

# Movies for Mental Health

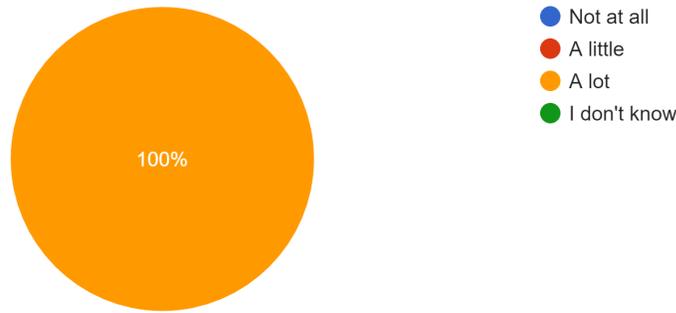
## Post-Workshop Evaluations

San Diego Miramar College  
January 25, 2022

Approximate maximum attendance: 14  
Number of evaluations: 14

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

14 responses



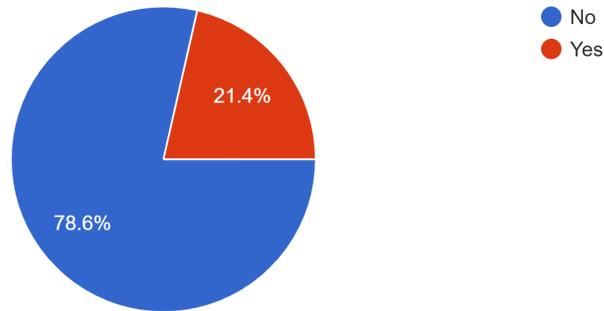
In your opinion, did this workshop help you confront and address stigma related to mental illness?

14 responses



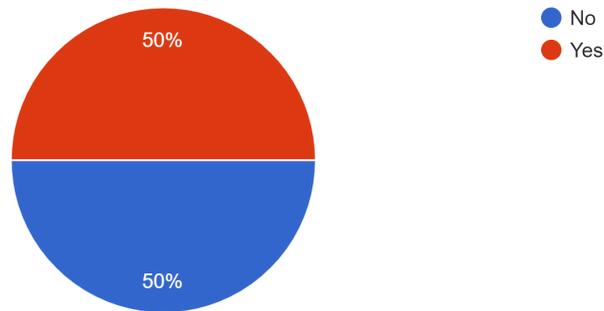
Did you know about the the Mental Health Services Act before this event?

14 responses



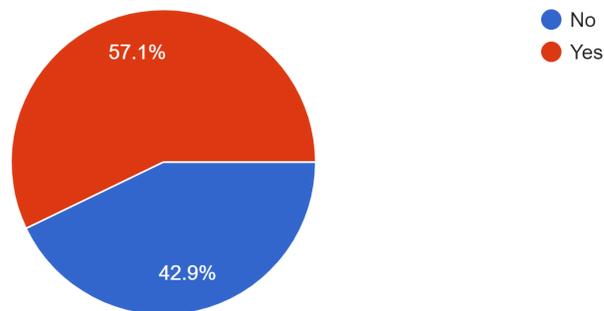
Did you know about your school's counseling services before this event?

14 responses



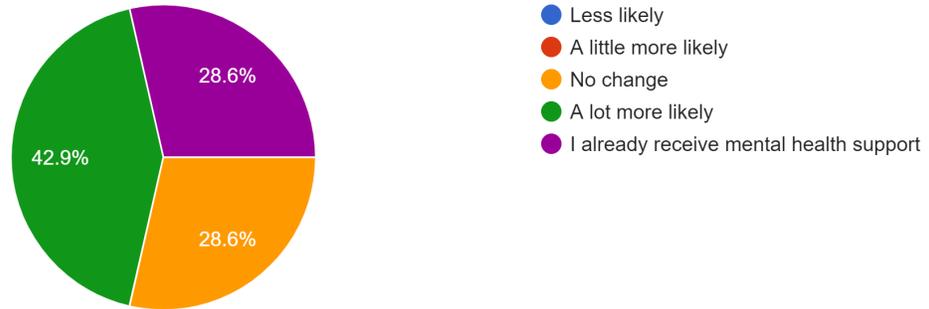
Did you know about the community resources before this event?

14 responses



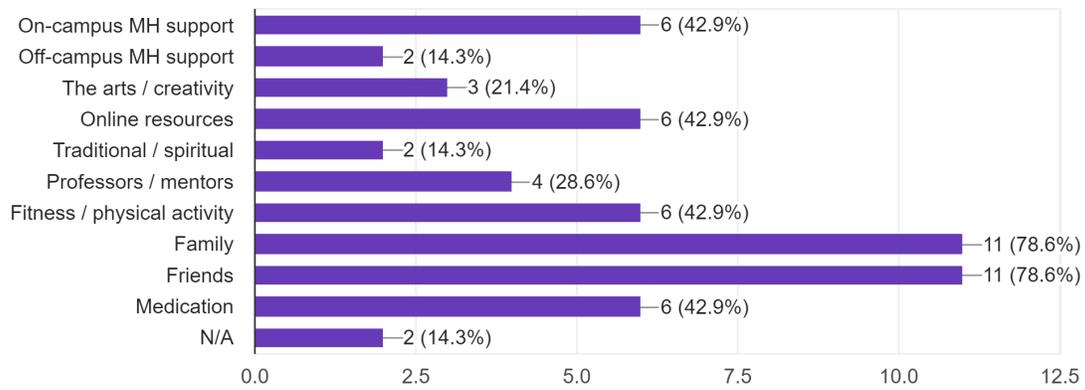
After this event, are you more or less likely to seek support for your mental health?

14 responses



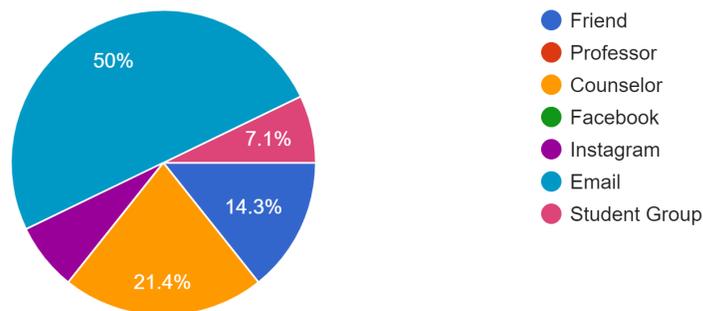
What type of mental health support do you think would be most useful to you?

14 responses



How did you hear about this event?

14 responses



What was your main takeaway?
It was helpful
I learned a lot about mental health. We should keep seeking help if we have mental illness.
How little regard many people hold for those who go through mental illness
Being more mindful of my vocabulary
There's online support groups
Mental health wellness is different for everyone. One way doesn't fit or work for everyone. Everyone has a version to create for themselves process
Mental health services are offered in college
Mental Health shouldn't be taken for granted and should be accepted/supported by people around you (family ,teachers, etc.)

If you were telling a friend about this workshop, you would describe it as: (Highlights: see raw data for full list)
Helpful
Eye opening
Excellent
Mental health awareness
Informative
Open space to share and create nurture and grow mental health awareness
A workshop that will give you insight on mental health and show how there are others around with the same/similar problems that you are facing

How might you use what you learned today?
The resources on campus
To help other people
Gain more support with my mental health
Reaching out for help is important
Continue to use my story to share and encourage others to seek help and normalize it to do so.
Enroll in school mental health services
I would generally use what I learned to help someone facing a mental health problem
Counseling

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

(Highlights: see raw data for full list)

Myself
Overthinking
Covid remote sessions
Not setting up my goals
How to find the resources
I am afraid of struggle
Time

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

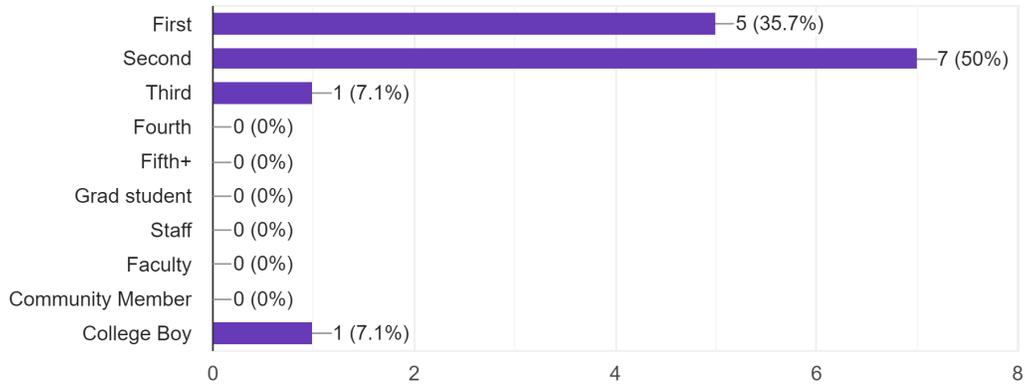
Bring people to talk up front
Have group roleplays
More films
I felt like the event could've been more engaging if there were a bit more activity.

**Major**

International business	1
Biotechnology	1
Computer Science	4
Economics	2
Physics	1
Science and social behavior	1
Nursing	2

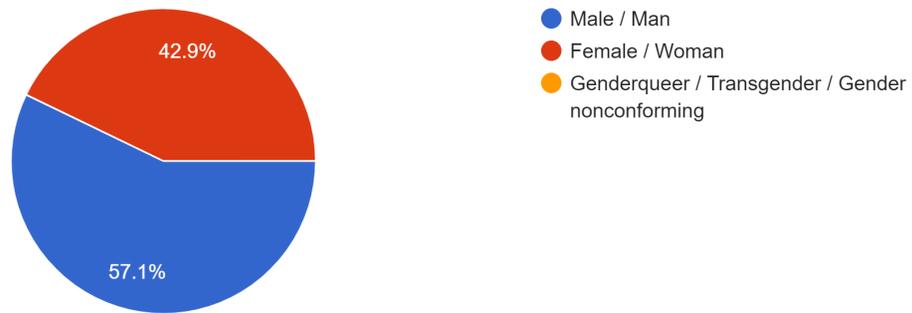
### Year

14 responses



### Gender Identity

14 responses



### Ethnicity

14 responses

