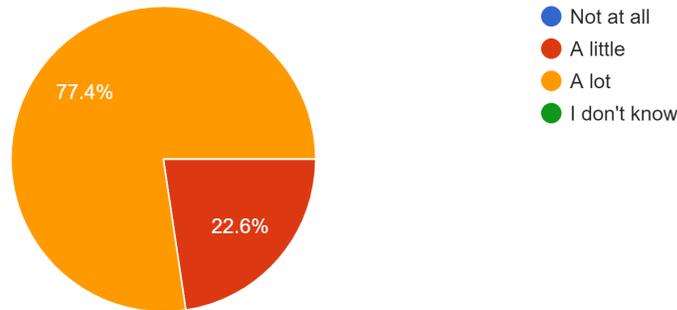
Post-Workshop Evaluations

Merced College
December 1, 2021

Approximate maximum attendance: 58
Number of evaluations: 60

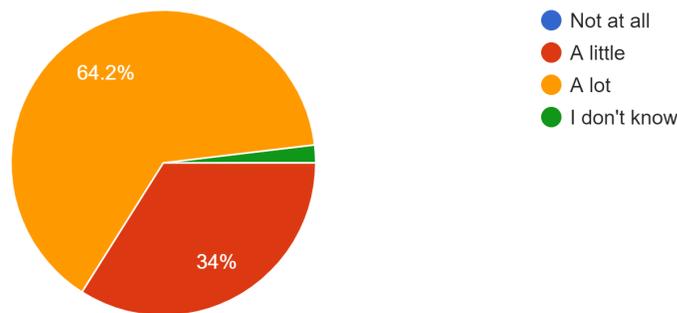
In your opinion, did this workshop increase your awareness of mental health issues?

53 responses



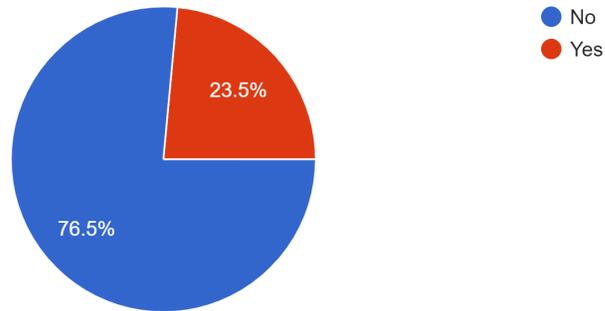
In your opinion, did this workshop help you confront and address stigma related to mental illness?

53 responses



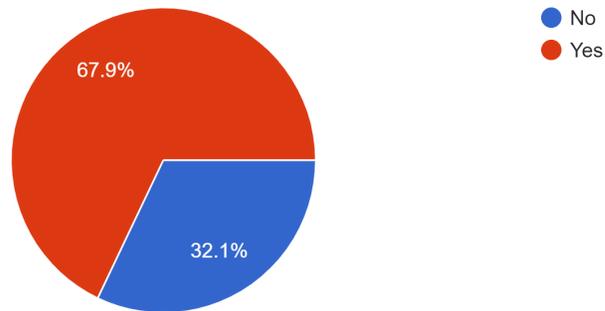
Did you know about the the Mental Health Services Act before this event?

51 responses



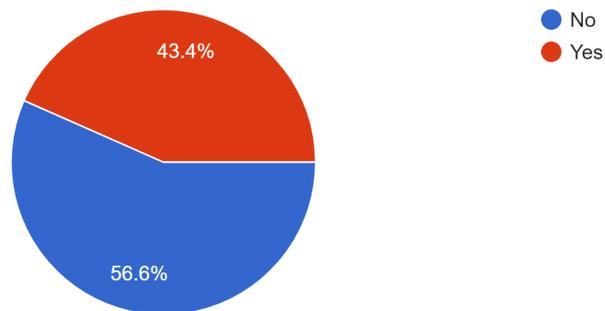
Did you know about your school's counseling services before this event?

53 responses



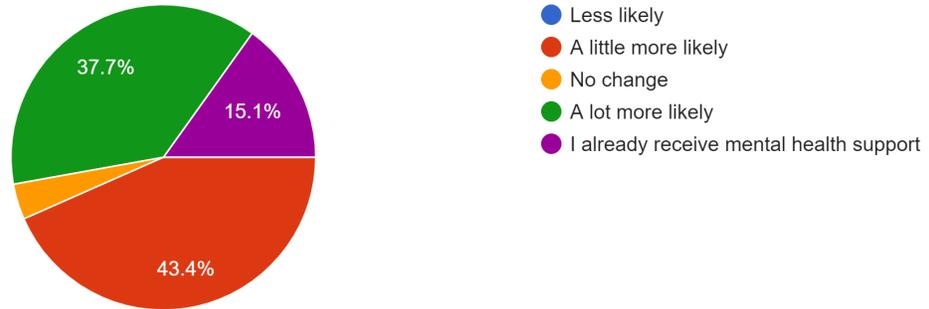
Did you know about the community resources before this event?

53 responses



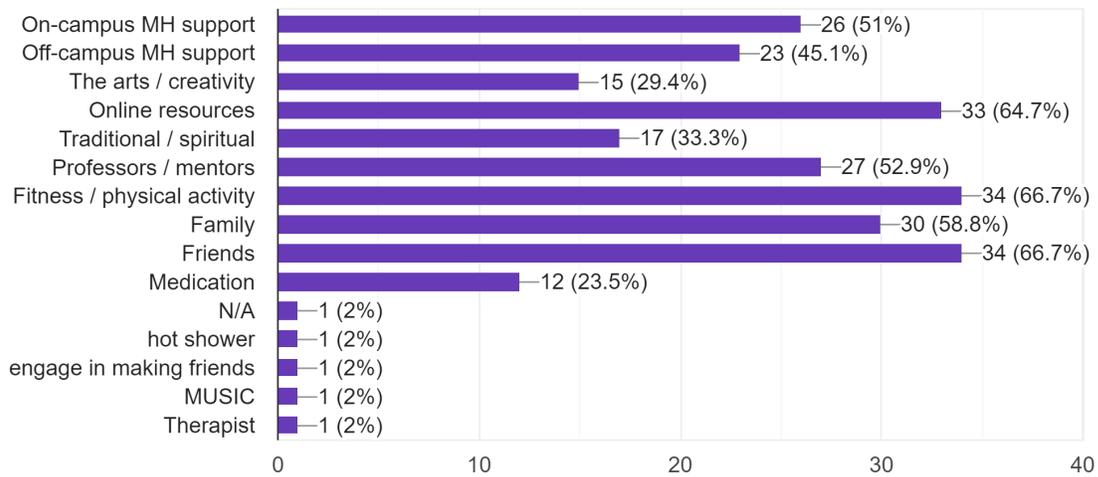
After this event, are you more or less likely to seek support for your mental health?

53 responses



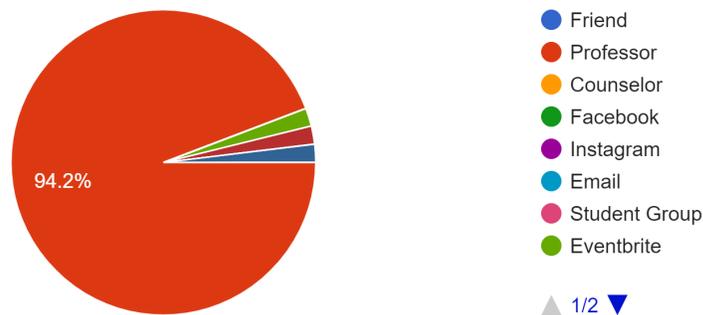
What type of mental health support do you think would be most useful to you?

51 responses



How did you hear about this event?

52 responses



What was your main takeaway?
The breathing exercises
My main takeaway was the kindness and comfort
Mental health does not always need to have a bad connotation.
Mental health is something that you should always be taken care of.
There is just not one thing I could say that I did not learn about, the videos shown were wonderful and emotional. There is so much I didn't know that I learned here in the workshop.
The main takeaway was learning that there are a lot of resources to go for help.
A lot of Merced collage workers and staff care and offer resources
One main takeaway is to take a second from life and school to realize where my mental health is. I enjoyed the breathing exercises that Miss Francesca did with us.
There is no problem too big or too small to seek counseling about.
There are people out there who care about your wellbeing and want to make sure your mental health is taken care of.

If you were telling a friend about this workshop, you would describe it as: (Highlights: see raw data for full list)
I would describe this workshop as a helpful and engaging workshop that is very informative about mental health and how we can manage it.
Very helpful and really engaging and helps you understand and become more aware or mental illness
I would describe this workshop as informative, and it makes you realize your mental health plays a huge part in your daily life. I'd also say that this workshop is very relaxing.
A workshop that delves into the combination of film and mental health
Super informative and filled with kindness
I would describe the workshop as eye opening, life changing, or inspiring

How might you use what you learned today?
I am going to use everything I learned whenever I feel stressed by taking deep breaths and meditating
I will be trying out some ways that other attendees handle situations regarding mental health
I will begin taking at least 1-5 minutes everyday to start breathing exercises to help me relax. I'd also like to see all the different types of breathing exercises.
To be more cautious how I use my words and energy
I liked the comparison to the cup of soda and you deal with the bubbles as they rise up and you don't have to do it all at once.

I will seek help at the Merced counseling center
Sharing with family
I might be able to reach out to resources presented or let students around me in need know what options are available.
I understand how to approach a healthier conversation with someone about mental health

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

Child care
Finances
Feeling like I have to deal with it all on my own.
My family
I was against telling someone what i was going through because it was embarrassing
My fear of being judged.
Being scared/not knowing what to expect
The biggest barrier to my mental wellness is that I think that nobody will understand what I may mentally be going through, but that is not necessarily true.
I think the biggest barrier is knowing where to find these resources.
Confidentiality

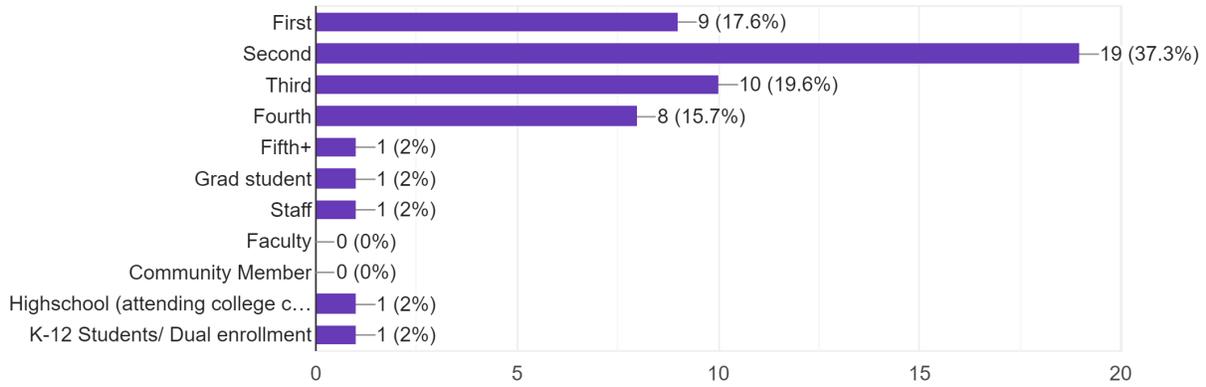
How can we improve this event in the future?

I believe having more polls would be a great way to get participation!
I missed the first 10 min. because my screen was still showing "waiting for moderator to let you in" - a co-worker messaged me to go back to the link.
ADD MORE TECHNIQUES LIKE THE BREATHING
I thought it was very well planned and the one thing I would suggest is to have people that are willing to speak to let them in the group
One thing to improve this event in the future is to label where you can exactly find the therapists on the campuses. Maybe show a map and time so students can find it easily.

Major	
CRNA	3
Psychology	18
Sociology	2
Child development	1
N/A	2
Art	1
Nursing	10
Criminal justice, psychology and social behavior science	1
Biology	2
Early Childhood Education	1
(AA) Administrative Office Professional	1
Kinesiology	1
Health Science	1
Animal science	1
Business management with a focus in accounting	1
History	1
Computers and Networking	1
Sonography	2

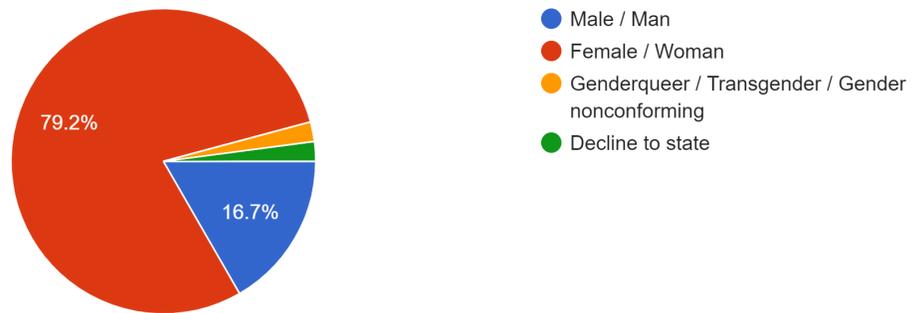
Year

51 responses



Gender Identity

48 responses



Ethnicity

50 responses

