

Movies for Mental Health (Online)

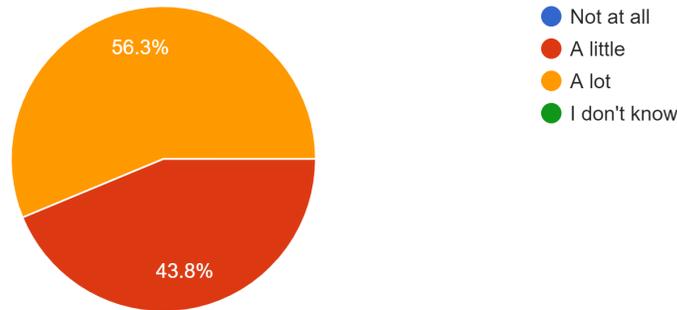
Post-Workshop Evaluations

Sacramento City College
November 17, 2021

Approximate maximum attendance: 58
Number of evaluations: 33

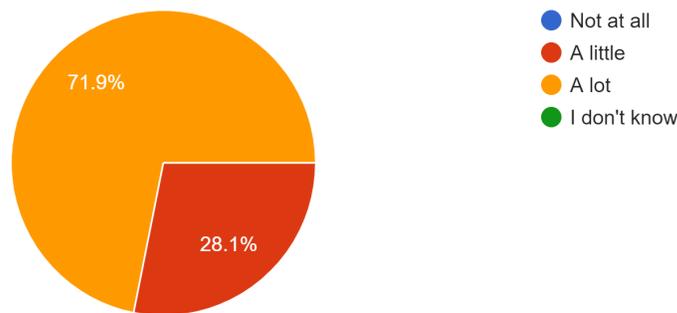
In your opinion, did this workshop increase your awareness of mental health issues?

32 responses



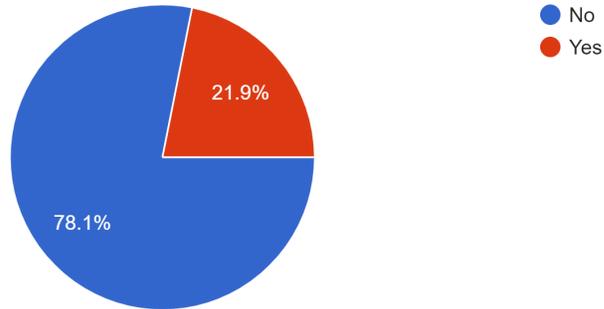
In your opinion, did this workshop help you confront and address stigma related to mental illness?

32 responses



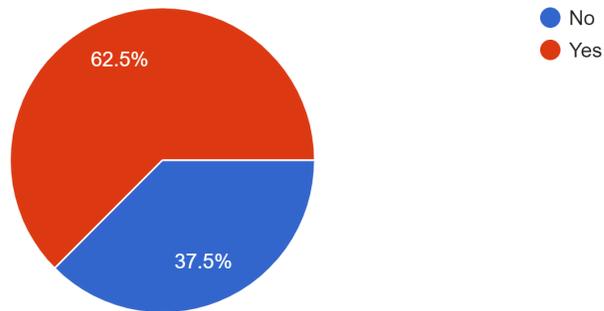
Did you know about the the Mental Health Services Act before this event?

32 responses



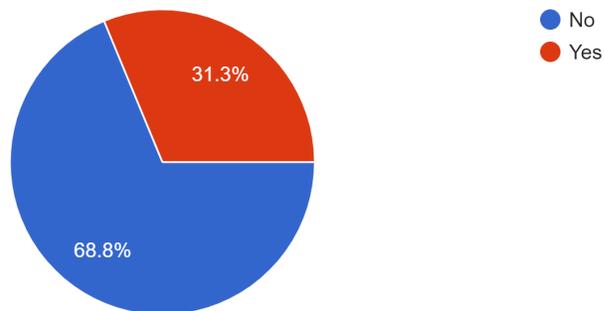
Did you know about your school's counseling services before this event?

32 responses



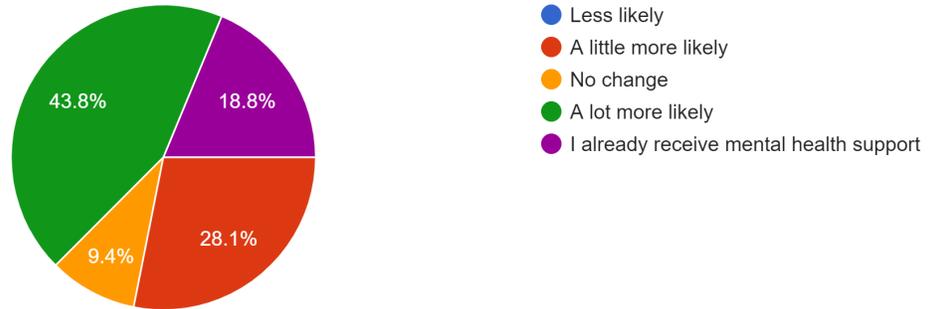
Did you know about the community resources before this event?

32 responses



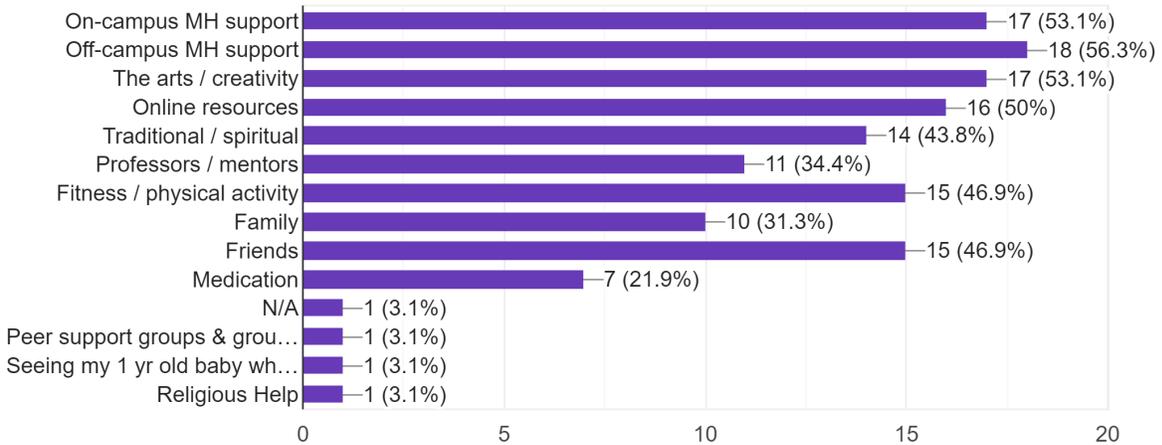
After this event, are you more or less likely to seek support for your mental health?

32 responses



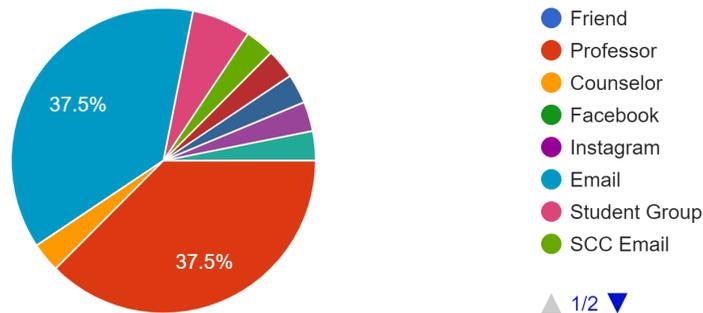
What type of mental health support do you think would be most useful to you?

32 responses



How did you hear about this event?

32 responses



What was your main takeaway?

Good mental health is something we all should strive for- and you're never alone everyone can practice good mental health practices.

The student input, Mya was fantastic.

Stigma is real and sometimes we apply the stigma to ourselves.

There are a lot of mental health resources for students at SCC and also in the community.

My main takeaway from this event was how valuable it can be just to talk about mental health. I haven't talked about my struggles in a while.

My main takeaway was that mental health IS healthcare like one participant shared in the chat and that we can overcome challenges and fears one day at a time

My main takeaway is we continuously need to create awareness for mental health and need to mitigate the stigma around mental health

I received answers that I need without having to set up an appointment with a counselor.

AWI provides a great community and resources for mental health and wellness.

[After this workshop], I can accept my differences and I can help spread awareness to help other people with similar circumstances

Relieved people out there care so much for mental health because it's very underrated in comparison to physical health when it is just as important.

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

(Highlights: see raw data for full list)

A safe, great way to explore mental health. Has realistic themes explored that are important to discuss.

It brings awareness about what we may not know with mental health.

I would describe this workshop as a safe space to talk with other people about mental health and your personal experience, other people's experiences, and our shared experiences.

I don't know how to describe it exactly, but I know that this workshop is what most mental health workshops should be. I always find other mental health workshops as "bogus", but I know that it's not. That's just how I feel.

This was a pleasant mixture of panel, discussion, chat, polling, and short films surrounding personal mental health issues and stigma

How might you use what you learned today?

I'll apply what I learn to better understand and help others.
I will remember how important it is to talk about mental health, and try to confront a lot of the stigma I have internalized about my mental illness.
I'm going to be reaching out for help with services and a referral to a therapist for diagnosis.
I can use what I learned to integrate the exercises into my own, replace some of my self care practices, and utilize the resources at SCC/Los Rios
A new respect for student films!
Seeking more help for my mental health, helping people with mental disorders, try to mitigate the stigma around mental health
I'm an artist. I stopped drawing for a long time. However, I will paint my vision to not lose track again. I will also take care of myself, and give myself grace and time.
To learn more, be more aware, and help when i can
personally -self care, professionally - a resource for students

**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 open up and trust someone when seeking mental health
Cost
Past unsuccessful attempts
My family and myself
Stigma
My biggest barriers to my mental wellness and seeking support are a fear of judgement and my own perfectionism, both wanting to appear perfect and wanting everything I do to be perfect.
Being a stay at home mom of 2, and homeschooling my oldest
Not knowing who to talk or book an appt with at SCC
Being punished for seeking help. It happens even though companies claim there isn't a stigma. I have seen it happen.
Timely MH services.
ANYTHING LIKE LIFE INSURANCE!!!! So if you consult for mental health support and it gets recorded in your medical records, your life insurance rate will go up. Now, I'm just a student who's going through life. I'm sure there's plenty of things out there where seeking mental wellness and support can affect me negatively. That's why I'm always worried about it even though I want to seek support.

How can we improve this event in the future?

I would have liked to view more films since images can often say a lot more than words in a short amount of time.

I really liked the films we watched, but didn't personally find them to be very relatable so it would be nice to maybe add another fourth film? I am not sure, other than that I really enjoyed this event.

Always keep the Q&A part. I received decent advice. Thank you.

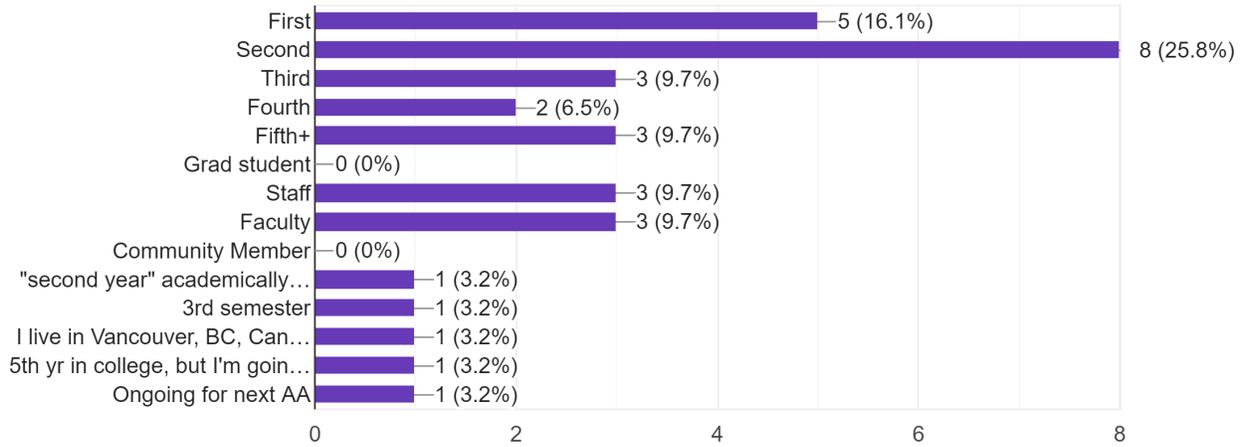
It was a little lengthy--I'd keep it at 90 mins or less. Also, the title of the event implied that it would be more movie-focused; however, I was pleased with the discussion focus with short movies interspersed.

Major

Film	2
Civil Engineering	4
Computer Science	2
Psychology	1
Biology	1
Nursing	2
Studio Art	1
Jazz Music	1
English Literature/ Women's Studies	1
Business	2
Mathematics	1
BS Mechanical Engineering	1
Electrical Engineering	1
OTA	2
Allied health	1
Information Technology	1
Engineering	1

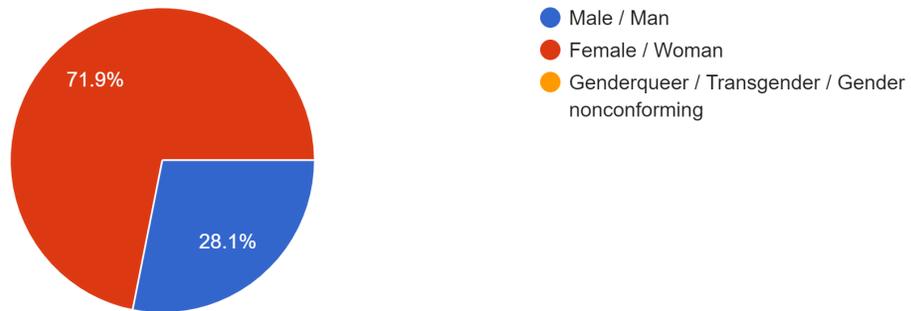
Year

31 responses



Gender Identity

32 responses



Ethnicity

32 responses

