

# Movies for Mental Health (Online)

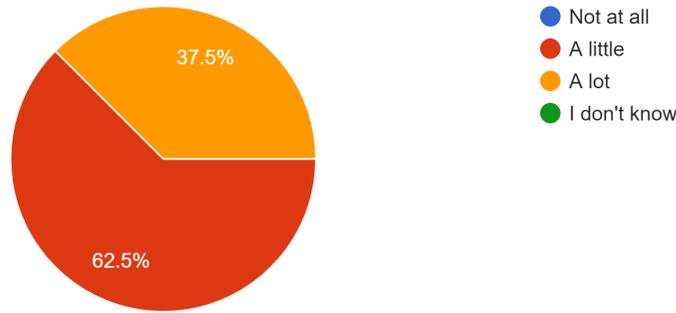
## Post-Workshop Evaluations

Santa Clara University  
May 19, 2021

Approximate maximum attendance: 24  
Number of evaluations: 8

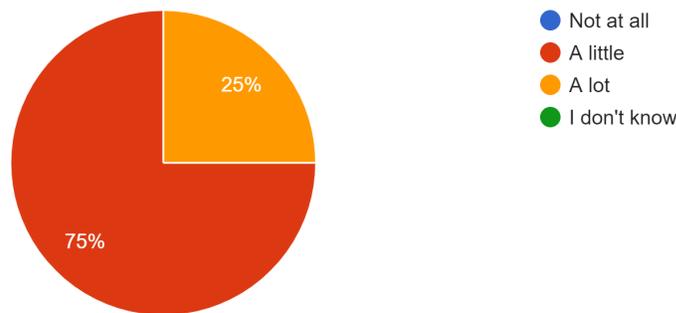
In your opinion, did this workshop increase your awareness of mental health issues?

8 responses



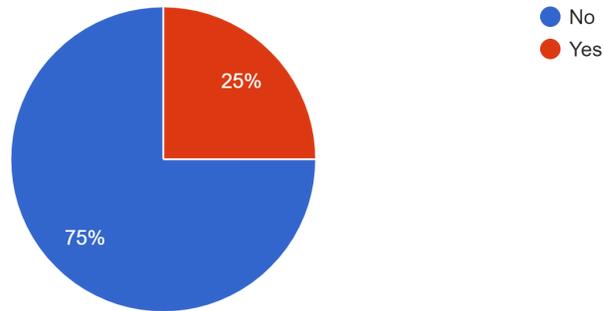
In your opinion, did this workshop help you confront and address stigma related to mental illness?

8 responses



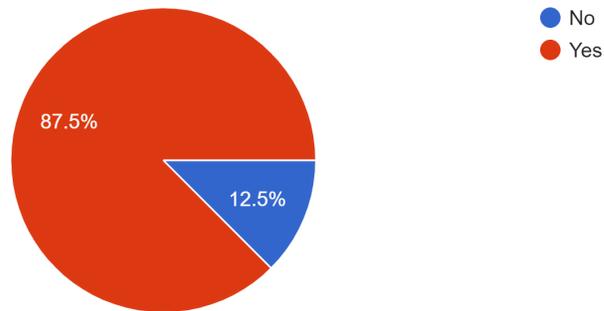
Did you know about the the Mental Health Services Act before this event?

8 responses



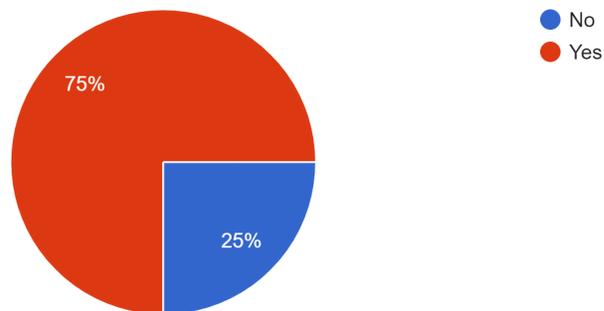
Did you know about your school's counseling services before this event?

8 responses



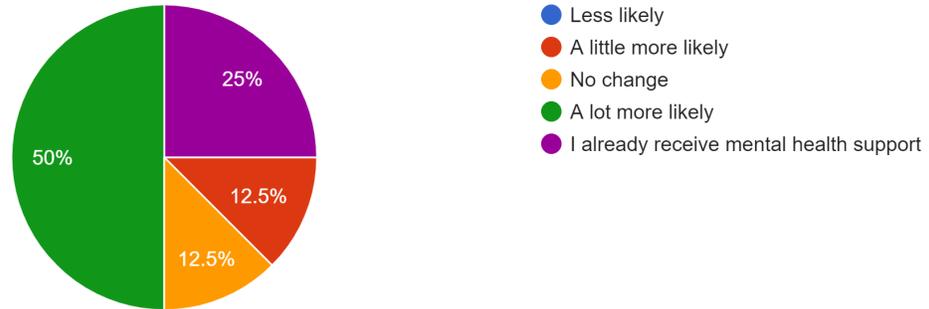
Did you know about the community resources before this event?

8 responses



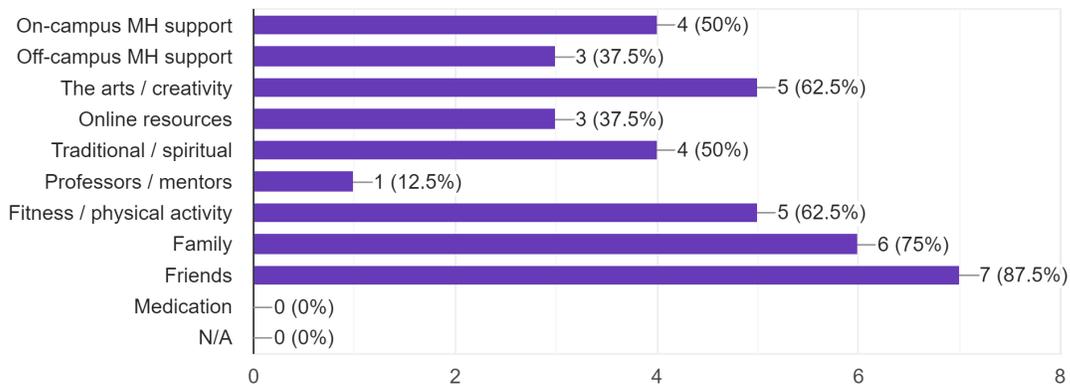
After this event, are you more or less likely to seek support for your mental health?

8 responses



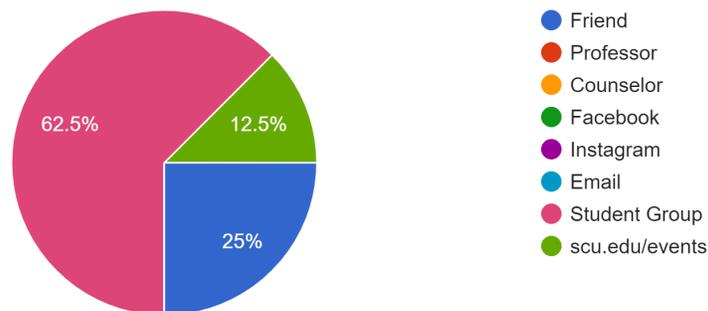
What type of mental health support do you think would be most useful to you?

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)

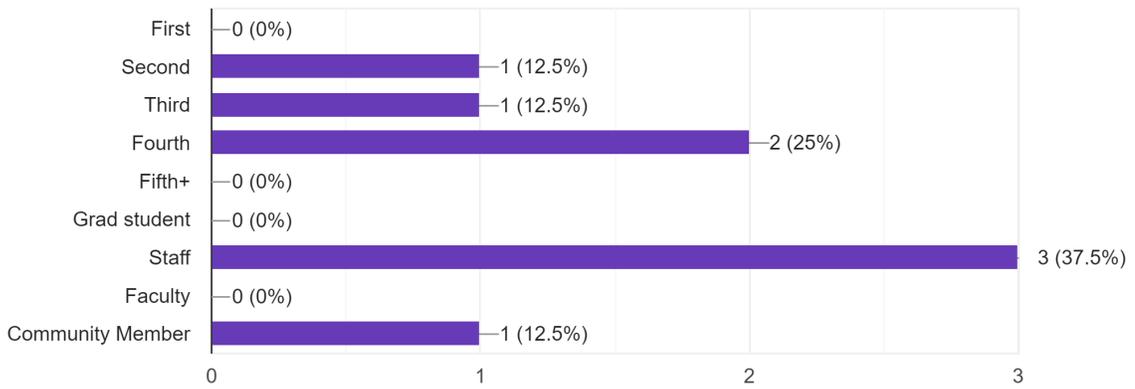
Faulty brain chemistry set off by unexpected disappointment or shocks  
Being a helper, it can be hard to let others know you also need help  
It's hard to know where to start or where to go, it can be very daunting. It's also easy to push it off and pretend that it's not a priority.  
Not taking the 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

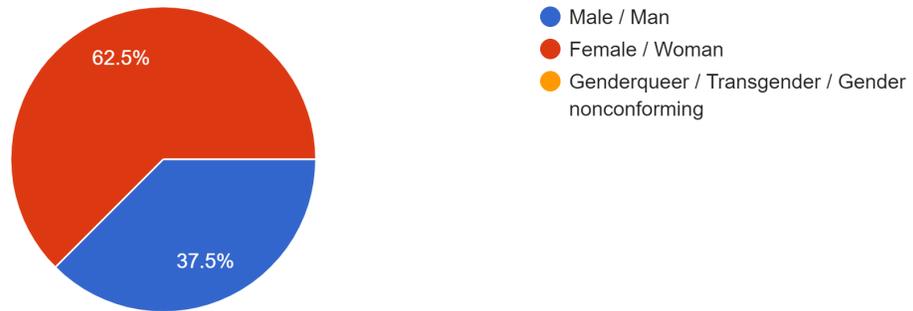
Major	
Psychology	1
Early Education	1
Public Health	2
Political Science and Philosophy	1

Year  
 8 responses



### Gender Identity

8 responses



### Ethnicity

8 responses

