

Movies for Mental Health (Online)

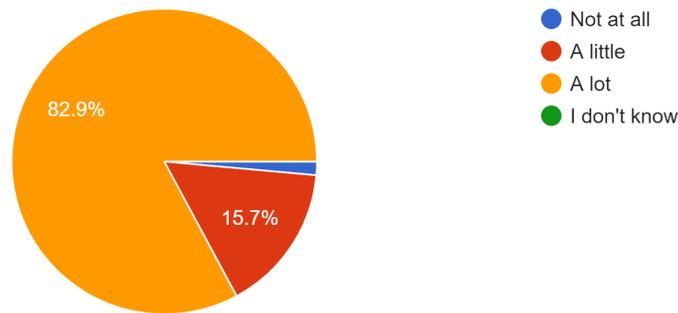
Post-Workshop Evaluations

Mt. San Jacinto College
March 4th, 2021

Approximate maximum attendance: 90
Number of evaluations: 73

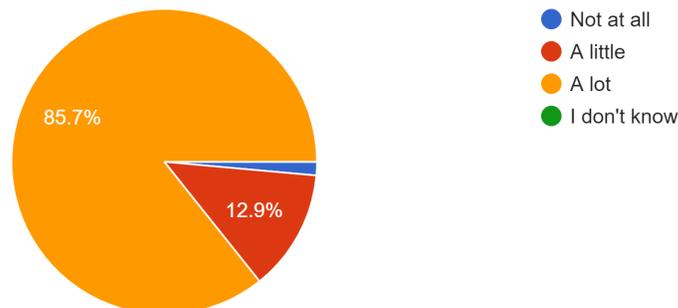
In your opinion, did this workshop increase your awareness of mental health issues?

70 responses



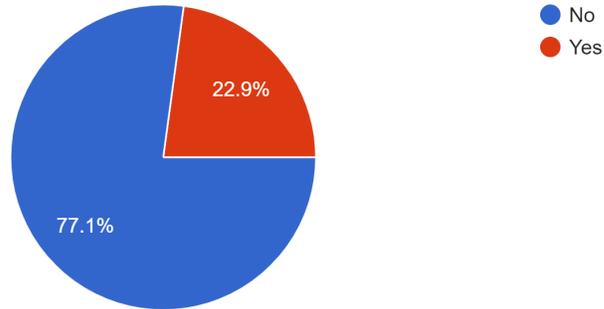
In your opinion, did this workshop help you confront and address stigma related to mental illness?

70 responses



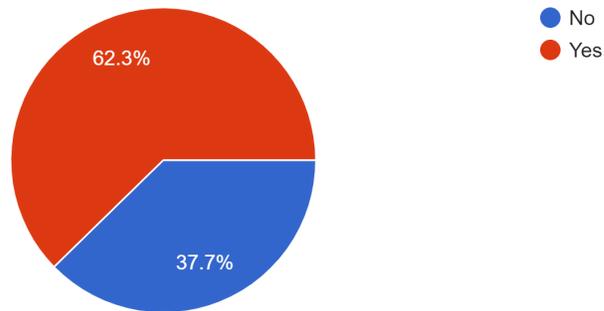
Did you know about the the Mental Health Services Act before this event?

70 responses



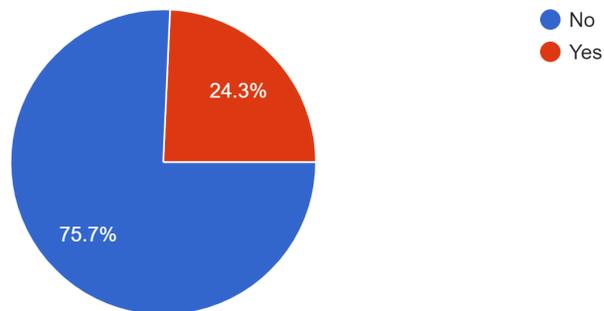
Did you know about your school's counseling services before this event?

69 responses



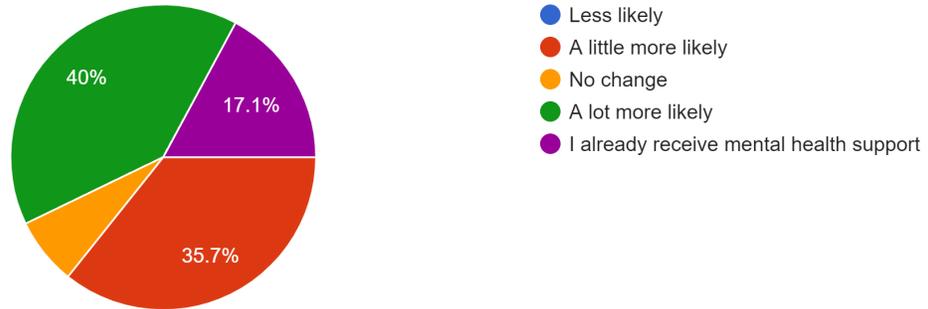
Did you know about the community resources before this event?

70 responses



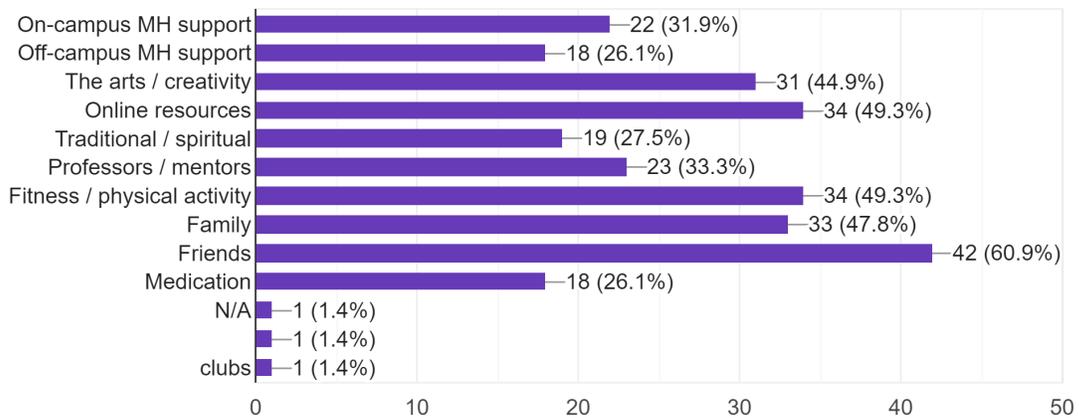
After this event, are you more or less likely to seek support for your mental health?

70 responses



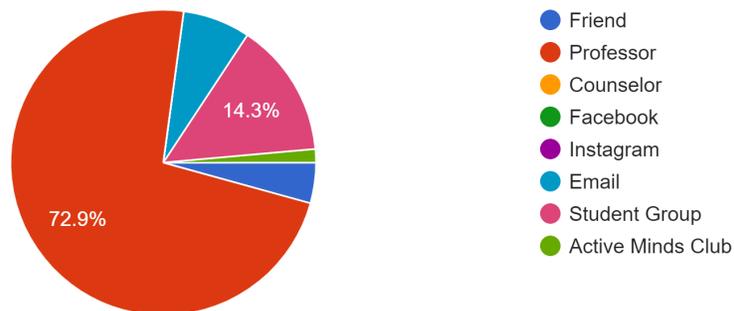
What type of mental health support do you think would be most useful to you?

69 responses



How did you hear about this event?

70 responses



What was your main takeaway?

(Highlights: see raw data for full list)

- I am not alone. Struggles are part of the human experience.
- I felt that I had my own therapy session within this movie workshop. The host Carly was super friendly and encouraging and so was the rest of the chat. It was great to be with people who struggle in similar ways that I have struggled with. It was enlightening to see and understand more of the struggles of people from the films as well. And the guest panelists such as Christian, Tracy Hill, Lisa Yates, and Ronnie, and Maya, were all wonderful and inspiring too!
- Its ok to ask for help, and also its ok to feel how you feel. Also that you are not alone, there are others out there who feel the same, and there are people who are willing to help if given the opportunity.
- Listen from a real non judgmental place
- Love for yourself and one another is the answer to happiness.
- Mental health is an essential topic to discuss with college students because it is a major issue for many individuals.
- more people than we know have gone through their fair share of issues and its just so sad. We need to be nice and love one another. Hate is no solution.
- My main take away was that even though I have received help from my therapist there are many people who have a hard time taking that first step of seeking help. As a community we need to help others by providing our resources and our own advice and thoughts to help them.
- Nobody has the same mental health experience and we should freely be able to seek the help we need
- Stigma's are being broken slowly, but at least there is ongoing positive change in the realm of mental health services, etc. That is comforting and hopeful.
- That we are not what we are stigmatized as! And that there are other solutions other than just sitting in your sadness
- Tracy Hill (one of the panelist) Made inspired me to focus on the positive.
- Understanding where others are coming from and knowing that I am not alone in my struggles. Thank you!
- We can take control of our life and allow ourselves to take care and love ourselves first.
- You can be well, but still unwell at the same time
- You don't have to be shy or afraid for asking help. A lot of people are in the same boat. You can get help

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

(Highlights: see raw data for full list)

- " It will allow you to understand why mental health is so important"
- A coming together of minds to discuss human struggle
- An amazing experience.
- An enlightening and supportive experience!
- an eye opener for what we go through with our mental health
- An incredibly informative presentation on mental health. The speaker and panel were all very captivating and provided a lot of useful information in such a short amount of time.
- I would describe it as a safe platform and that there are many individuals who are there to listen and help you.
- I would describe it as helpful and resourceful and very supportive.
- I would describe this workshop as a helpful tool to expand your mind on self help and self love.

- I would let them know that there is so much support from many people and there is so much positive energy in the chat. Plus everyone is very friendly and good listeners.
- Incredible very heartwarming
- Inspirational, encouraging, uplifting, supportive
- This workshop could be a great thing to do since there is many resources out there and the people in there is so positive and active!!
- This would be an eye opener. It keeps you involved. Panel opens up their story and provided what things they did to help them.

How might you use what you learned today?

(Highlights: see raw data for full list)

- As a disability counselor I will try to work through the relaxation exercises with students
- Love and better understand myself.
- I might use some of the exercises and resources either for more coping strategies, for more general information, and for future use for myself.
- understand my sister, daughter and husband who suffer from mental health
- I would like to share the movies to a family member who battles mental illness.
- I plan on seeking help
- look into resources to help my young step daughter
- Help friend and family that need help
- Self-love. Remember that it is never your fault. Don't feel like the victim.
- I think that my next step is to help my mother in law who is grieving the death of my father in law and she has been going down this dark road but with everything that I heard today I know that listening to her and talking to her will help her back into the light little by little and I wont give up.
- I might go to the resources on the shared links and practice the breathing techniques .
- I will remind myself to breath and disconnect for a bit just to ground myself.
- I will definitely use the techniques we used for relaxation. I will continue to listen to my loved ones and be empathetic. I will practice including more ways to improve my mental health and doing things for me. I want to start loving me some me (thanks to Tracy).
- The breathing exercises were wonderful and something I try to practice. The body scan exercise was a new one I learned today.
- I will make sure to not be afraid to ask for more help.
- I will talk about mental health to diminish the stigma attached to it!
- Today I learned to be more positive about myself and try to self love me first at all times!!
- I learned new breathing techniques that can help me on my everyday life,,
- Be a nicer person and try to pin point where my anxiety stems from. Taking deep breaths to work through it

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

(Highlights: see raw data for full list)

- culture norms
- Being afraid to speak up. Not being understood.
- For me, it's because I believe that I will be judged harshly. And another reason is low self- esteem and lots of guilt for past actions.
- not acknowledging I need self care

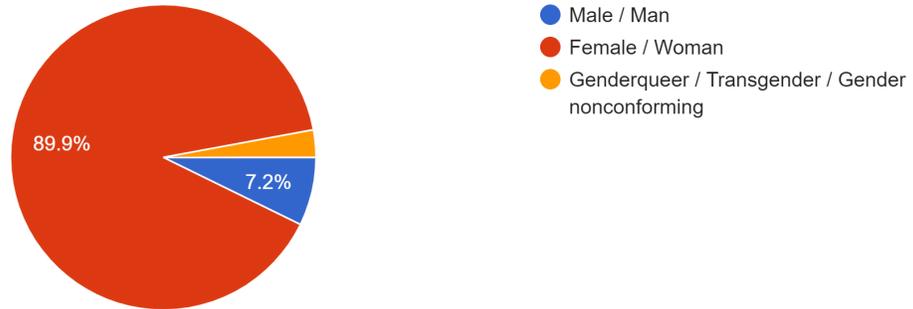
- Finances
- Myself. Admitting I have a mental illness and that I need professional help
- judgement
- Fear of not finding the right help, and or getting the right help.
- Afraid that there will be consequences at my workplace
- time, money, resources
- Language barrier, my family not taking me serious
- The anxiety of reaching out
- The stigma and negatively surrounding mental support
- My biggest barriers are not seeking help, focusing on my family and school not my well being
- My biggest barriers would be judgement or criticism from friends and family.
- I think my biggest barrier is feeling like a burden, feeling like I'm annoying and bothering people, and low-self esteem. I actively see a therapist now though and take medication which does help.
- The judgement and lack of understanding from others
- Health insurance.
- Financial struggles
- Feeling anxious about it.
- Although I feel I do struggle with stress, I don't feel as if it is at the level of needing to seek mental health support.
- trusting other people
- Knowing where to find resources.
- The stigma of mental health is making it feel impossible to seek help or not to be afraid of asking for help.

How can we improve this event in the future?

(Highlights: see raw data for full list)

- I would say to continue to replicate what this event did today. Carly was a great host for the event, while the guest panelists were all wonderful and added more insight with the films too. And I liked the group questions and polls that were throughout the event. The only thing I would change is to have more films! And maybe more film recommendations regarding mental health!
- provide more exercises
- Everything was perfect maybe let more people know about the event.
- Please have more!!!!!!
- Nothing it was PERFECT LOVED that you had us relax and meditate in between films!
- I WANT MOOOOOORE
- more talk about anxiety please!!!
- by having the class more often
- Just have some guest speakers so we can have more stories.
- Talking about more experiences or adding more short clips.
- I loved this. Absolutely LOVED the platform the conference was held on. Way better than Zoom! Loved the films, loved the panelists, loved it all!! Thank you so much.
- More student voices would be great.
- N/A, I believe it was a safe environment
- Make it more inclusive for everyone.
- I think this even would work better as an in-person type of venue.
- talking more about the clips
- I actually really love it. It was simple. Straight to point got people involved. Learned a lot from the panel and movies.

Gender Identity
69 responses



Race / Ethnicity		
Asian / Asian-American	4	6%
Black / African / African-American	4	6%
Hispanic / Latinx	44	64%
Indian / South Asian		
Middle Eastern	3	4%
Native American / First Nations	1	1%
Pacific Islander	2	3%
White / Caucasian	19	28%
Multiracial		
Other		