

Movies for Mental Health (Online)

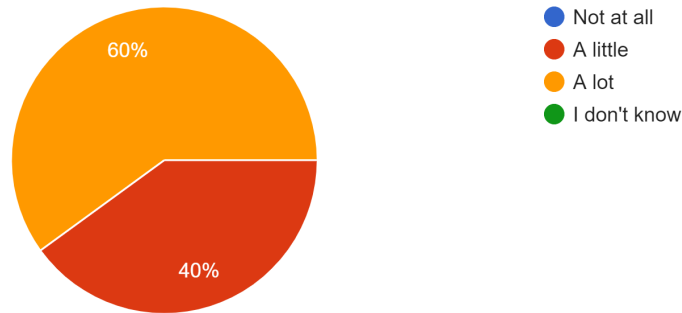
Post-Workshop Evaluations

Mt. San Jacinto College
November 18, 2021

Number of attendees: 18
Number of evaluations: 5

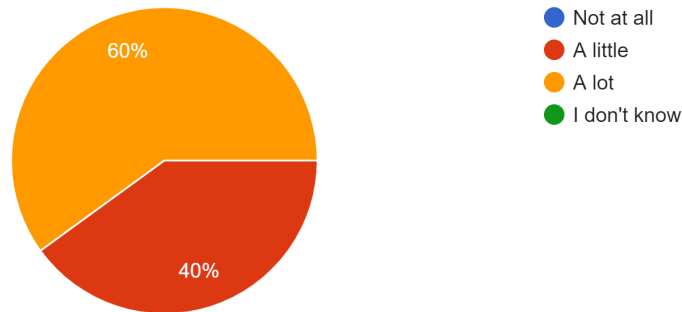
Did this workshop increase your awareness of mental health issues specific to queer humans?

5 responses



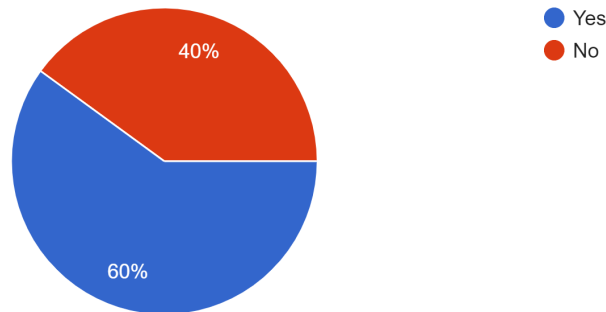
Did this workshop help you name and see examples of stigma related to mental health issues experienced by queer folks?

5 responses



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

5 responses



What was your main takeaway?

- My experience as a member of the LGBT community luckily is less based on discrimination than others
- That no one is alone
- We are all in this together
- That there are a lot more people struggling with mental health issues that are exacerbated by how they are treated as a queer person
- Poetry brings people together

How might you use what you learned today?

- Being self aware and considerate of others
- Emotional regulation
- Advocacy
- I will be more vocal about my own experience and help others share their stories
- Trying to initiate more things like this where I live

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

- Insightful
- stress free and interesting
- An incredible experience
- Educational, uplifting and thought provoking
- A good way to be yourself and explore yourself and the arts

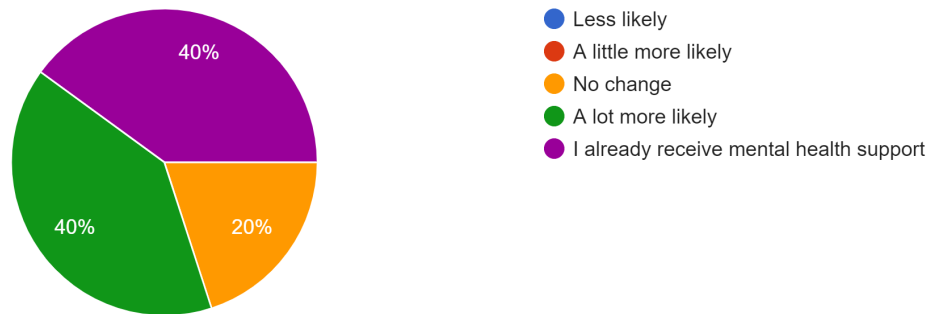
After this workshop, are you more or less likely to take action to support the mental health of queer folks in your life?

5 responses



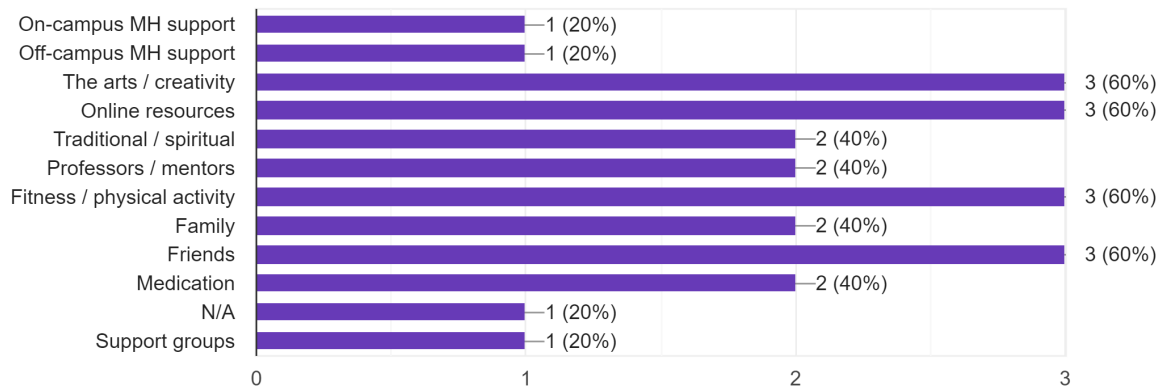
After this event, are you more or less likely to seek support for your own mental health?

5 responses



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

5 responses



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

(Highlights: see raw data for full list)

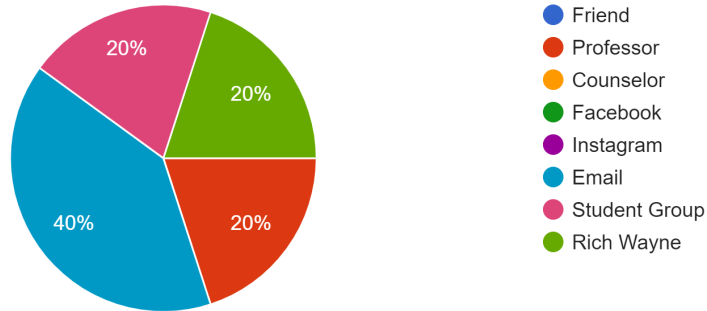
- Little methods outside of standard CBT
- Home life
- Stigma
- Lack of community in my area
- Being a burden, wanting to help others before myself

How can we improve this event in the future?

- Involvement in other organizations reaching out etc.
- it's good the way it is
- Reduce stigma
- Maybe make it a little longer
- Maybe change the films used. I had seen them previously in a queer poetry AWI

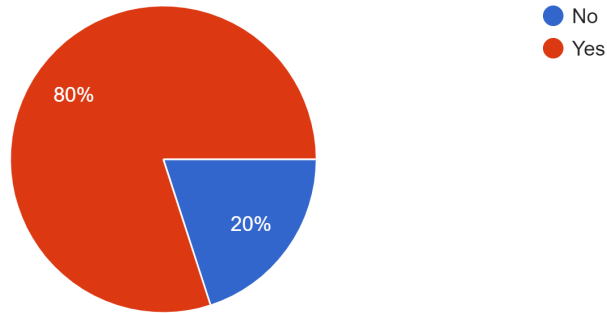
How did you hear about this event?

5 responses



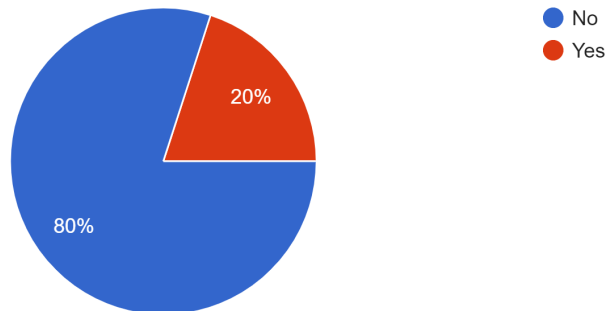
Before this event, did you know about your school's counseling services?

5 responses



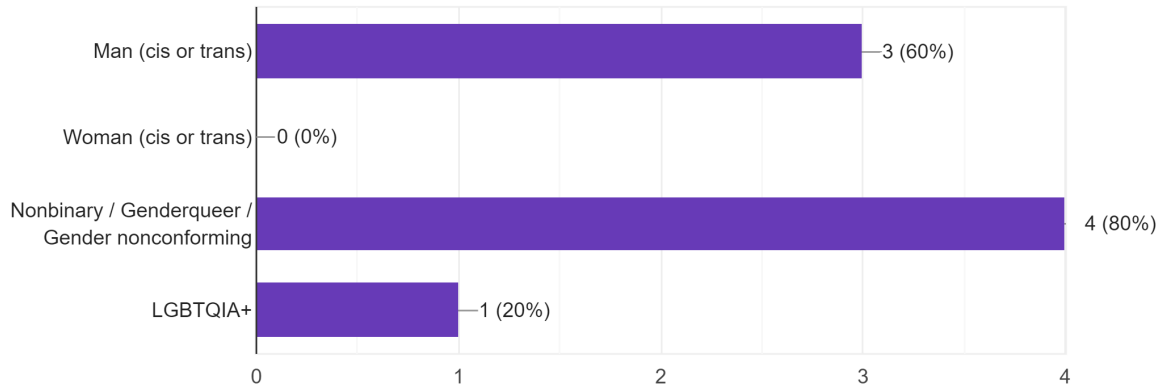
Before this event, did you know about the community resource(s) who presented on the panel?

5 responses



How do you identify? (Check all that apply)

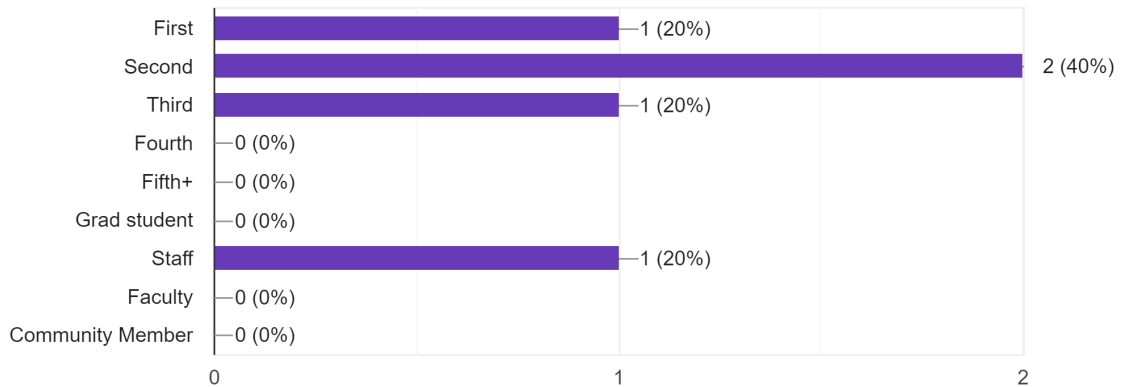
5 responses



Major	
Anthropology	1
History/political science	1
Psychology	1
Journalism with an emphasis in Digital Media	1
Liberal arts	1

Year

5 responses



Ethnicity

5 responses

