Movies for Mental Health (Online)

Post-Workshop Evaluations

| Merced College
 February 3, 2022 | Approximate maximum attendance: 56
 Number of evaluations: 45 |

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

43 responses

- ● Not at all
- ● A little
- ● A lot
- ● I don't know

69.8%
30.2%
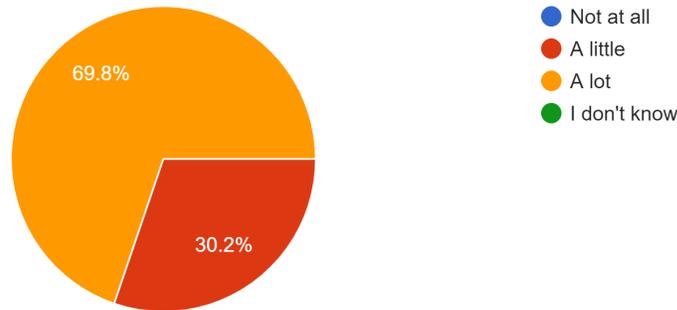
In your opinion, did this workshop help you confront and address stigma related to mental illness?

42 responses

- ● Not at all
- ● A little
- ● A lot
- ● I don't know

57.1%
40.5%
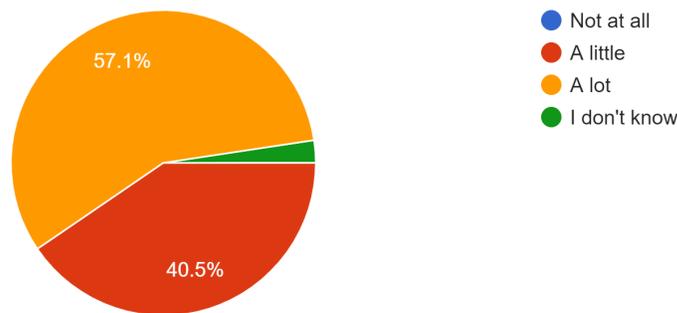
Did you know about the the Mental Health Services Act before this event?

42 responses

- No
- Yes

31%

69%
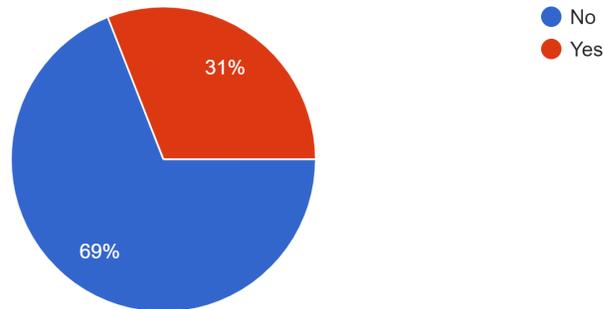
Did you know about your school's counseling services before this event?

42 responses

- No
- Yes

64.3%

35.7%
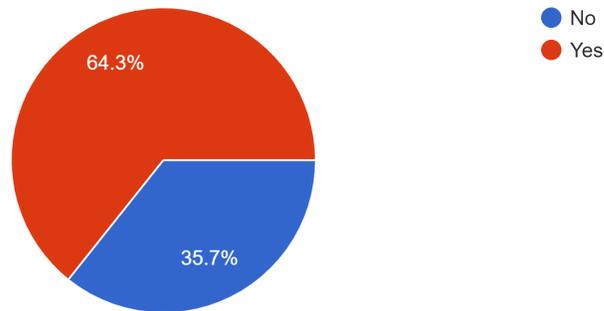
Did you know about the community resources before this event?

42 responses

- No
- Yes

47.6%

52.4%
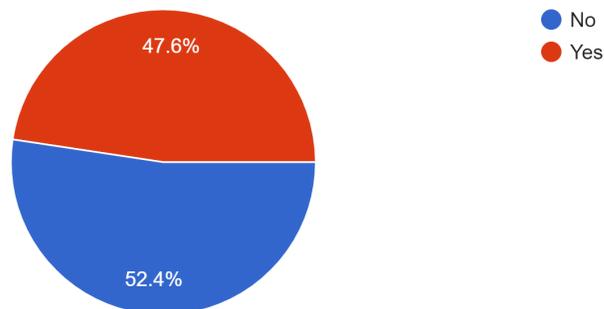
After this event, are you more or less likely to seek support for your mental health?
42 responses

- Less likely
- A little more likely
- No change
- A lot more likely
- I already receive mental health support

40.5%
16.7%
38.1%
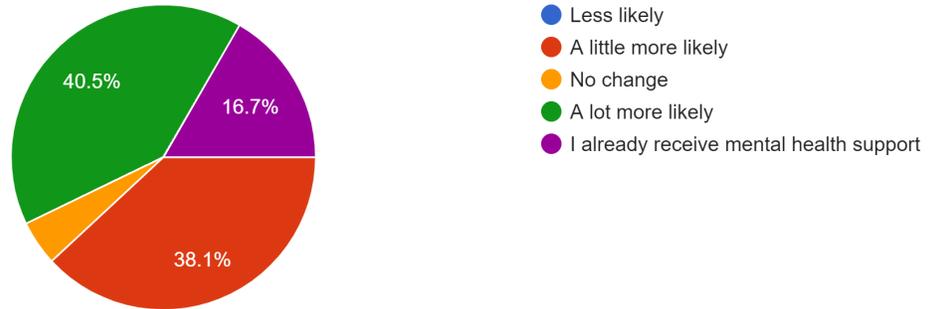
What type of mental health support do you think would be most useful to you?
41 responses

Category	Count
On-campus MH support	23 (56.1%)
Off-campus MH support	16 (39%)
The arts / creativity	15 (36.6%)
Online resources	15 (36.6%)
Traditional / spiritual	16 (39%)
Professors / mentors	14 (34.1%)
Fitness / physical activity	26 (63.4%)
Family	26 (63.4%)
Friends	23 (56.1%)
Medication	11 (26.8%)
N/A	0 (0%)
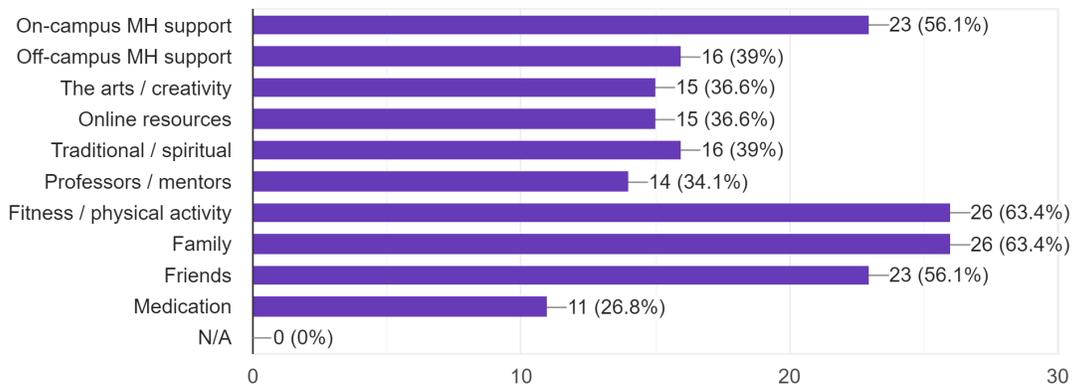
How did you hear about this event?
42 responses

- Friend
- Professor
- Counselor
- Facebook
- Instagram
- Email
- Student Group
- Human Development Class-Dr. Jeanie…

△ 1/2 ▽

90.5%
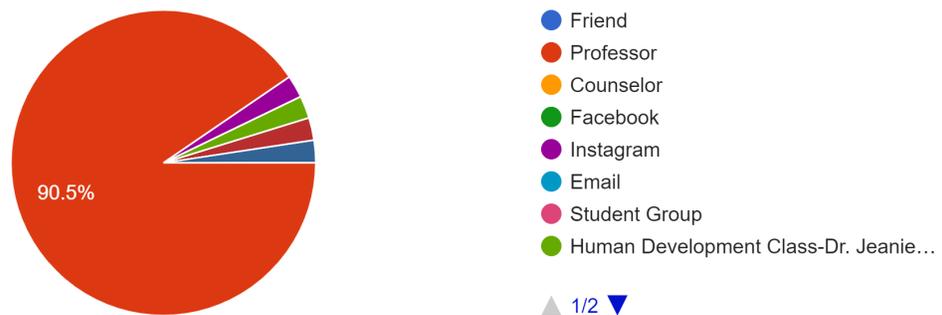
What was your main takeaway?

My main takeaway was hearing a personal story of a student and how she processed her grief.
Everyone is going through something. Take time and be patient.
I didn't realize there were all these resources that can help with mental health.
How we sometimes block our emotions, but in reality we need to acknowledge them
It is important to take care of your mental health. Never be embarrassed to ask for help.
Help is okay. Reinforcement that mental health is natural and common
My main takeaway was how there are different ways to talk about the situations we're going through.
My main takeaway was that everyone is going through something and we are trying our best to take care of it. Some days may be better than others and that is okay. We should be forgiving of ourselves.
My main takeaway was that there are people in our community that are truly invested in making sure people are taken care of/taking care of themselves.
Mental health is a big issue in the world and we need to better acknowledge it

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

it really opens your mind and might even make you feel a release.
Helpful in giving and understanding and making you feel you are not alone.
Very informative workshop with movies incorporated within the presentation to reinforce the different ways to describe mental health.
A helpful workshop that helps you understand more of mental health
It is very eye opening
It allows one to really express how they feel and feel that there is someone out there that may be going through the same thing you are.
I will describe this as an eye opener
An informational meeting about mental health awareness/services.
Space to learn and grow about what some people go through. Depicting what you thought was mental illness looked like versus how it actually is. The films allowed me to see from their perspectives rather than the audience that saw them as "crazy."
I'd describe it as uncomfortable, real, honest, raw, and kind.
Life changing workshop
Informative, safe space to voice your opinion.

How might you use what you learned today?

By understanding that mental health is real and someone you run into in a store may not be trying to be rude but actually has a mental health problem.
I will be more mindful of others, especially strangers who might act out.
From what I learned today, I will be more conscious of other people's behavior and not judge as I do not know what they are going through.
Share the impactful films with siblings when possible
I'd be more willing to open up about my own mental health and willing to seek appropriate help
I might take advantage of the resources presented today
I enjoyed the breathing exercise so I will start implementing that on a daily basis.
Step back, close my eyes, and take a breath.
I am bound to schedule a meeting!
I might see a therapist at school
To feel more confident and ask for help when I need some
I can ask for help if I think I need it. Also, it helped me better understand mental health.

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

| |
|---|
| Childcare |
| Feeling judged |
| My family |
| Lack of time, conflicting work schedule |
| Stigma |
| Trying to handle it without medication. |
| Judgment |
| The fear of speaking up since I am the one who is looked at as the "strong" one. |
| Cost |
| In denial or not having confirmation about what I need help with. |
| Wanting to keep it confidential since my family does not believe in mental illness. Difficult to talk about. |
| Fear, and being embarrassed of my issues. |

How can we improve this event in the future?
To make sure there is good internet connection
More student speakers
Perhaps more personal interaction and talking among one another and sharing stories.
Different time
Perhaps add some calming/meditation music when focusing on the body scan/breathing portion of this event.

Major	
Psychology	20
Nursing	10
Child development	1
Pre-Med	1
Early Childhood Education	1
Liberal arts	1
Criminal Justice	2
Health Sciences	2
Prachi Modi	1
OB sonographer	1
Critical Race and Ethnic Studies	1
Biology	1
Sociology	2

Year

42 responses

Response	Count
First	10 (23.8%)
Second	16 (38.1%)
Third	5 (11.9%)
Fourth	4 (9.5%)
Fifth+	5 (11.9%)
Grad student	1 (2.4%)
Staff	0 (0%)
Faculty	0 (0%)
Community Member	0 (0%)
Taking a few courses, per sem…	1 (2.4%)
Returning Student	1 (2.4%)
Taking a few classes per seme…	1 (2.4%)
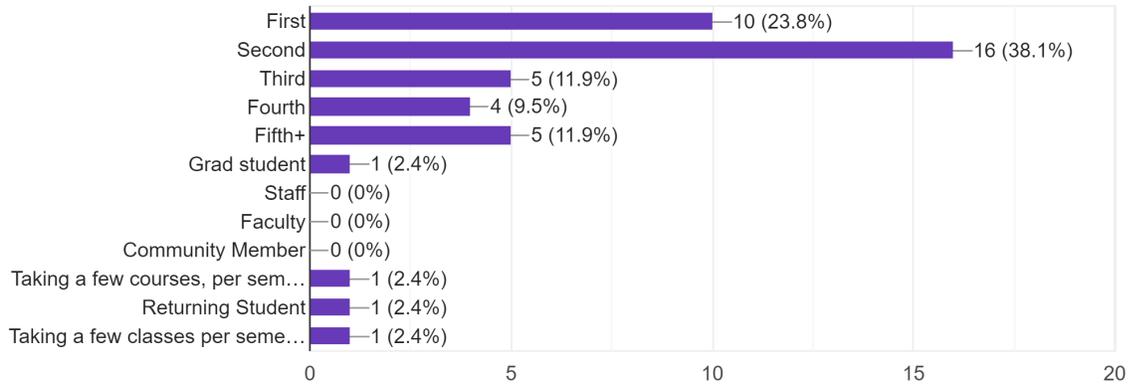
Gender Identity

42 responses

- Male / Man — 14.3%
- Female / Woman — 85.7%
- Genderqueer / Transgender / Gender nonconforming

Ethnicity

43 responses

Response	Count
Asian/Asian American	3 (7%)
Black/African/African American	4 (9.3%)
Indian/South Asian	1 (2.3%)
Middle Eastern	0 (0%)
Indigenous / Native American	1 (2.3%)
White/Caucasian	15 (34.9%)
Hispanic/Latinx	31 (72.1%)
Pacific Islander	1 (2.3%)
latino	1 (2.3%)