

Movies for Mental Health

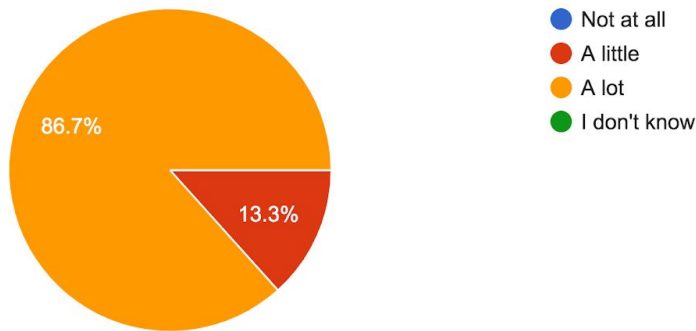
Post-Workshop Evaluations

San Bernardino Valley College
April 24, 2019

Number of attendees: 32
Number of evaluations: 15

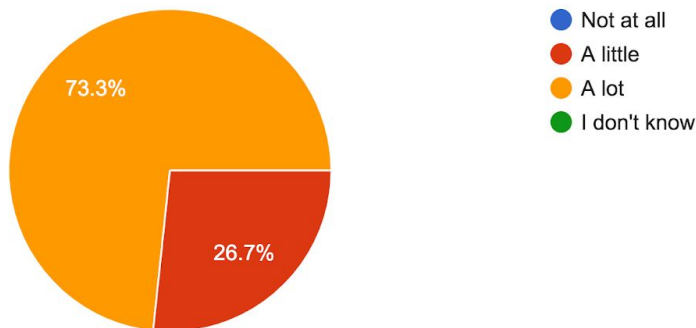
In your opinion, did this event create awareness of mental health issues?

15 responses



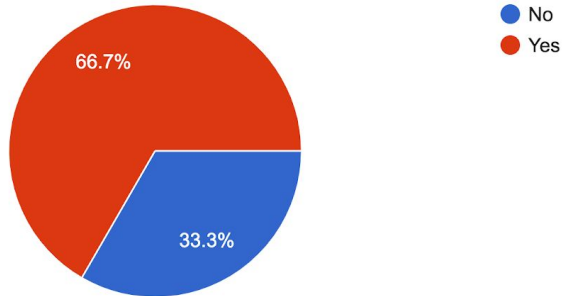
In your opinion, did this event reduce stigma related to mental illness?

15 responses



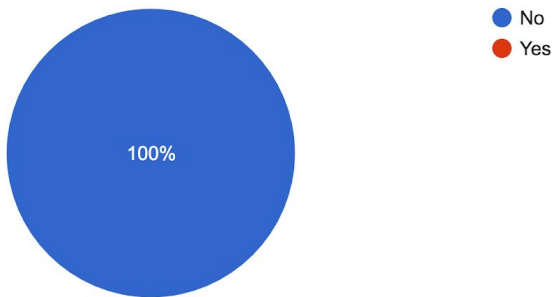
Did you know about your school's counseling services before this event?

15 responses



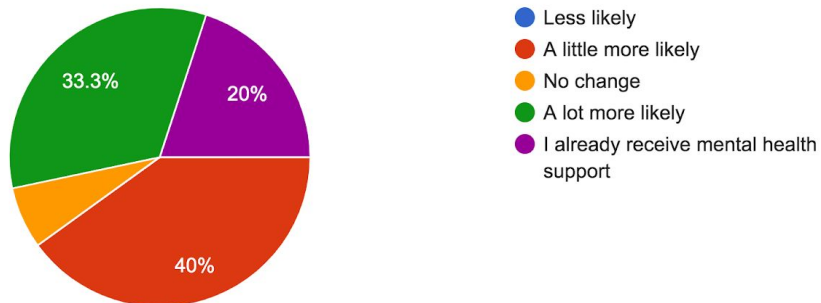
Did you know about the Mental Health Services Act (Prop. 63) before this event?

3 responses



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

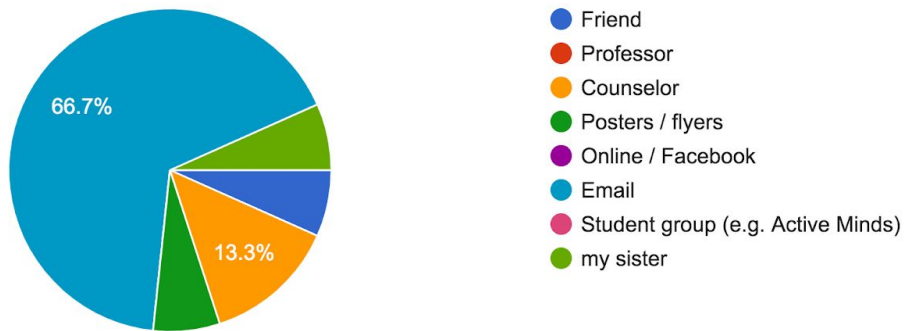
15 responses



What type of mental health support do you think would be most useful to you?	
On-campus MH support	4
Off-campus MH support	6
The arts / creativity	6
Online resources	1
Traditional / spiritual	6
Professors / mentors	4
Fitness / physical activity	7
Family	4
Friends	3

How did you hear about this event?

15 responses



What was your main takeaway? (Highlights: see raw data for full list)

- Spread awareness.
- Courage and strength.
- The importance of reaching out to people.
- There is hope.
- Mental health can be managed.
- Stigma should not be believed.

Take time for yourself and be open.
It was very interesting to hear so much.
Great presentation, good host.
Resources in my community.
How much more help and awareness there is.

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

A useful event to learn about mental health and resources.
A very good introduction to mental health.
Safe, resourceful, and helpful.
Fun and informative.
An interesting thing to see.
Amazing and informational.
Helpful.

How might you use what you learned today?
(Highlights: see raw data for full list)

Reach out to people more than I do now
To have the courage to speak to a counselor.
Able to help others and myself in cases.
To help those in need.
Seek help more often.
To help my cousin.
Volunteer and service.
Pass it along to others.

What are the biggest barriers to your mental wellness and/or receiving mental health support?
(Highlights: see raw data for full list)

I'm depressed. I talked to a therapist. I drink a little blue pill.
Motivation.
Myself.
Stigma and money. (x2)
Seeing the strength to go and need.

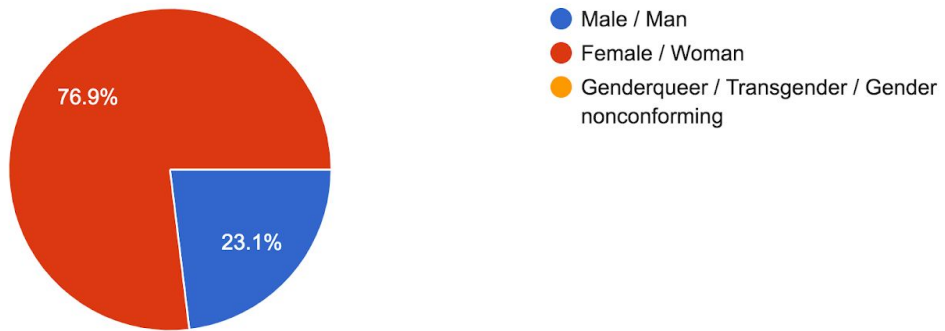
How can we improve this event in the future?

Talk about actual groups/meeting for helping people with mental health.
 Include resources from Riverside County.
 More Q&A time.
 More speakers.
 Maybe more time.
 Nothing it was great as is! (x2)
 It was wonderful.
 More people.

Major	
Art	1
Business	1
Chemistry	1
Communication	1
Culinary Arts	1
Psychology	2

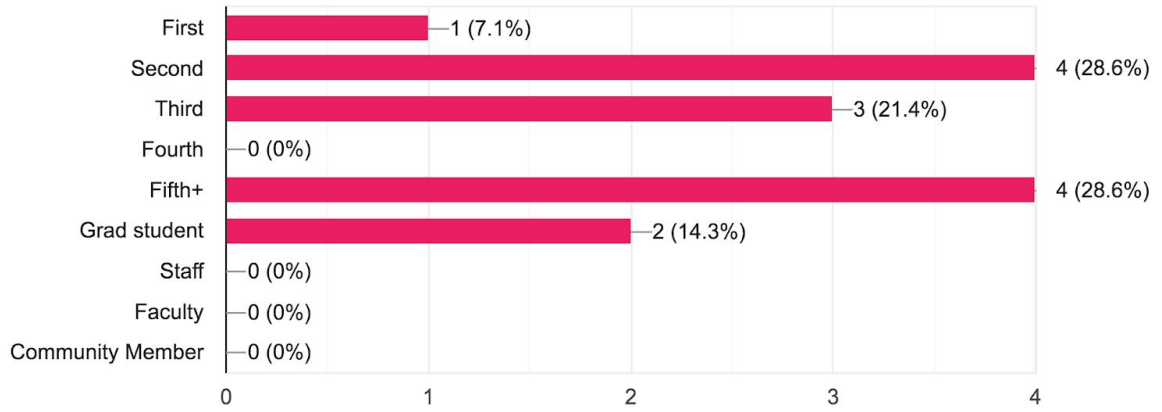
Gender Identity

13 responses



Year

14 responses



Race / Ethnicity		
Hispanic / Latinx	7	50%
White / Caucasian	5	36%
Black / African American	1	7%
Asian / Asian American	1	7%