

Movies for Mental Health (Online)

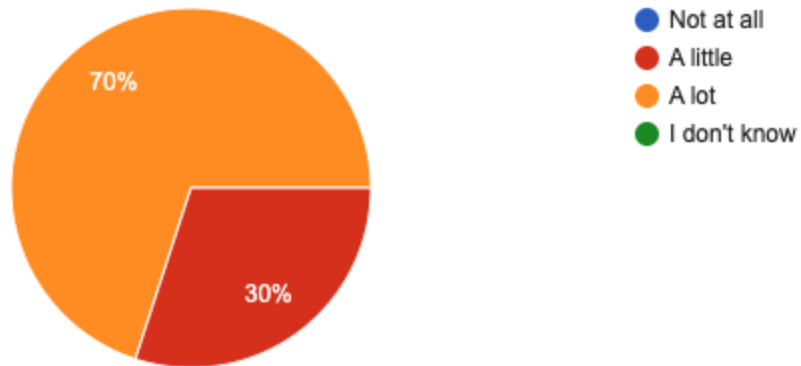
Post-Workshop Evaluations

SCHOOL: Mt San Jacinto
DATE: 5.3.23

Approximate maximum attendance: 13
Number of evaluations:10

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

10 responses



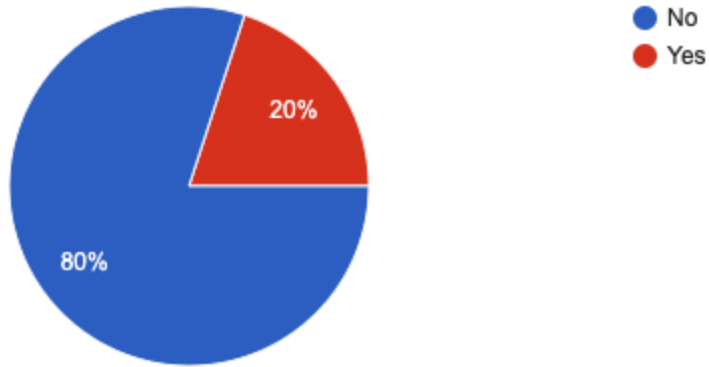
In your opinion, did this workshop help you confront and address stigma related to mental illness?

10 responses



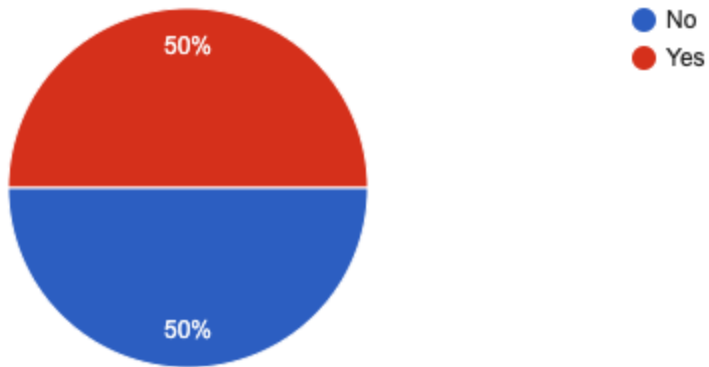
Did you know about the the Mental Health Services Act before this event?

10 responses



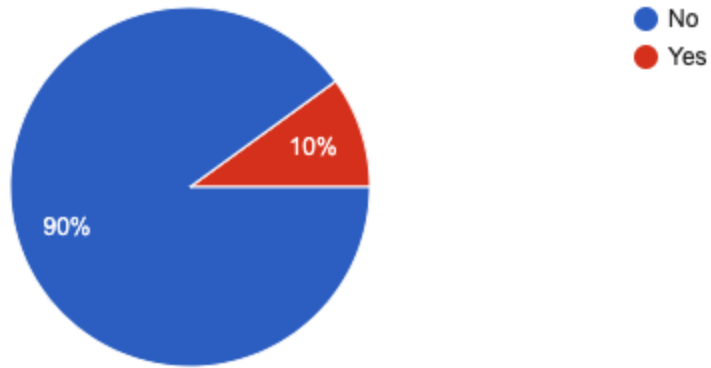
Did you know about your school's counseling services before this event?

10 responses



Did you know about the community resources before this event?

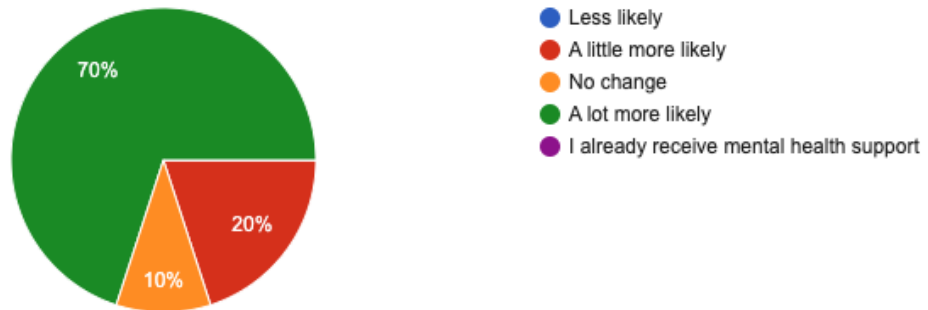
10 responses



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

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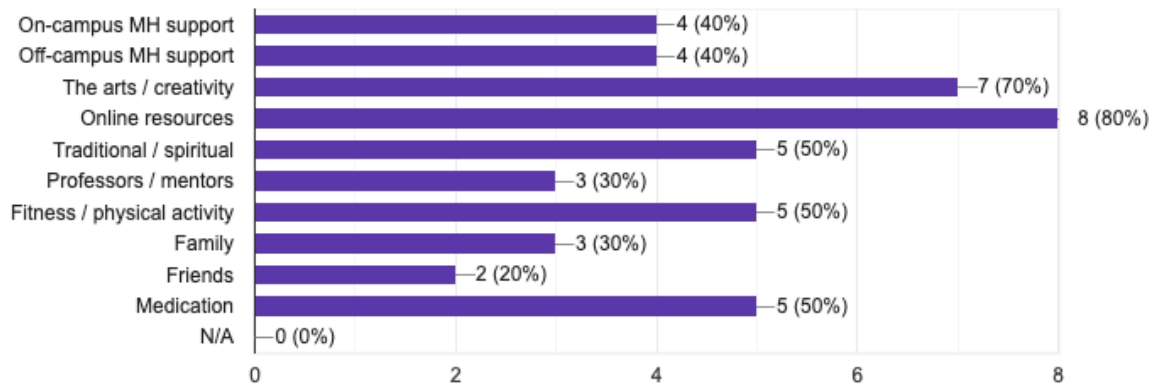
10 responses



What type(s) of mental health support would you like better access to?

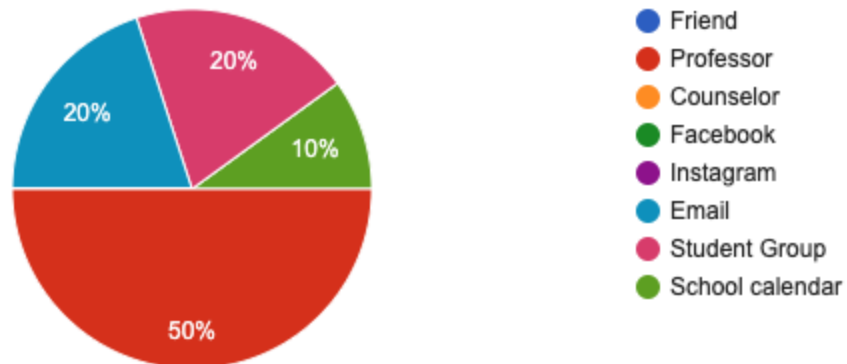
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10 responses



How did you hear about this event?

10 responses



What was your main takeaway?

That you're not alone, everyone struggles with something
 Knowing we are not alone and the many resources
 That I'm not alone and we all could be going thru something
 There is help
 That this exist
 Hope
 We all can benefit from mental health support
 Mental health can come in many different ways and just the same, there are many ways to cope with it as well as different resources to get help
 I never know that exist

To remember all our experiences are different and to slow down before making evaluations.

If you were telling a friend about this workshop, you would describe it as:

(Highlights: see raw data for full list)

I would describe it as an eye opening opportunity to take a second a reflect on how you feel
 Educational
 Hopeful and insightful
 Cool
 A good way to help your inner demons
 Hopeful
 A thought provoking exploration of mental health and stigma
 Mind opening and refreshing. Definitely makes you feel like you're not alone in whatever mental journey you're in
 This could help your inner demons
 Informative and approachable topic of mental illness in a safe environment.

How might you use what you learned today?

Be more open about how I feel, maybe even start a journal to write down how I feel each day
 Being more open in speaking with someone regarding my feelings
 Check out resources
 Talk to people
 To calm myself in the finals
 Follow up
 Be kinder and more open to others.
 I would definitely use the breathing techniques and body scan since it really centered and relaxed me
 I will use a skill to help me feeling less stressful on my finals.
 I will practice greater empathy as opposed to my robotic diagnoses.

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

(Highlights: see raw data for full list)

Not dedicating enough time to focus on my mental health
 Fear
 Shame and no health benefits n/a
 Time
 That people don't understand me
 No health insurance
 Knowledge of its availability
 My biggest barrier is being the one that's always seen as "strong." Being seen like that in the family, I feel like I can't let out my emotions because I have to be the strong one for everyone else. My mentality has always been "if I can't be there for everyone, then who will" which leads me to put my own mental health to the side.

Trying to be open to others.
 In general society the greatest hurdle is for-profit healthcare and mental health services not being treated as serious topics. Even industries that are open to granting employees sick days don't recognize mental health crises as an appropriate sickness for taking a personal day. This is a stigma that needs to break.

How can we improve this event in the future?

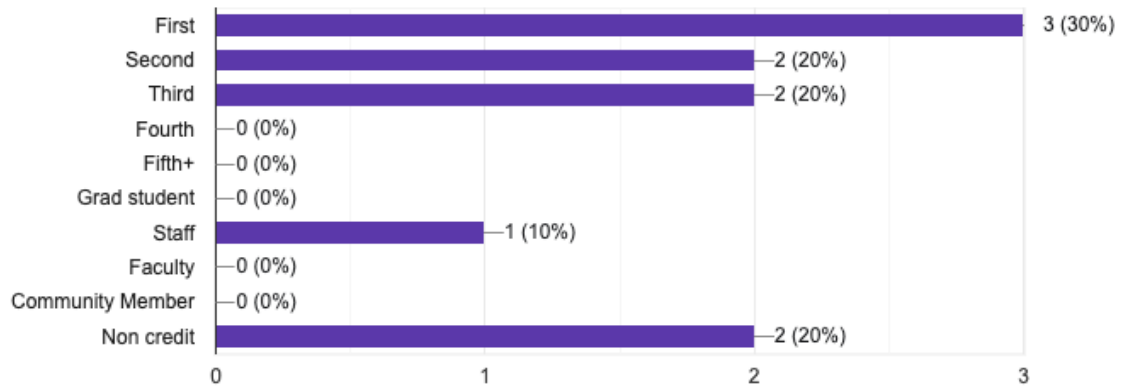
I found it helpful the way it was.
 Na
 More excited
 Trying to be more open
 Maybe discuss suicide prevention tips lil more
 Communicate availability of services everywhere and often
 The video links. I found myself constantly refreshing just to see some videos. Since I was using my phone, I didn't notice there was an extra link provided in the chat box until later. Other than that everything was great!
 I will open myself.
 The event comes across as structured and provides sources for its sources. My concern was for the links/help #s in the post-discussion, but if that information can be linked to as it seemed was being done then I feel like this was a relaxing project for those to understand or hear about others' struggles.

Major	
Nursing	2
Psychology	2
Sociology	1
Diagnostic Medical Sonography	1
Cognitive Neuroscience	1
Digital Media	1
N/a	2

Year

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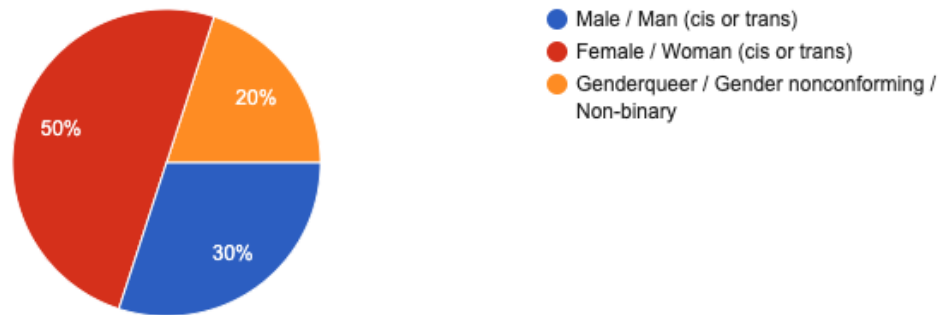
10 responses



Gender Identity

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10 responses



Ethnicity

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10 responses

