

# Movies for Mental Health

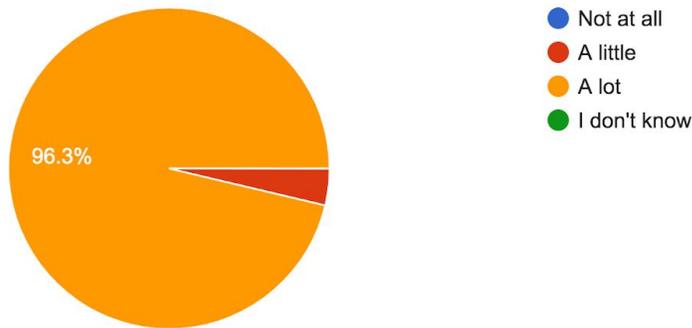
## Post-Workshop Evaluations

Santa Clara University  
May 7, 2019

Number of attendees: 47  
Number of evaluations: 27

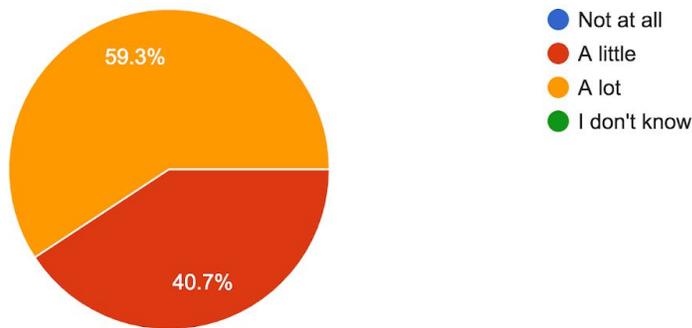
In your opinion, did this event create awareness of mental health issues?

27 responses



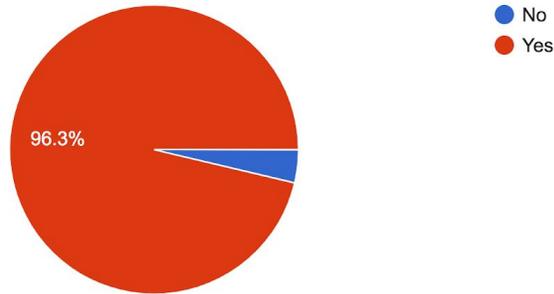
In your opinion, did this event reduce stigma related to mental illness?

27 responses



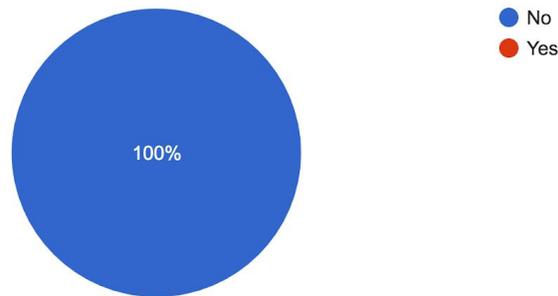
### Did you know about your school's counseling services before this event?

27 responses



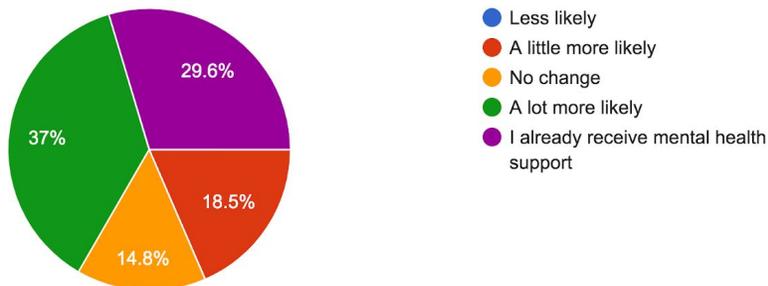
### Did you know about the Mental Health Services Act (Prop. 63) before this event?

27 responses



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

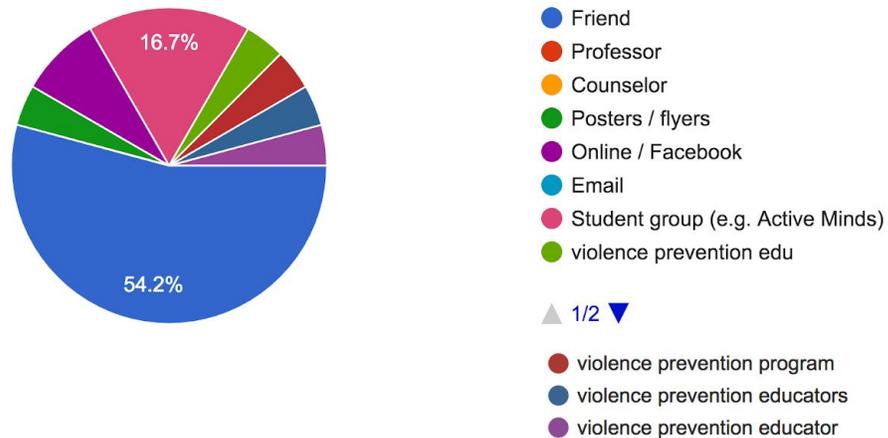
27 responses



What type of mental health support do you think would be most useful to you?	
On-campus MH support	12
Off-campus MH support	8
The arts / creativity	12
Online resources	3
Traditional / spiritual	8
Professors / mentors	8
Fitness / physical activity	14
Family	9
Friends	19

### How did you hear about this event?

24 responses



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

Mental health takes many forms and is not easy to escape. Be open to listening to others. (x2)  
 That everyone has a story. No matter how big or small it matters.  
 Be there. Be open. Be honest and vulnerable.  
 The films were really good in attempting to resonate with people mirroring these problems.  
 The importance of open honest conversation about mental health and art is so important

Talking about mental health matters and has an impact. (x2)  
More people care about the topic than I previously thought.  
Reduce the stigma and talk about mental health.  
Mental health can be felt in many different ways and there is support.  
The importance of having a community and space to discuss mental wellness.  
Be more supportive.  
Everyone has different solutions to their issues.  
Mental illness is not trivial.  
Don't be afraid to talk.  
How to handle the issues of mental health and interact with people.  
People want to be vulnerable but get scared, anxious etc.  
The importance of reducing stigma.  
Talk about how you feel and have a support system  
We have to support each other.

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

A fun and helpful conversation.  
Inspiring, informative, and eye-opening.  
Spreading awareness for mental health and outlets for support.  
Interesting, engaging and interactive.  
Helpful and influential workshop.  
Contained some useful information.  
Encouraging and good practice.  
Moving toward awareness on campus.  
Enlightening on pathways toward mental health healing.  
Mental health awareness, support, and community.  
Engaging and makes you think.  
AMAZING!!!!  
Powerful.  
Open, different, and not boring.  
Informative discussion and viewing of films.  
Heart-warming.  
Moving and eye-opening  
Very impactful. (x3)  
Better understanding of mental health.

## How might you use what you learned today?

(Highlights: see raw data for full list)

In so many ways. I'm so much more aware now.  
Listen and ask friends how they REALLY are. Slow down and be kind.  
I will learn to help people understand others mental health struggles.  
Seek out help :)  
Check in with my friends more.  
By talking about mental health.  
It will help me be a better friend.  
Talk more to my friends that struggle with drugs as a solution.  
Remind students I work with to listen deeply.  
To try to change the view on mental health.  
Share with friends.  
I might invite others to come.  
Be more supportive.  
Being more aware of my mental state and others  
To help in certain friendships.  
Try to be more open about mental health conversations.  
I'll be more vulnerable and more accepting to vulnerability.  
Help to reduce stigma into our community.  
Be kind to all and ask friends how they are.  
Share, tell, and listen to others.

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

(Highlights: see raw data for full list)

Invalidation of my own feelings.  
School stress.  
Time: school takes priority.  
Time: helping others before self.  
Stigma around seeming weak. (x4)  
Stigma and lack of informal support.  
I choose drugs and beer over my prescription. Never good but do it way more often.  
I am currently seeing professionals for bipolar disorder  
Fearing responses.  
embarrassment/ no support/ helplessness

That I don't actually have something wrong with me.  
 Takes so long to get someone to really know you.  
 My workload.  
 Stigma and being overly worried about how I look/seem.  
 Feeling isolated.  
 I only get 10 sessions.  
 Figuring out if you are having issues.  
 I'm shy.

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

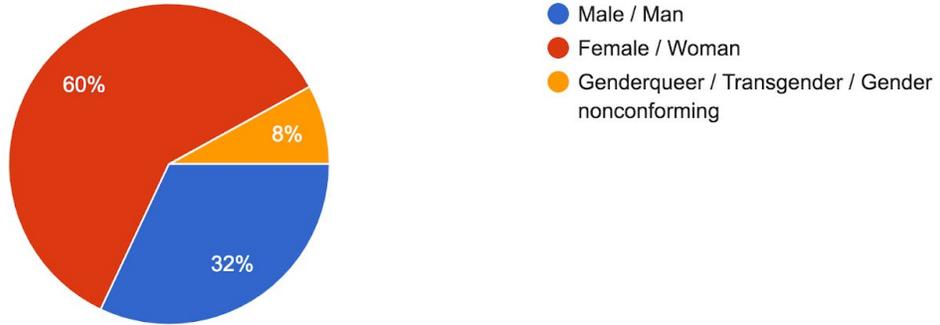
Maybe mix the tables up so people can talk to people they don't know  
 Do it in a confidential area where people can open up and cry.  
 Focus on depression feelings and bipolar disorder.  
 Nothing, so good you rock!  
 Maybe a little shorter but other than that amazing.  
 Have a support group.  
 It was really great. (x4)  
 Not sure, it was really awesome.  
 Honestly, I loved everything about it. (x2)  
 Natalie, I love the cheetah pants!!!  
 The panel was the best part is was the most relatable. (x2)  
 Great use of conversation to allow other participants to contribute to the conversation.

### Major

Environmental Science	1
Business / Accounting / Economics	5
Communications	3
Political Science	1
Neuroscience	1
Psychology	1
Child Studies	1
Undecided	1

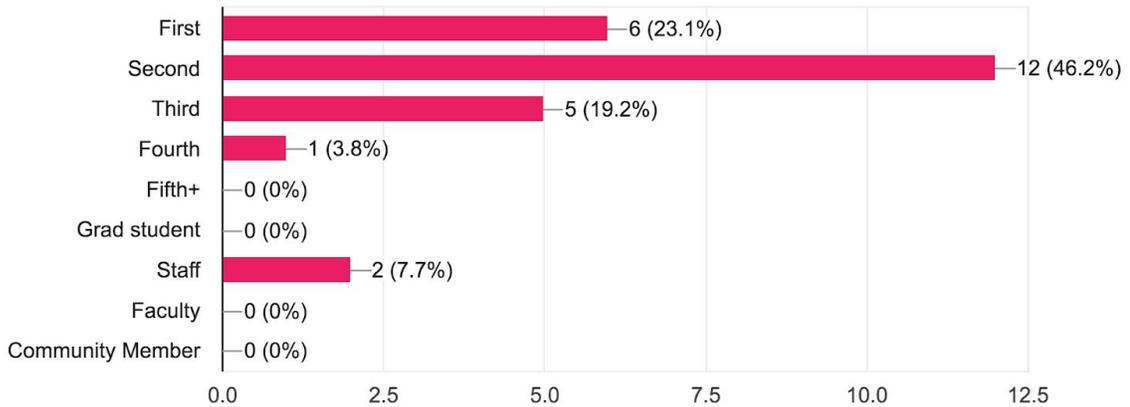
## Gender Identity

25 responses



## Year

26 responses



Race / Ethnicity		
Asian / Asian American	<b>3</b>	<b>12%</b>
Black / African / African American	<b>3</b>	<b>4%</b>
Middle Eastern	<b>13</b>	<b>4%</b>
White / Caucasian	<b>23</b>	<b>89%</b>
Hispanic / Latinx	<b>1</b>	<b>4%</b>