

# Movies for Mental Health (Online)

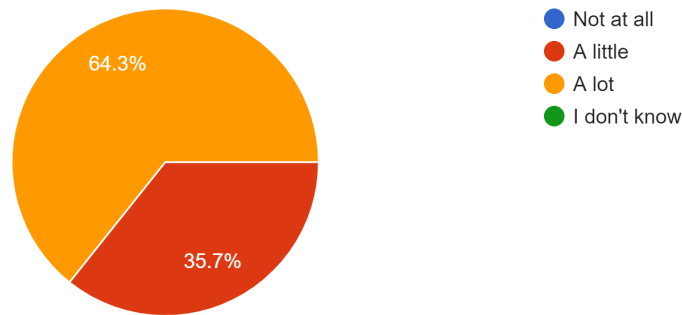
## Post-Workshop Evaluations

Orange Coast College  
April 20, 2021

Approximate maximum attendance: 48  
Number of evaluations: 14

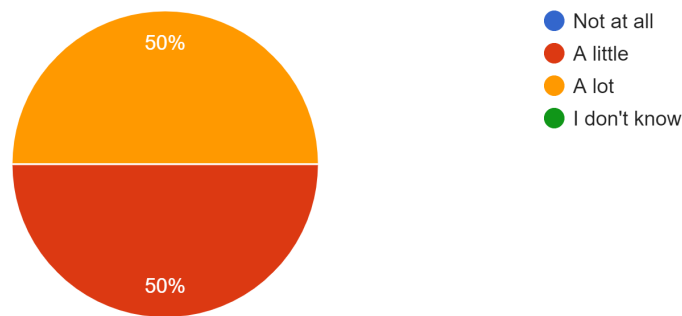
In your opinion, did this workshop increase your awareness of mental health issues?

14 responses



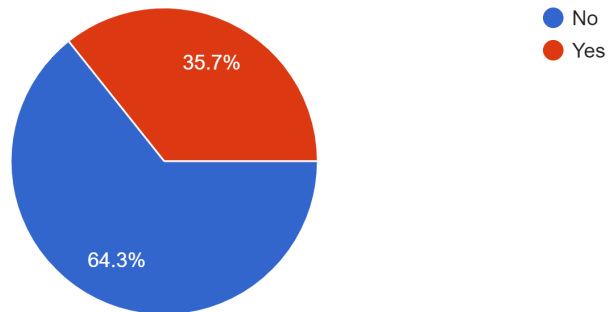
In your opinion, did this workshop help you confront and address stigma related to mental illness?

14 responses



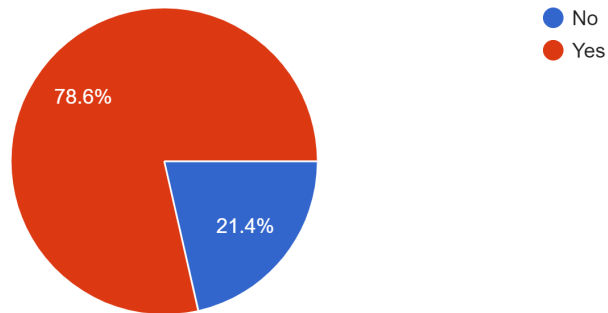
Did you know about the the Mental Health Services Act before this event?

14 responses



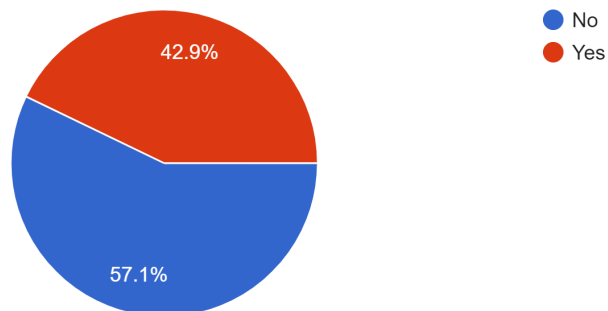
Did you know about your school's counseling services before this event?

14 responses



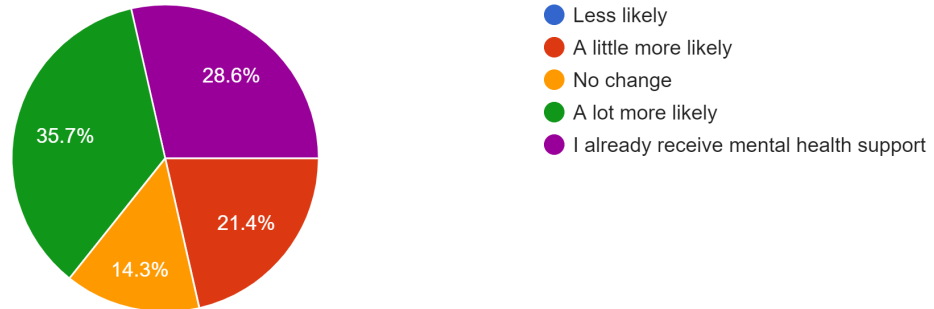
Did you know about the community resources before this event?

14 responses



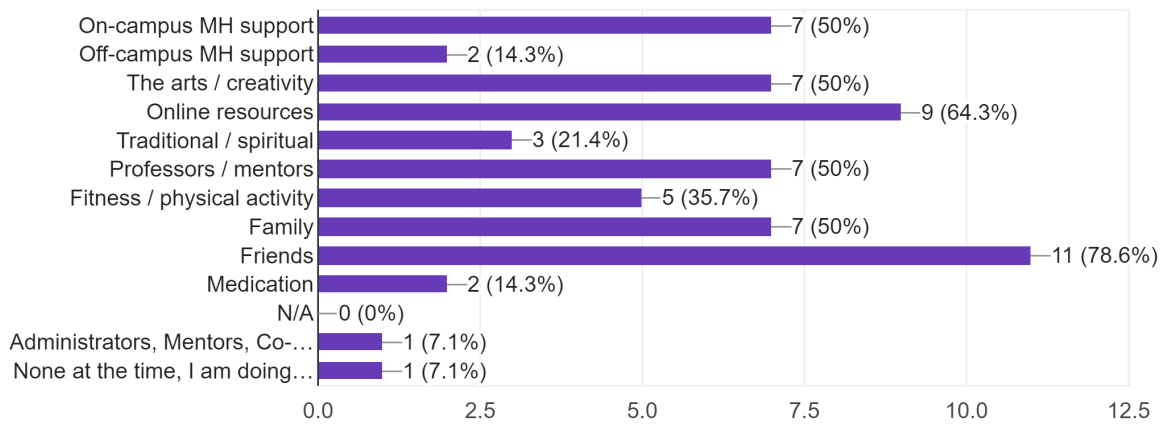
After this event, are you more or less likely to seek support for your mental health?

14 responses



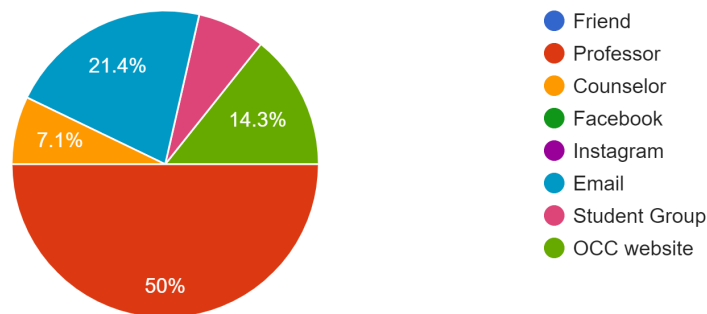
What type of mental health support do you think would be most useful to you?

14 responses



How did you hear about this event?

14 responses



### What was your main takeaway?

(Highlights: see raw data for full list)

- My main takeaway is that everyone goes through some sort of mental health issue so that it shouldn't be a problem to share my own vulnerabilities.
- BE MORE KIND TO ME ;)
- That reaching out is necessary and to stay hopeful
- The overall experience was great for informing students on knowing what mental health is and how to improve mental health.
- We are all challenged to monitor our mental (and physical) well being. We need to TAKE responsibility for this.
- To show compassion to people struggling with mental issues.
- Mental Health care/support is out there!
- We are not alone!

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

(Highlights: see raw data for full list)

- Very useful. We can all use some of this. It is okay to pick and choose. One size does not fit all. Find your path to wellbeing.
- An informative and welcoming environment.
- A good place to listen to the stories of others and learn how to better support those going through mental health episodes.
- Great movies and fascinating discussions.
- Powerful and informative
- Informative, supportive, engaging
- Extremely helpful
- comforting
- Raising awareness on much needed topic

### How might you use what you learned today?

(Highlights: see raw data for full list)

- I will use what I have learned here to better start conversations about my mental health in addition to supporting my friends through their mental health issues.
- I will definitely reach out to get some help for myself
- Talking to my therapist about what I learned
- Use it to help others in need
- Share what I learned with my family and friends
- I will use it to understand more my son, my mother and myself
- Breathe, relax, continue with de-stressing activities.
- By applying techniques learned when needed.
- More self care for ME!
- submitting film to AWI and joining the community
- We all feel these wide emotions, we are relatable to each other.

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

(Highlights: see raw data for full list)

- Fear of judgement from family.
- finding the right community to join or even just entering one that would accept me
- Finances and only meeting once a week
- Knowing what kind of support to seek that is affordable
- Fear of opening up to someone I don't know
- Having a family!
- Financially
- My main barriers are the stigma against them, showing the fake face to society that expects the suppression of it.
- Myself

## How can we improve this event in the future?

(Highlights: see raw data for full list)

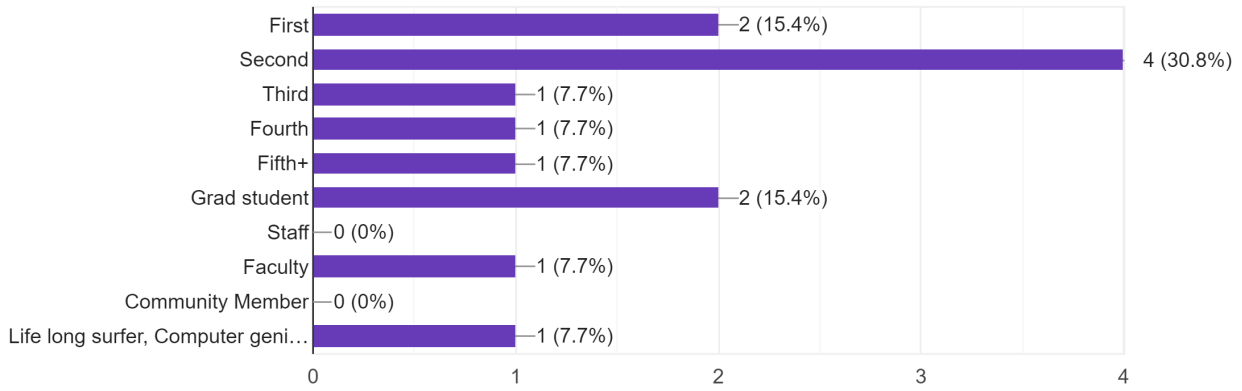
- More meetings at least once a month
- Perhaps more films?
- Include book recommendations
- Some things felt a bit overwhelming but worked well still
- Maybe have people for sharing their stories of mental health issues
- I thought it was pretty great!
- If it was possible to have the filmmakers whose movies you showcase as part of the panel would be a cool way of learning more.
- It is a really great format. Flows well. Really reaches out to participants. VERY real.
- Today's event was perfect, maybe just more focus on time

## Major

- Film (x2)
- Film and Television (x2)
- Film & Photography
- Pre-nursing
- Sociology
- S.L.P.A
- Animal Science
- Fashion Merchandising

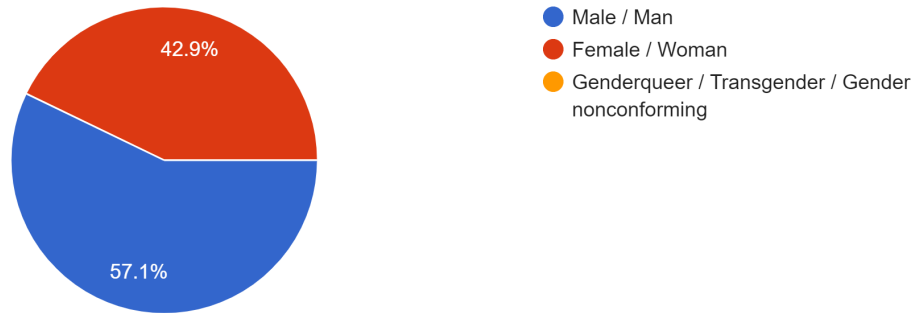
### Year

13 responses



### Gender Identity

14 responses



### Ethnicity

14 responses

