

Movies for Mental Health (Online)

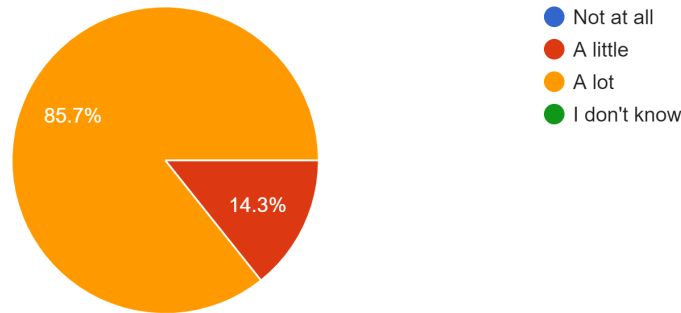
Post-Workshop Evaluations

Santa Barbara City College
September 15, 2021

Approximate maximum attendance: 34
Number of evaluations: 21

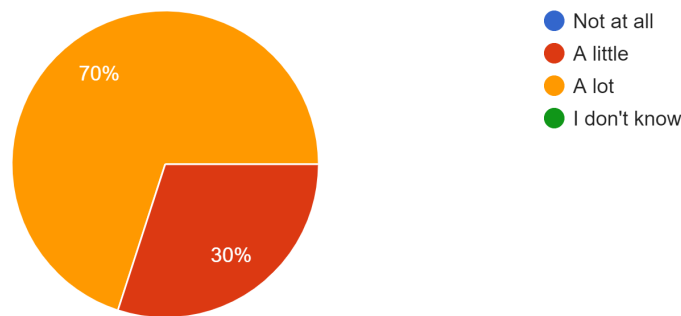
In your opinion, did this workshop increase your awareness of mental health issues?

21 responses



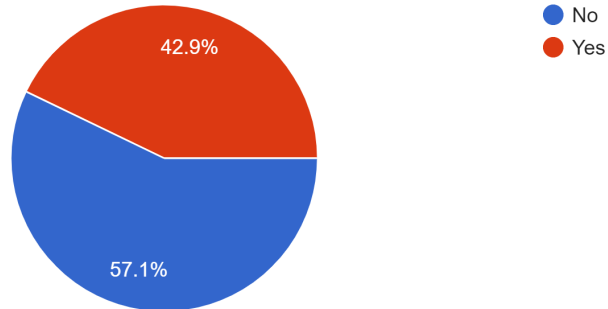
In your opinion, did this workshop help you confront and address stigma related to mental illness?

20 responses



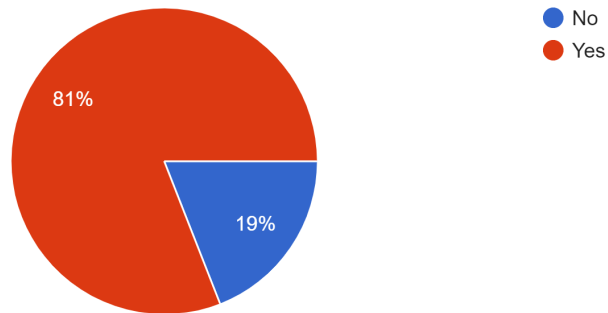
Did you know about the the Mental Health Services Act before this event?

21 responses



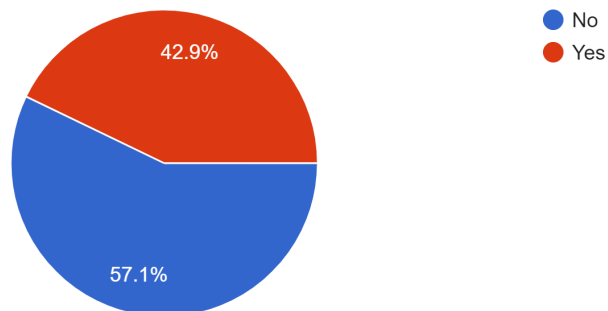
Did you know about your school's counseling services before this event?

21 responses



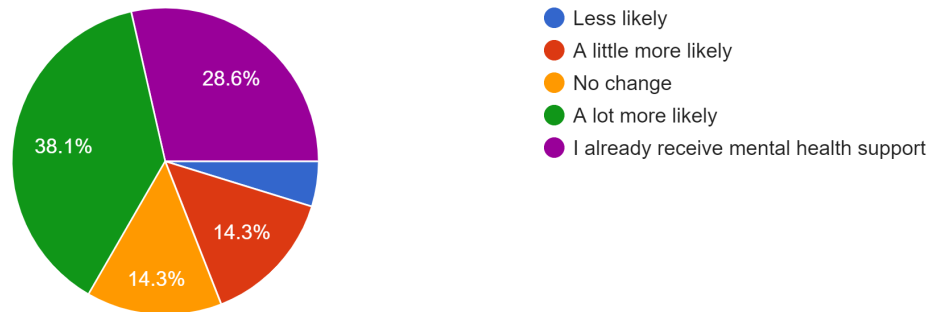
Did you know about the community resources before this event?

21 responses



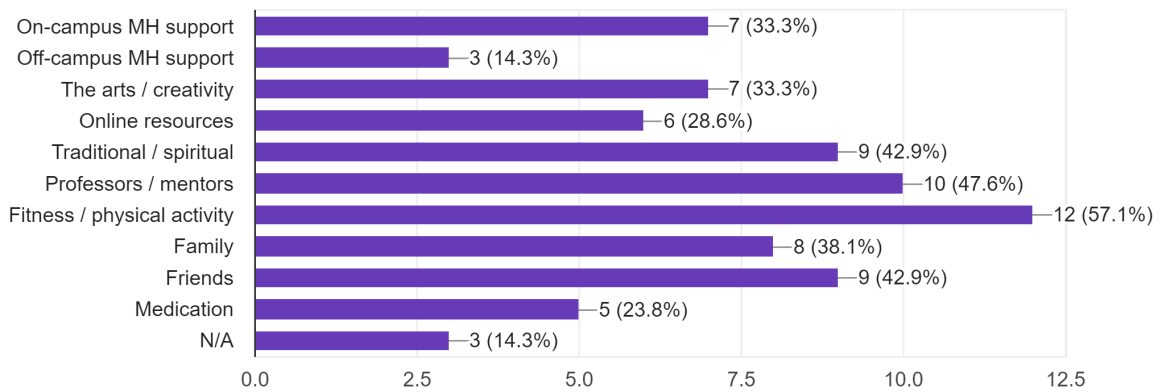
After this event, are you more or less likely to seek support for your mental health?

21 responses



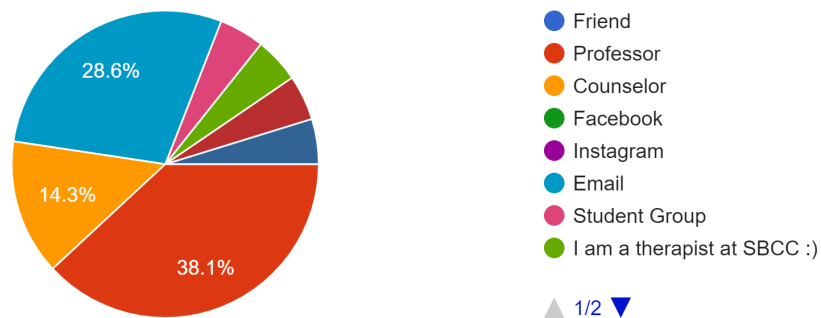
What type of mental health support do you think would be most useful to you?

21 responses



How did you hear about this event?

21 responses



What was your main takeaway?

How the same issue can affect people so differently
I'm not the only one and I'm not alone
That I could receive help from my schools resources
How much I relate to others
It's important to raise awareness and decrease stigmatization. It's also important to support yourself and support others.
Taking care of your mental health allows you to fully be the person you are meant to be.
"Honor what is true to you."
That I can seek help without being disgraced
I really felt unified with the community; I'm not alone
There is a community to support you as a student.
All of the various resources that are offered at the school. That is fantastic.
It is important to prioritize your mental health and take time for self-care

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

A refresher on mental health stigmas
Amazing and helpful
A super fun way to learn about mental health and hear from others like you.
Helpful, happy, inclusive, insightful.
Dynamic--videos, exercises and traditional educational elements
Just give it a try!
Communication is profoundly healing - you can find that with this workshop
Excellent--Natalie was epic
A safe, supportive, and informative workshop

How might you use what you learned today?

I'll be reaching out to a personal counselor tomorrow
I will use some of the coping mechanisms that were talked about
I am already in counseling, but I feel more motivated to help my mental health even more and try new things and not feel bad about myself.
Help myself more, engage more in strategies for mental wellness, and spread awareness.

I will practice the body scan to help myself
I will use the breathing exercise
I will now be more understanding of others, even if I haven't experienced what they have gone through
Incorporate the somatic exercises into daily practice

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

Talking to people
Money
Feel helpless when opening up. Weak
Being judged
I am in therapy right now because I have insurance benefits but in two years I won't have benefits anymore.
Being ashamed of feeling this way
I've tried counseling before and it made me feel even more terrible so i am afraid that it won't help
Health insurance, access
Finding a psychologist match for me, that has knowledge of my culture; sometimes can be expensive

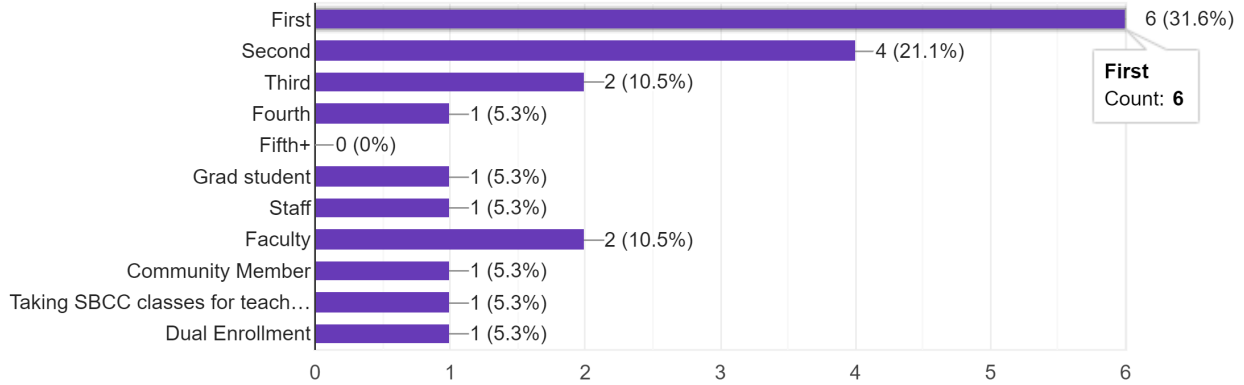
How can we improve this event in the future?

More people sharing about their journeys with mental health
Perfect as is!
I think that this event was super cool and I love all of the accessibility and support and fun speakers. I wish there was a meeting like this weekly for mental health check in's and support groups.
Talk more in detail about mental health, and provide resources that are online and distanced, for some people who are distance education or can't go in person for some reason. Also resources that involve self-learning.
Include research based content (what research has been done in this field, evidence based strategies-cite sources, how to use the media versus just watching it, etc.)
Add personal emojis
Having interpretation in spanish too

Major	
Esthetics	4
Psychology	1
Anthropology	1
Social and Behavioral Sciences	1
N/A	4
Graphic Design	1
Commutations	1
Film	1
Social work	1
Early Childhood Education	1

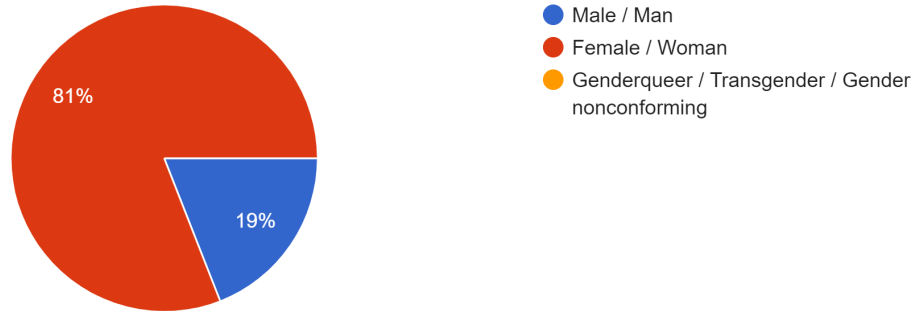
Year

19 responses



Gender Identity

21 responses



Ethnicity

21 responses

