

# Movies for Mental Health (Online)

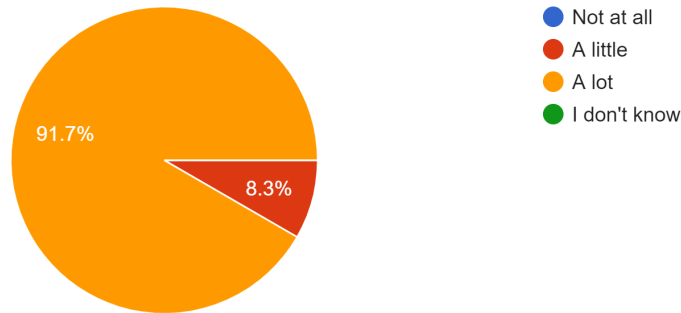
## Post-Workshop Evaluations

Santa Ana College  
May 14, 2021

Approximate maximum attendance: 20  
Number of evaluations: 13

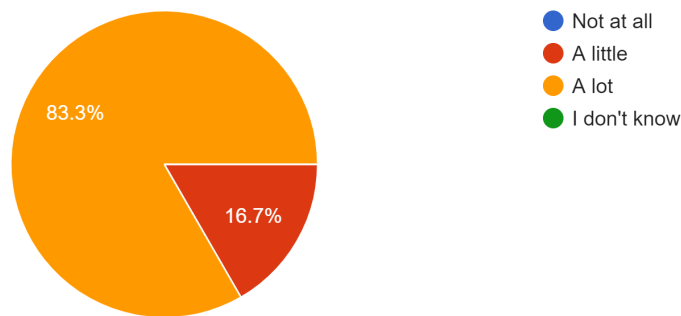
In your opinion, did this workshop increase your awareness of mental health issues?

12 responses



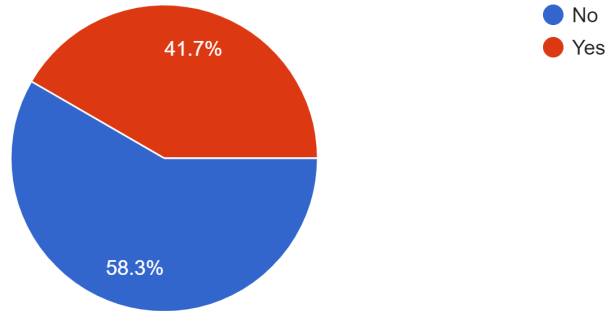
In your opinion, did this workshop help you confront and address stigma related to mental illness?

12 responses



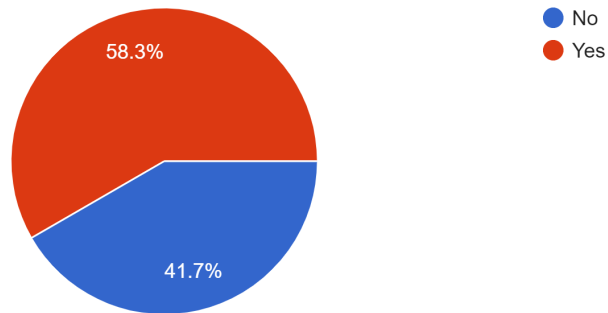
Did you know about the the Mental Health Services Act before this event?

12 responses



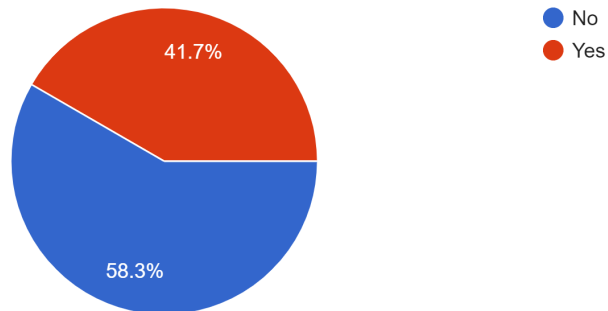
Did you know about your school's counseling services before this event?

12 responses



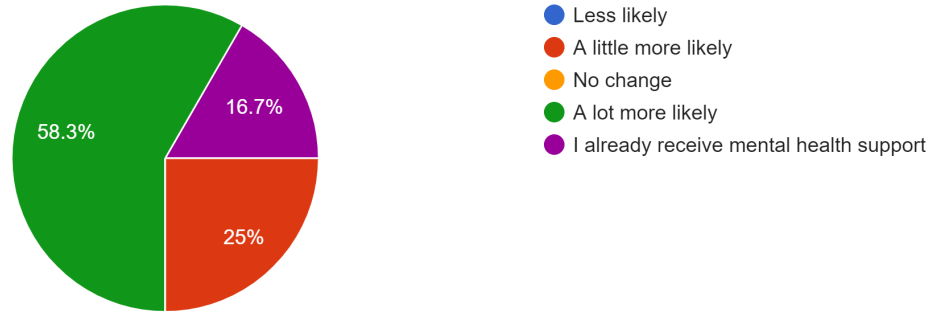
Did you know about the community resources before this event?

12 responses



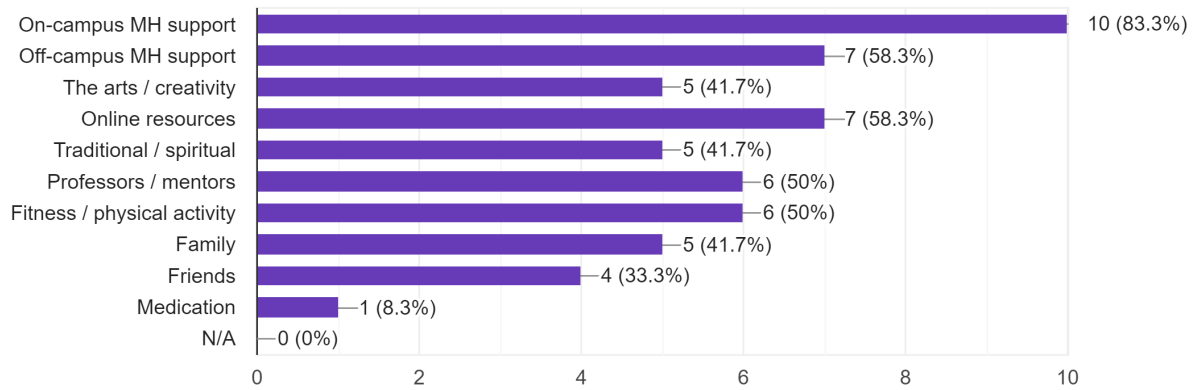
After this event, are you more or less likely to seek support for your mental health?

12 responses



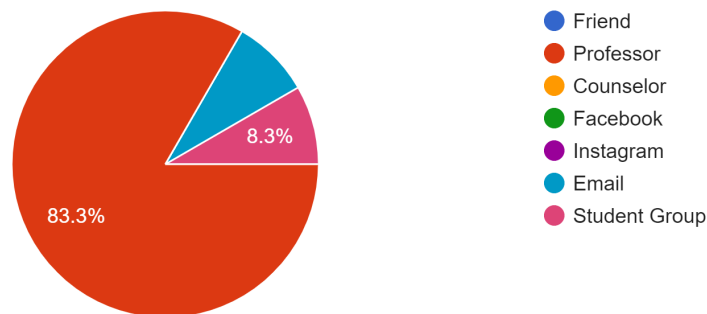
What type of mental health support do you think would be most useful to you?

12 responses



How did you hear about this event?

12 responses



### What was your main takeaway?

Cultural stigmas with mental health can be a really big barrier for many to seek help.  
 My feelings are valid  
 Perspective  
 The community resources  
 Mental health is something that is really normal and a lot of people go through many mental health problems. We are not alone.  
 I really enjoyed listening to the various resources provided to help with anxiety, relationships, and stress.  
 the books, I purchased two and I am looking forward to reading them soon  
 Doing Yoga  
 It's hard to talk about our own mental issues  
 Panelists' suggestions about mental health. Alex's experienced Alex's experience.  
 I am not alone and resources are out there for me.

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

Enlightening  
 Relaxing/ no shame  
 Useful  
 It is an empowering and insightful workshop, please attend.  
 As a workshop where we can learn about mental health, but also say what we think and be part of it.  
 I would describe it as helpful and uplifting.  
 It would help them to be more mental healthy  
 Supportive  
 It is useful for me and my friend  
 A lighthouse that guide people to a better place with mental issues  
 Helpfully workshop  
 Creative and Informational

### How might you use what you learned today?

To help share/spread awareness about mental health, to normalize it and reduce stigma.  
 I can do my hw in peace  
 I will be sure to take care of myself as much as I want to take care of others  
 I can use what I learned today by helping other people to open up about their mental health issues and be a person of support.  
 I learned that by attending the workshop for the second visit is that I feel supported and cared for during a rough time.  
 I learn really interesting things and the movies were impressive  
 Learn to move fwd instead of sticking to the back  
 Apply the positive way  
 I learned about places for help like Nami Orange County Resources  
 To be more reflexive about the practices of mental health habits.  
 Search for support and tell others about the resources

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

(Highlights: see raw data for full list)

Stigma being internalized.  
 Living in an environment that views mental health as a taboo  
 unaware that i am struggling myself  
 The lack of support from family members  
 Opening up is the hardest part  
 Feeling anxious about what others might say about me.  
 Judgment  
 I don't know where to contact  
 I usually deal the issue within myself  
 My schedule  
 Financial and just anxious about it

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

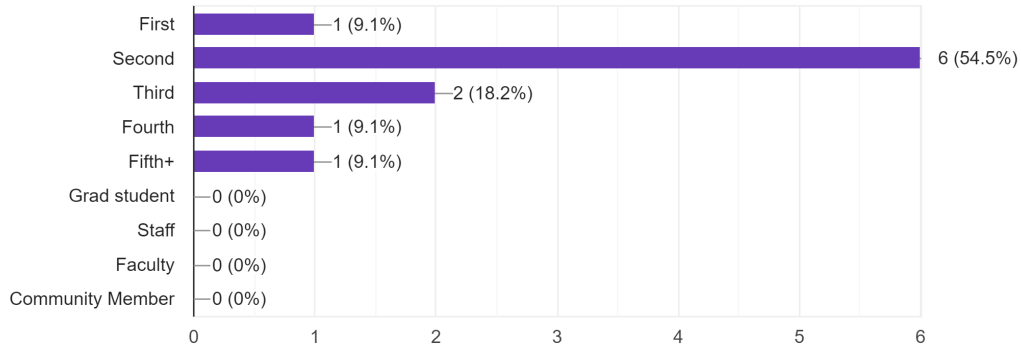
It was perfect!  
 Send all the resources talked about in an email to the participants  
 By speaking a little bit slowly I'm a second English learner and it was a lit be difficult for me to understand  
 Everything thank you  
 Flyer for helping or videos  
 I think it's great how it is  
 Workshop for evening when more students would attend.  
 It's great! I would love to see more people join

### Major

Biology	1
fashion	1
Social Work	1
Teacher in the Spanish language	1
psychology	3
Pre registered nurse	1
Film & Media	1
Human Services	1
Community Social Services	1

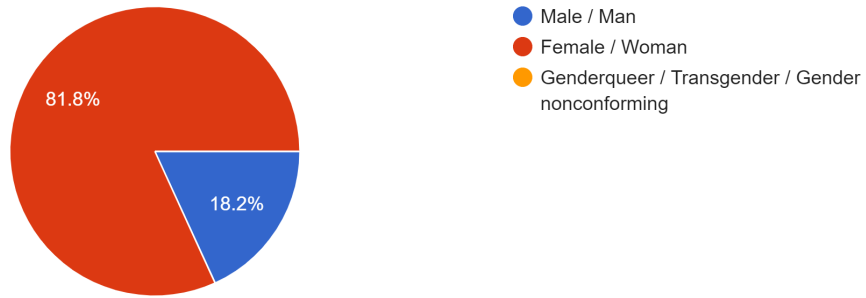
### Year

11 responses



### Gender Identity

11 responses



### Ethnicity

12 responses

