

Movies for Mental Health (Online)

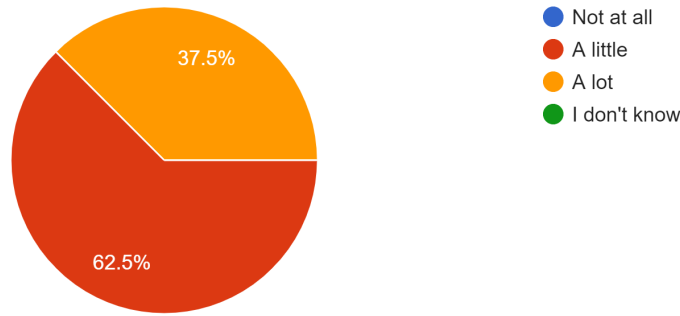
Post-Workshop Evaluations

Santa Clara University
May 19, 2021

Approximate maximum attendance: 24
Number of evaluations: 8

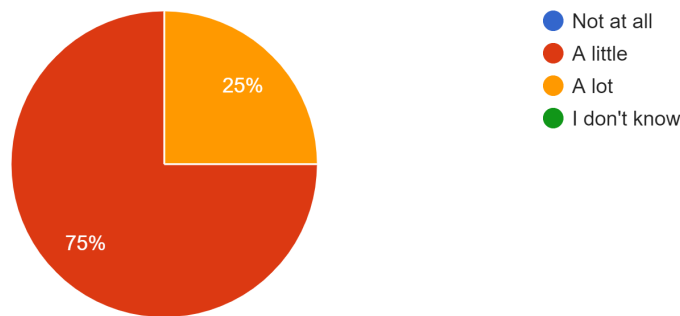
In your opinion, did this workshop increase your awareness of mental health issues?

8 responses



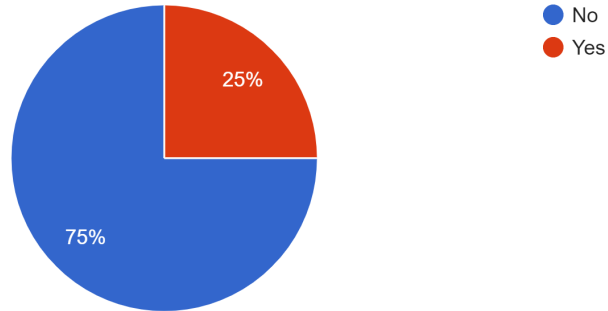
In your opinion, did this workshop help you confront and address stigma related to mental illness?

8 responses



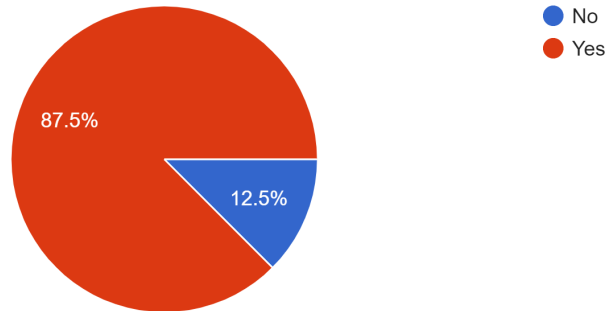
Did you know about the the Mental Health Services Act before this event?

8 responses



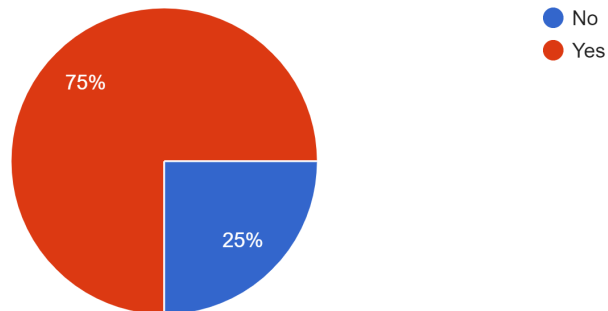
Did you know about your school's counseling services before this event?

8 responses



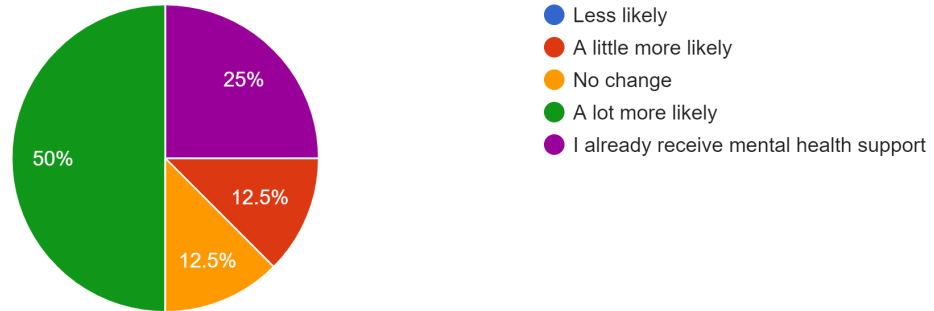
Did you know about the community resources before this event?

8 responses



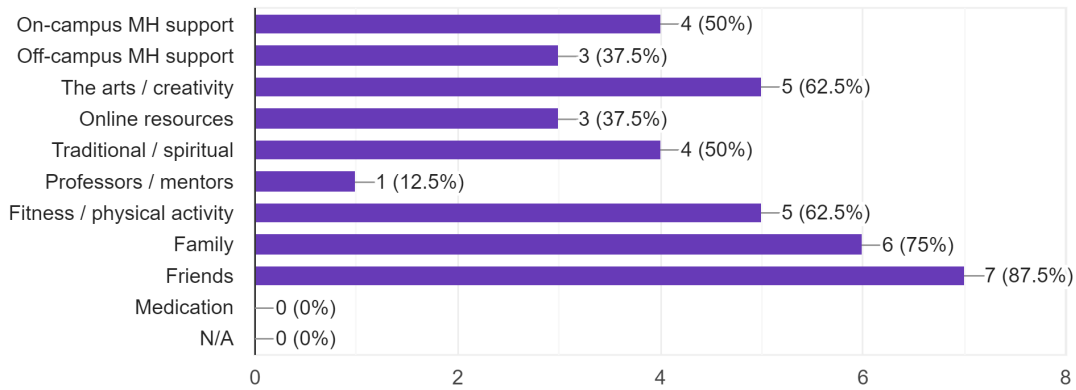
After this event, are you more or less likely to seek support for your mental health?

8 responses



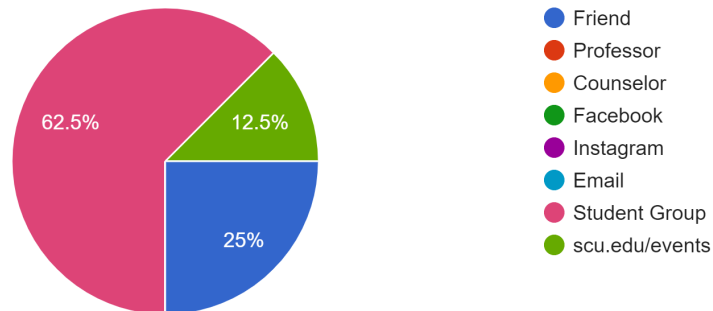
What type of mental health support do you think would be most useful to you?

8 responses



How did you hear about this event?

8 responses



What was your main takeaway?

There is hope and support available for mental health issues
Intersectionality in mental health is very important
Everyone has mental health struggles and you're never alone in your experiences. Art can be very beneficial in reflection and healing.
The importance of putting myself first
we are all in this together!
mental wellness is something everyone has to work for even though it looks different for each of us; we're not alone!
mental health is not limited

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

Be supportive of those who are struggling with mental health issues
Connecting and restorative
A reflective and mindful workshop with moving short films on mental health
It is a nice moment to take a pause and ask yourself the hard questions about how you are tending to your own needs
insightful, raw and enjoyable
unique and a true communal space; welcoming, kind, brave
a safe space

How might you use what you learned today?

Be more receptive and tolerant
Be more open to talking about mental health with my friends and family - actively engage in these conversations more often
Take the tips and strategies shared by the panelists and being willing to try them out
share it with loved ones and implement it in my life
sharing groups like "king's talk" and other initiatives from CAPS
to reach out to a friend

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

Faulty brain chemistry set off by unexpected disappointment or shocks
Being a helper, it can be hard to let others know you also need help
It's hard to know where to start or where to go, it can be very daunting. It's also easy to push it off and pretend that it's not a priority.
Not taking the time and always using the excuse of "I'm busy"
stigma
therapy is EXPENSIVE
stigma

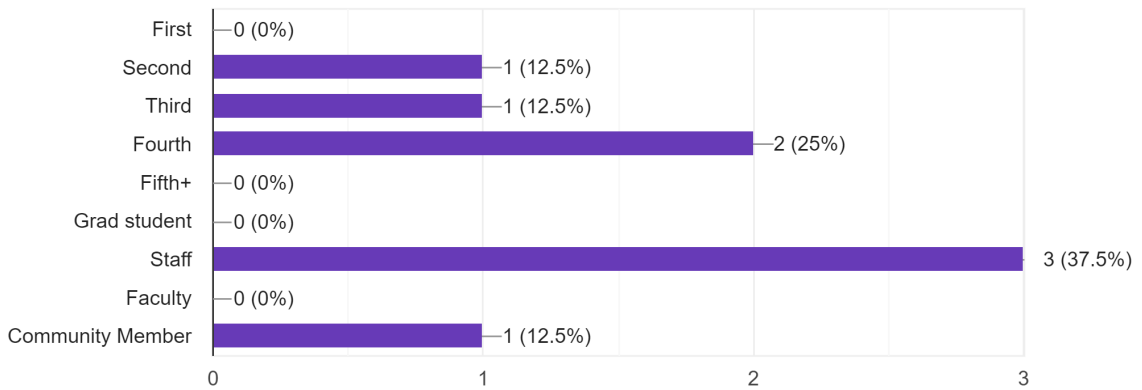
How can we improve this event in the future?

Not sure
 Getting into some more "high-end" information/skill building
 N/A
 Actually make the time for this part of my life
 activities to do after (journaling or meditation practices)
 advertising

Major

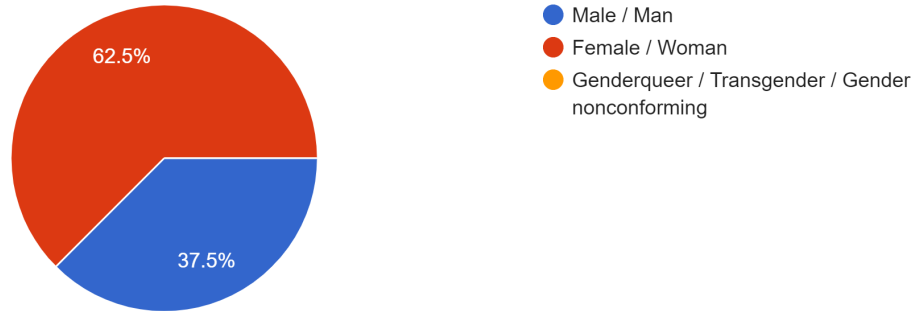
Psychology	1
Early Education	1
Public Health	2
Political Science and Philosophy	1

Year
 8 responses



Gender Identity

8 responses



Ethnicity

8 responses

