

# Movies for Mental Health (Online)

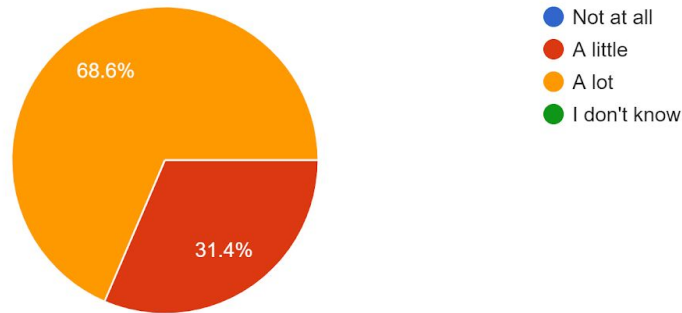
## Post-Workshop Evaluations

Santa Barbara City College  
March 11, 2021

Approximate maximum attendance: 61  
Number of evaluations: 35

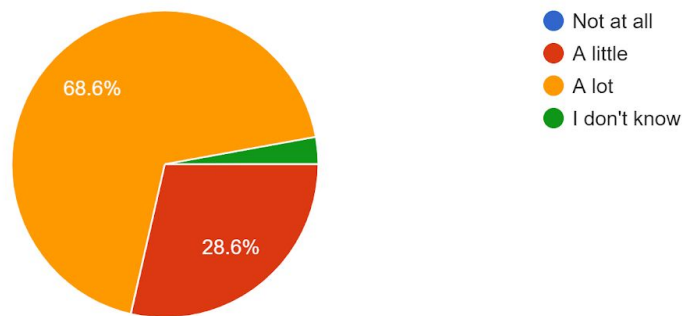
In your opinion, did this workshop increase your awareness of mental health issues?

35 responses



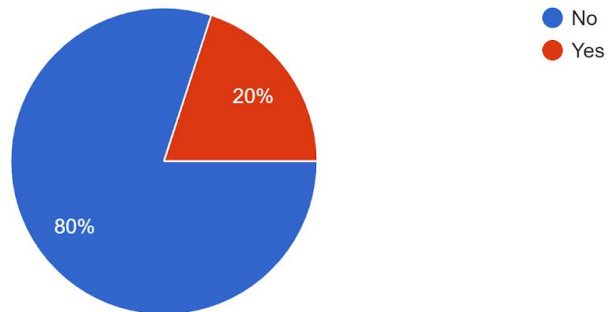
In your opinion, did this workshop help you confront and address stigma related to mental illness?

35 responses



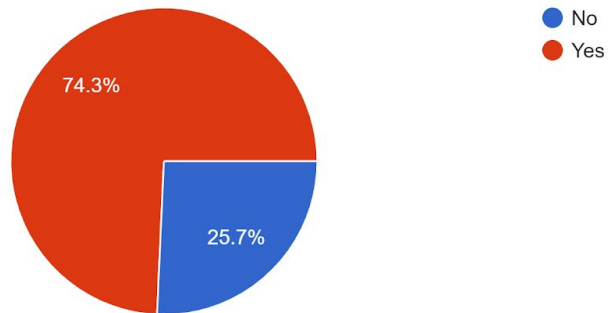
Did you know about the the Mental Health Services Act before this event?

35 responses



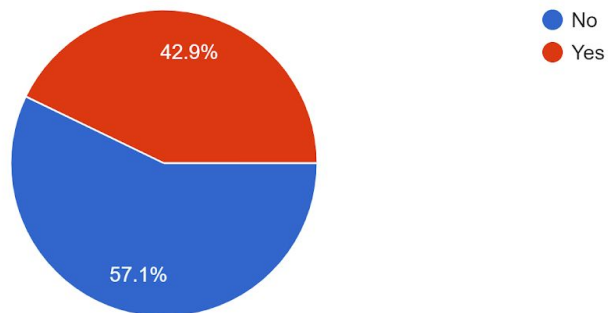
Did you know about your school's counseling services before this event?

35 responses



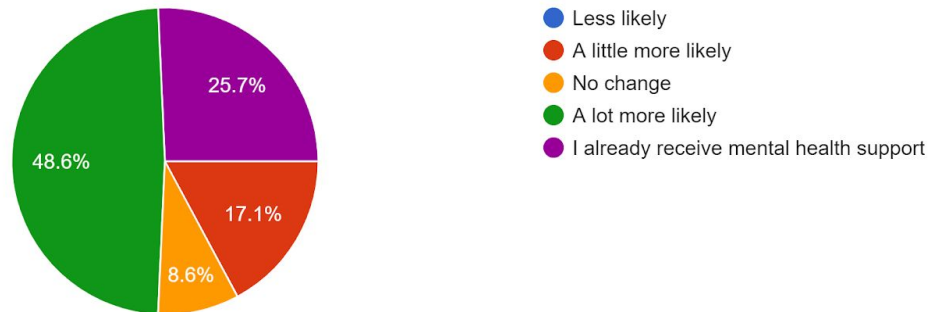
Did you know about the community resources before this event?

35 responses



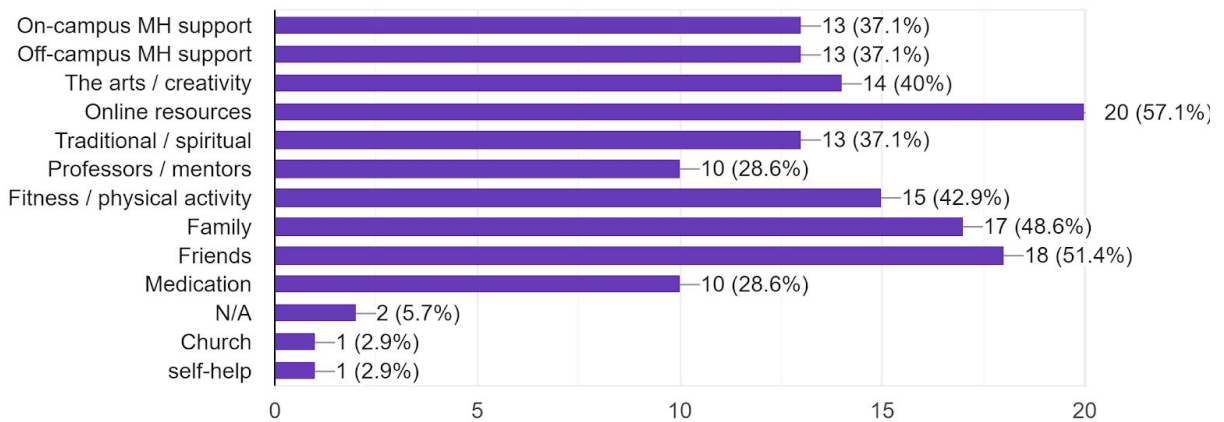
After this event, are you more or less likely to seek support for your mental health?

35 responses



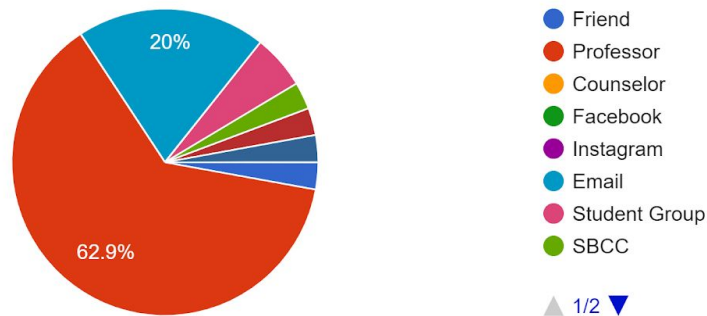
What type of mental health support do you think would be most useful to you?

35 responses



How did you hear about this event?

35 responses



## What was your main takeaway?

Kindness and compassion in community MAKE A DIFFERENCE!  
You are the expert of your own experience and it is ok to not be ok and to ask for help and support  
Mental Health should not be a stigma. It should be more acceptable in every culture.  
I'm not as alone as I once thought. There's others feeling my pain (not happy about it)  
It reaffirmed the idea that you never know what others are going through  
This helped me address a lot of things I've been suppressing  
My main takeaway is how important mental health is, and how we should seek help if needed.  
I'll be looking deeper into SBCC resources.  
My main takeaway was that this workshop made me feel like the people in this workshop are working to break the stigma and mental health. They made me feel seen and heard, as well as opened my eyes to other unfamiliar aspects of mental health to me.  
I refreshed myself after feeling stressed about my life  
This is a fabulous way to raise awareness around mental health matters and nurture compassion toward those who may be suffering from mental health problems.  
That we are so lucky to be able to have the resources that we do and that I should do a better job of taking advantage of them.  
I really liked the focus on community wellness  
It is ok to ask for help, other people are probably feeling the same way & you are not alone

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

(Highlights: see raw data for full list)

This workshop was beneficial in describing the different types of mental health related issues that are occurring today and what are some great ways to address it for yourself or if you know someone who is struggling.  
Gives you resources on Mental Health, groups, health resources, online services, counseling  
Safe space  
Reflective and informative  
An awesome workshop that gives you so many resources, with great leadership!  
Very open and non-traditional  
Letting people know mental health is not always perfect and can manifest in different ways.  
I would describe it as powerful, important, and eye opening  
I would describe this workshop as a destressor, where you can be relaxed and enjoy a presentation that is informational and also shows a lot of cool short films that relate to the topics presented.  
I would describe it as informative, creative and very outgoing about getting help when it comes to mental health.  
A multi-media event bringing real mental health problems to life while providing tools and resources to address them.  
A gift for yourself

## How might you use what you learned today?

Devote more time to things that I love and that make me happy, as well as being kind to others because we might not necessarily know what they are going through.  
Help with balancing my personal, academic, and professional life

I will do the exercises Natalie taught us and I will make an appointment with the counselors.  
 Try to focus on my breathing and use more of the exercises, and focus on what could help me get to a happy place.  
 I would like to reach out and take advantage of our counseling resources.  
 Utilize resources from the shared notes list, and keep it handy for others in my life (like my roommate, who I know is also struggling)  
 I will be using the counselor sessions offered at SBCC  
 I am going to show and discuss "Little Elizabeth" with my therapist  
 I will definitely start using some of the breathing exercises we learned today when feeling anxious. I will also look into some of the resources we learned about today  
 I think i will be showing these short films to friends in family which i think will be useful to show them.  
 It makes me feel okay about needing to seek help from the SBCC counseling service.  
 I will see problems as more of a project and to accept where I am at right now  
 Being less hard on myself

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

Fear  
 Stigma  
 Cost  
 Judgement  
 Time Management  
 Poor Domestic Situation  
 Getting past feeling like a burden

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

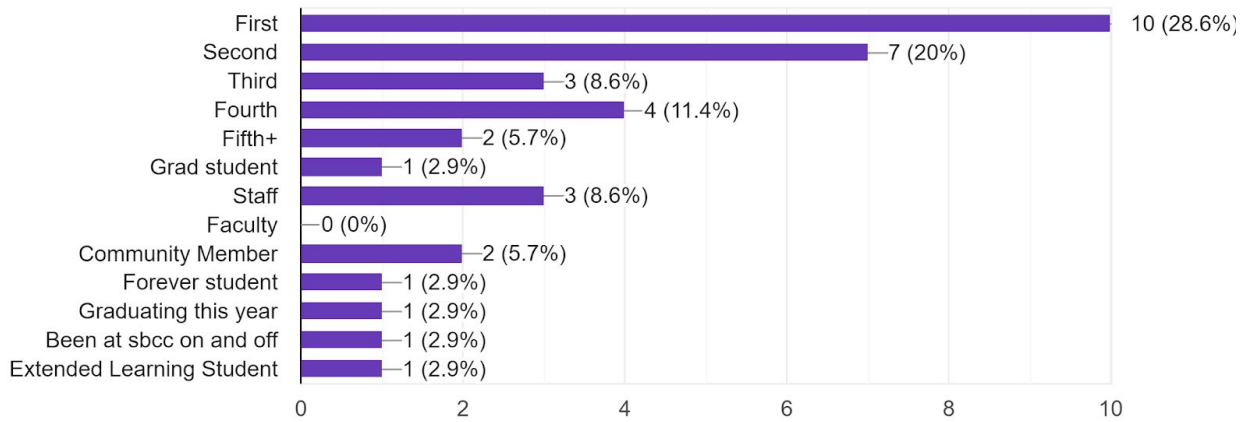
Have similar workshops every month.  
 It's pretty long  
 I would love more polls! I found those quite interesting.  
 Increase trigger warnings especially for movies, and go through the shared notes more thoroughly because this looks very useful for me personally and I almost overlooked it  
 I thought it was very well done, I really enjoyed the interactive part of the workshop  
 Add more films that we can relate to :)  
 Was extremely fast paced  
 Have people be able to talk more

Accounting	1
Biology	1
Cancer Information Management	1

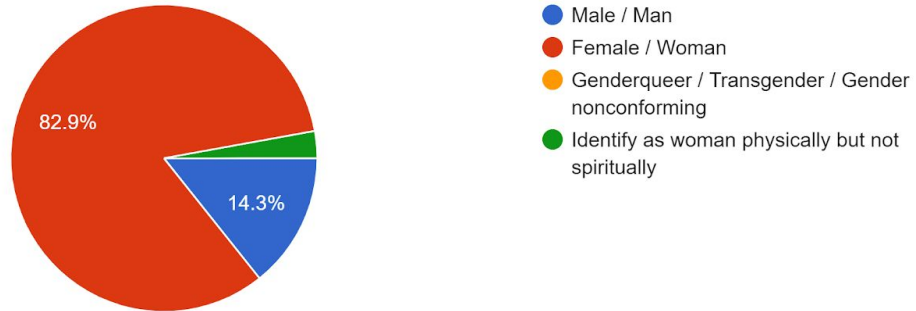
Communications	2
Cosmetology	1
Criminal justice	1
Economics	2
English	1
environmental science	1
Esthetician	2
Film Production	1
HIT	1
Marine Transportation	1
Nursing	4
Psychology	6
Radiology	1
sociology	2
Undeclared	3

Year

35 responses



Gender Identity  
35 responses



Ethnicity  
35 responses

