

# Movies for Mental Health (Online)

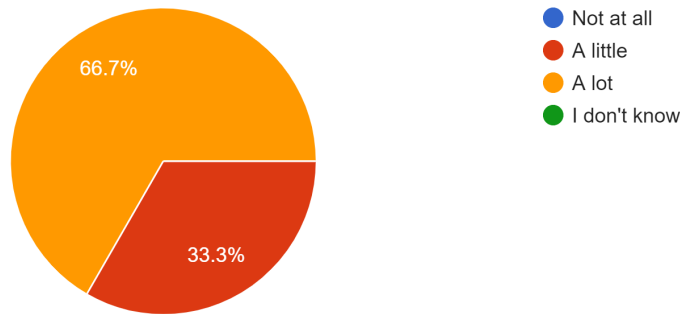
## Post-Workshop Evaluations

Santa Barbara City College  
March 17, 2022

Approximate maximum attendance: 19  
Number of evaluations: 6

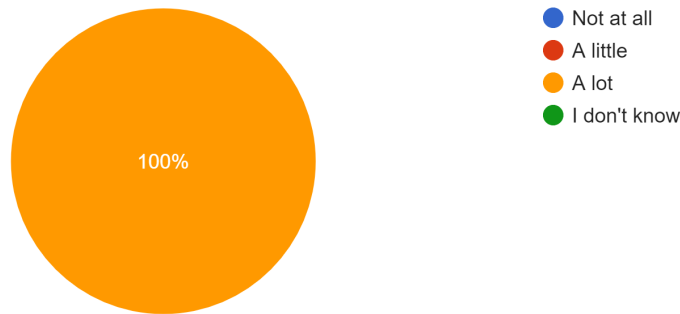
In your opinion, did this workshop increase your awareness of mental health issues?

6 responses



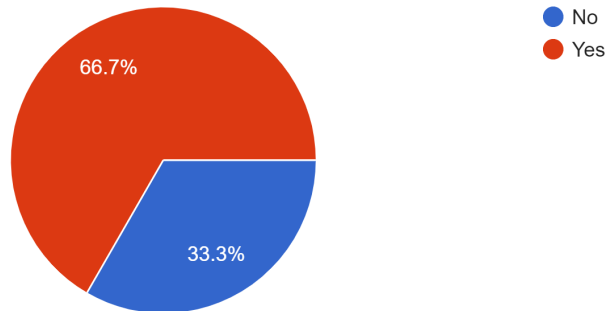
In your opinion, did this workshop help you confront and address stigma related to mental illness?

5 responses



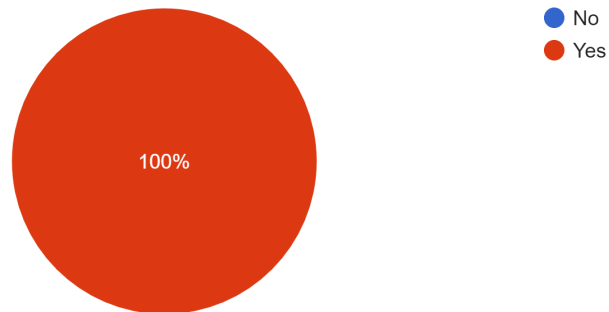
Did you know about the the Mental Health Services Act before this event?

6 responses



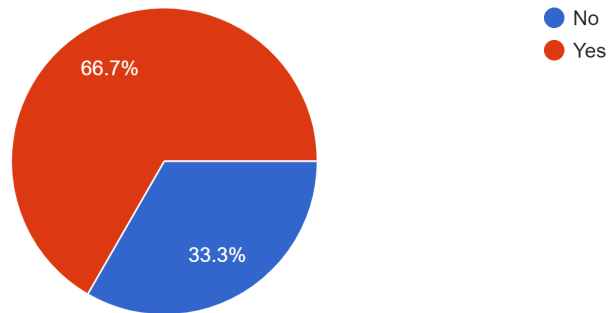
Did you know about your school's counseling services before this event?

6 responses



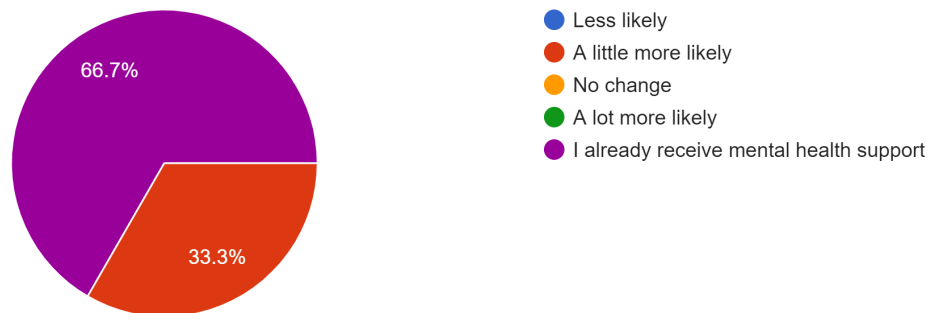
Did you know about the community resources before this event?

6 responses



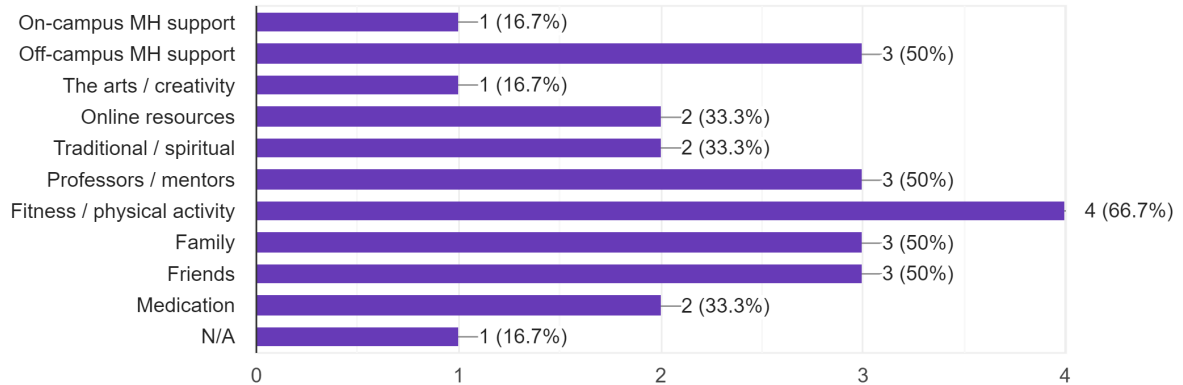
After this event, are you more or less likely to seek support for your mental health?

6 responses



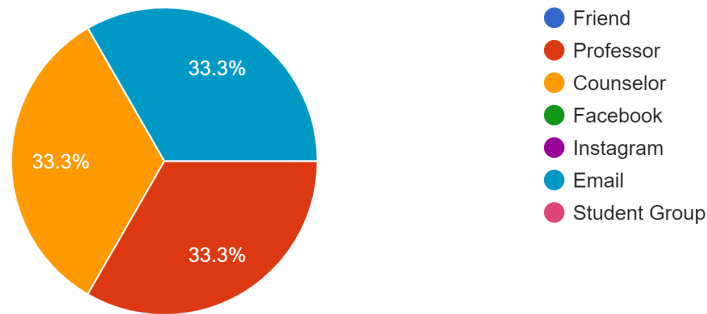
What type of mental health support do you think would be most useful to you?

6 responses



How did you hear about this event?

6 responses



**What was your main takeaway?**

I think my main takeaway is just knowing that I'm not alone and we all have our struggles which is comforting

Awareness

Movies about mental health in other cultures or ethnic cultures

It's prevalent

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

(Highlights: see raw data for full list)

The workshop is helping people that don't understand mental illness a place to learn and people that have mental illness a place to not feel alone

Resourceful

Inspiring and powerful

Very informative

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

The breathing exercises will be practiced
Write a paper
Resources that would help with my mental health
I might use what I learned today to get help when needed

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

Being consistent with therapy
My schedule and personal mental blocks
Getting the right person or to share my problems related to mental health
Insurance

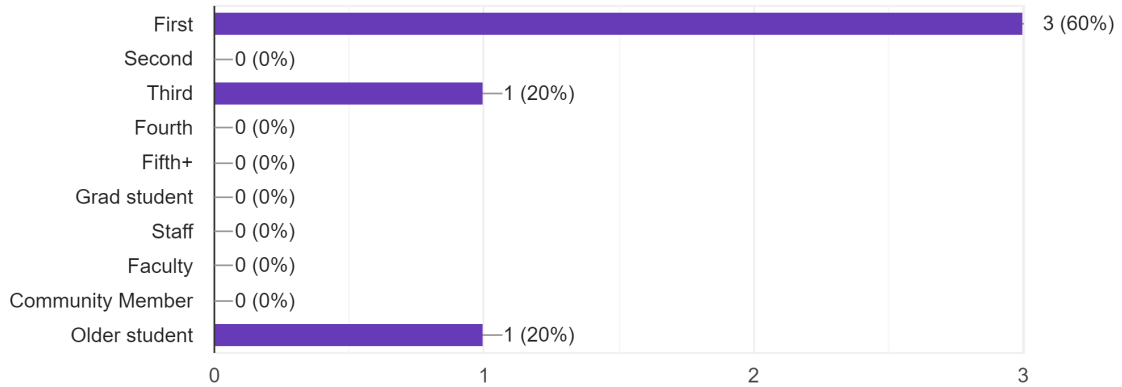
**How can we improve this event in the future?**

Make it a little shorter
Interactive role plays

Major	
Psychology	2
ADC	1
Anthropology	1

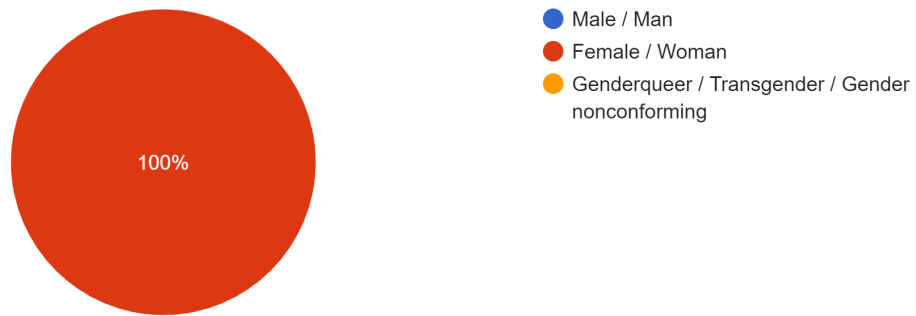
### Year

5 responses



### Gender Identity

6 responses



### Ethnicity

6 responses

