

Movies for Mental Health

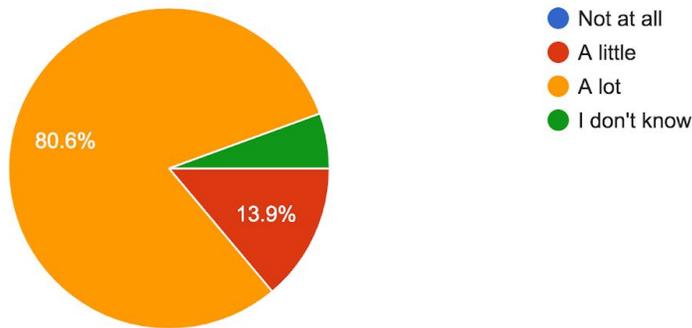
Post-Workshop Evaluations

Riverside City College
May 10, 2019

Number of attendees: 58
Number of evaluations: 38

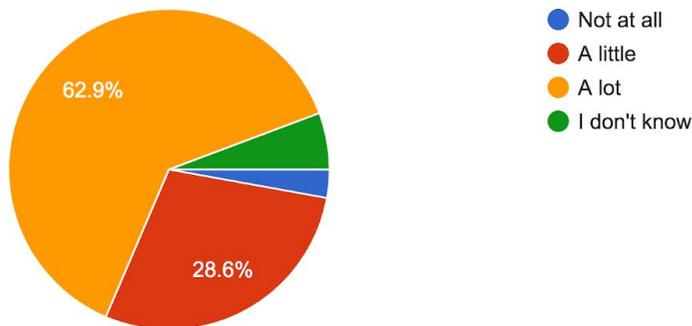
In your opinion, did this event create awareness of mental health issues?

36 responses



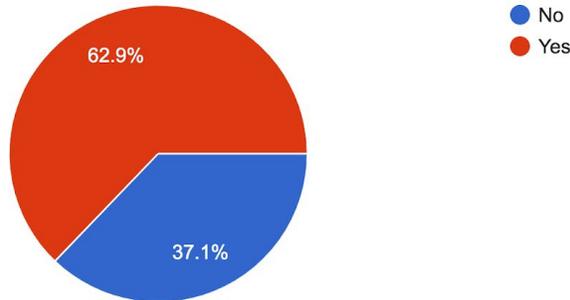
In your opinion, did this event reduce stigma related to mental illness?

35 responses



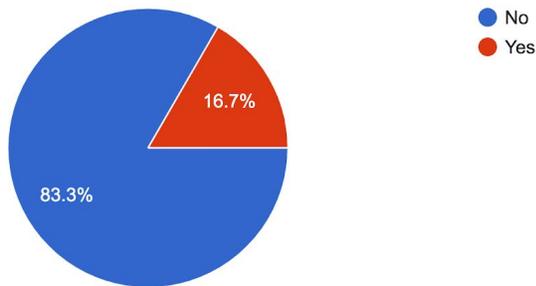
Did you know about your school's counseling services before this event?

35 responses



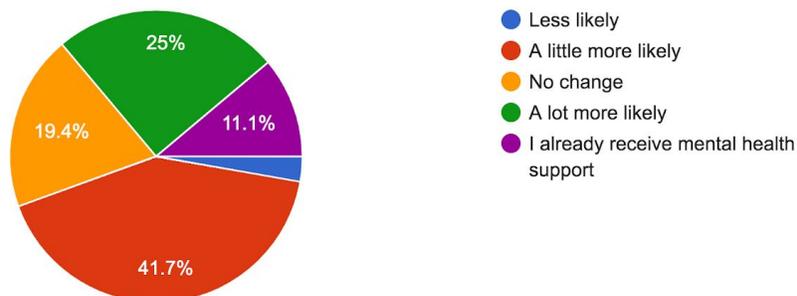
Did you know about the Mental Health Services Act (Prop. 63) before this event?

36 responses



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

36 responses

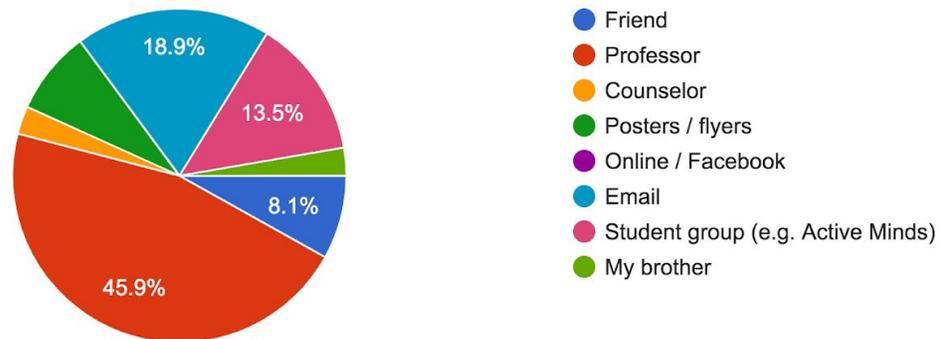


What type of mental health support do you think would be most useful to you?

On-campus MH support	11
Off-campus MH support	3
The arts / creativity	7
Online resources	5
Traditional / spiritual	7
Professors / mentors	7
Fitness / physical activity	14
Family	9
Friends	8

How did you hear about this event?

37 responses



What was your main takeaway?

(Highlights: see raw data for full list)

Everybody has a struggle. There is always a good side. Seeking help is not bad.
Depression is common; we should be aware and have a heart for those around us.
People are going through different things, so it's good to be mindful that you could make a difference.
Mental illness is hard, but you can get through it.
We are not alone and we can reach out; there's help.
Build a community that supports us to grow and prosper.
Mental illness is a real problem and awareness is important.
There is support. You are not alone. (x4)
Get help and speak out.
Get help and be aware.
Be vulnerable with myself.
Mental illness is usually hard to locate.
More people are suffering than I realized.
Reach out and speak out.
Everyone has a challenge.
We are all the same and we all have demons.

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

(Highlights: see raw data for full list)

Helpful to talk about any situation someone is going through.
Being aware of mental illness.
A great place to learn about mental health.
Learning process with those around you.
Impactful and powerful with a message everyone needs to hear.
Deep and impactful.
A group that loves you for who you are.
A great resource!
Insightful. (x2)
Rewarding and comforting.
Help with mental health awareness.
Mind-engaging.
Helpful. (x5)
Informative. (x9)
Empowering. (x3)
Eye-opening.

How might you use what you learned today?

(Highlights: see raw data for full list)

Share what I learned with others who can find it helpful.
Techniques for being mindful of others in pain.
To be there for others, be kinder, and use the resources offered on campus.
Being aware of people's struggles and being aware of the dangers of mental illness.
I will be more aware of the signs of depression.
Be able to observe others from a different perspective.
To get a deeper view on my struggle with mental illness.
Be more observant; let others know you're here for them.
Just be observant and have different perspectives towards others.
Go talk to someone.
To help others and myself. (x3)
Spread awareness to others.
Improve my morale.
Be kinder and more open.
By being available to someone else.
Learn to accept the past and move forward.
Advocate!

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

(Highlights: see raw data for full list)

It's hard to share how I really feel.
Constricted time.
Discouragement within myself; misunderstanding from my family; self-image.
Being looked down upon as "crazy."
Abuse / sexual assault.
Sharing my information.
Stigma. (x3)
Not asking for help because I felt like my feelings weren't validated.
Not knowing who to talk to; Not having anyone to listen
Pride. (x2)
Limited resources.
Stubbornness.
Recognizing the issue.

How can we improve this event in the future?

More videos.
 Letting more people know.
 A different room where entrance wasn't in the front.
 More advertising.
 Show more resources.
 Advertise more—get more people here.
 Doing it more often.
 One more hour.
 Promote it a little better on social media.
 Keep these workshops coming!
 It was perfect in my opinion.
 I think it was well planned and organized. Awesome work! =)
 Not sure. Y'all did a good job as is! =)
 It was pretty good as it was.

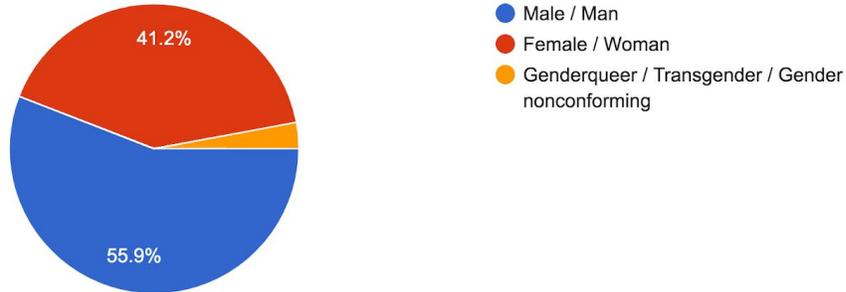
Major

(Highlights: see raw data for full list)

Business	6
Kinesiology	9
Business	5
Computer Science	1
Economics	2
Engineering	2
Film	1
Nursing	1
Psychology	3
Sociology	3
Political Science	1
Welding	1

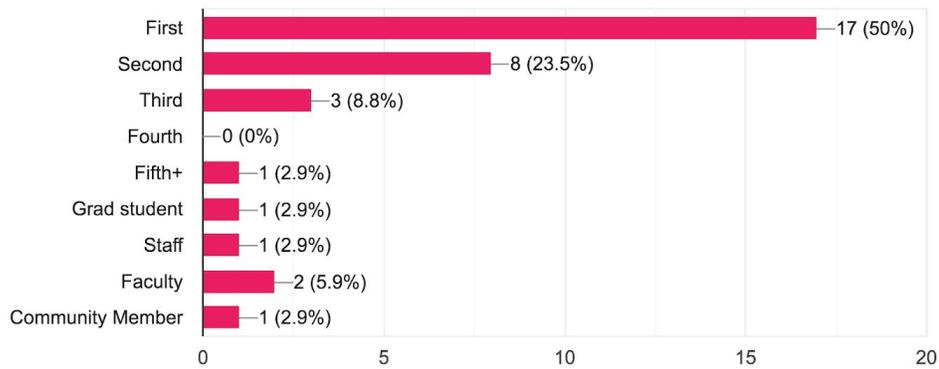
Gender Identity

34 responses



Year

34 responses



Race / Ethnicity		
Asian/Asian American	2	6%
Black/African/African American	9	28%
Middle Eastern	1	3%
Native American / First Nations	3	9%
White / Caucasian	7	22%
Hispanic / Latinx	14	44%
Pacific Islander	1	3%