

# Movies for Mental Health (Online)

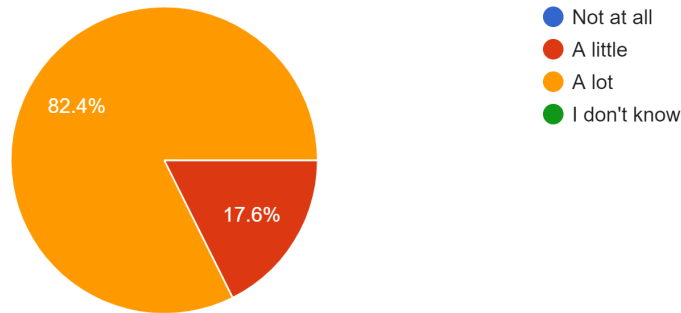
## Post-Workshop Evaluations

Southern State Community College  
March 24, 2021

Approximate maximum attendance: 44  
Number of evaluations: 38

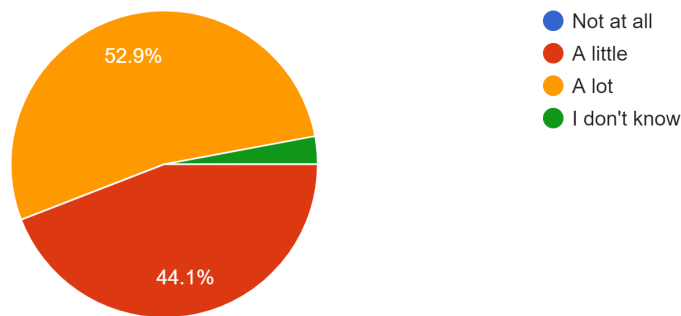
In your opinion, did this workshop increase your awareness of mental health issues?

34 responses



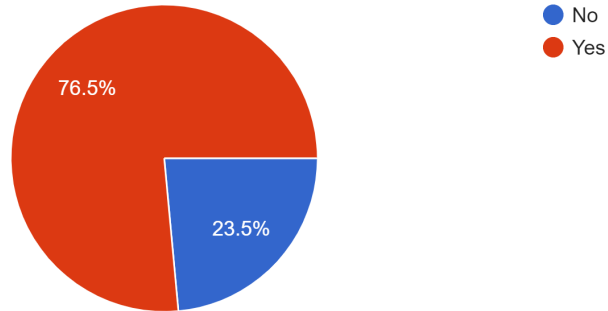
In your opinion, did this workshop help you confront and address stigma related to mental illness?

34 responses



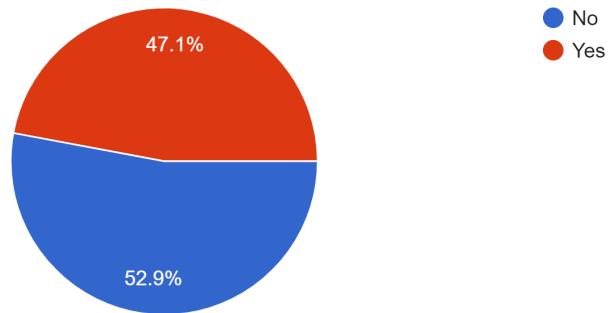
Did you know about your school's counseling services before this event?

34 responses



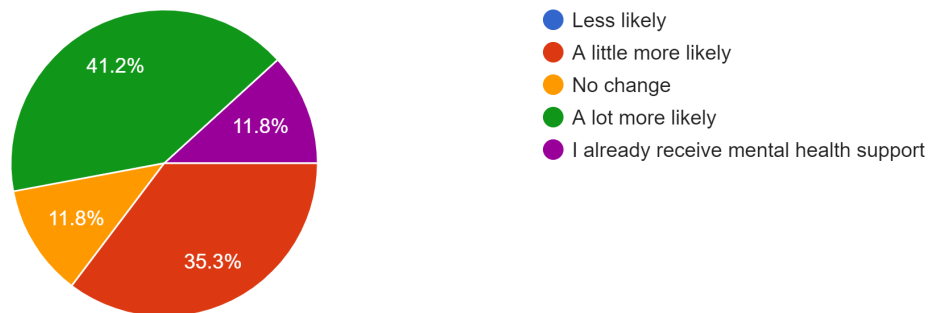
Did you know about the community resources before this event?

34 responses



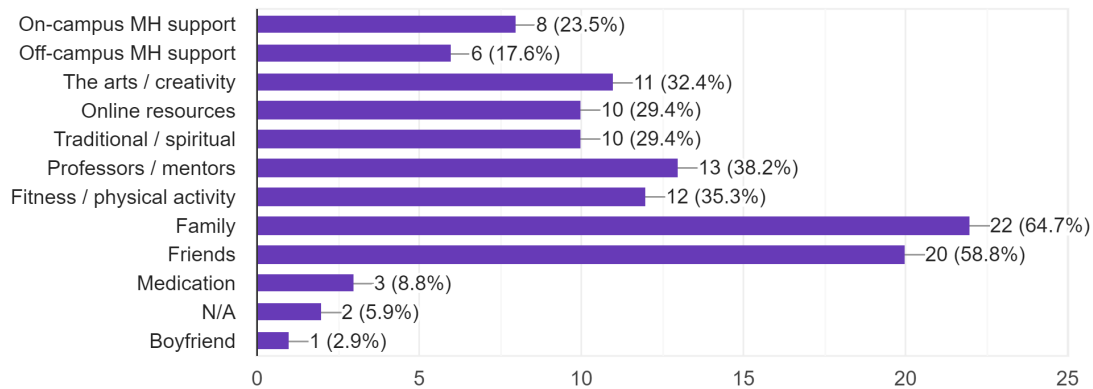
After this event, are you more or less likely to seek support for your mental health?

34 responses



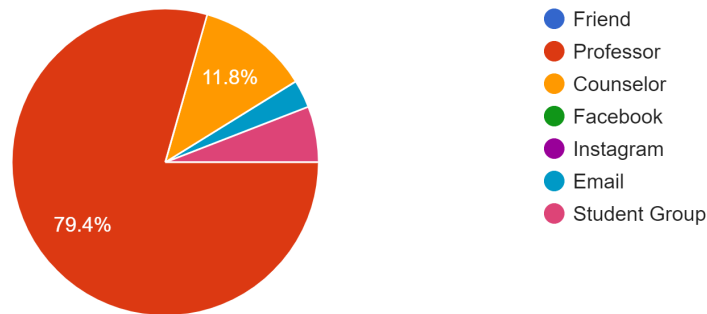
### What type of mental health support do you think would be most useful to you?

34 responses



### How did you hear about this event?

34 responses



## What was your main takeaway?

You need to take care of your mental health as if you were taking care of a child.  
 Don't undermine your feelings. Mental health is nothing to be ashamed of.  
 The fact everyone was nice and very understanding  
 It was good to listen to people bring up the topic of mental health, because it's often not talked about  
 With increased awareness, I feel that I can look beyond the surface to coach more effectively  
 There are always more resources for mental health support than you think.  
 That speaking about your mental health will truly benefit you. If I ever need assistance with my mental health I now know that there will be no shame when I do. I also learned that mental health is way more important than people make it!  
 I think the presentation was very helpful and it made me feel comfortable and engaged in the conversations and all of the strong people that shared their experiences and thoughts.  
 The acceptance, and understanding is there, and readily available for me to take advantage of, and it's time for me to do so!

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

Interesting and informative  
Eye-opening  
Amazing-I recommend it to assist with any services they might need to seek out.  
A relaxing experience about mental health.  
A very important and educational program that I would recommend  
Useful and helpful  
An online meeting that will help people identify different techniques to manage mental health.  
A very good, powerful, and motivating experience. The workshop will help you realize what you need to do to develop a better mental health.  
A workshop that uses the art of film to communicate the importance of mental wellness.  
I would describe this as being a wonderful, safe and open experience.  
Very Helpful and highly recommended. I could definitely see myself doing this again, and it has inspired me to seek the guidance I need to continue moving forward progressively.  
A wonderful and educational program.

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

To help those struggling.  
Looking into getting help and talking through my struggles.  
I will be using the body scan more to center myself.  
I would start going to counseling at SSCC.  
I can know that other people can feel the same way that i do  
If I am somewhat worried I feel like there's a place to go  
I am inspired to seek help dealing with the death of my mom.  
Coaching students more effectively to address barriers that may create obstacles  
I will use it to spread the word to anyone I feel might need further information or support.  
I would use the body scan and deep breathing exercises to calm my mind in a busy atmosphere.  
Whenever I am struggling with mental issues I will make sure to get help instead of holding it all in. Today I learned that it is better to release these feelings instead of holding them in.  
It makes me want to be more aware of how I feel.  
I'll make sure my friends know of the resources available to them and that it isn't a bad thing to get help.  
To help better myself and how I view my anxiety  
I will use the techniques Beth taught to help me calm down!  
I am going to go back to my school and speak with a counselor about mental health resources.

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

Fear of being judged.  
Scared of the person thinking I am not right.  
Dealing with people who do not understand  
When happens time a day and all.

Family  
 Being too busy. I work a full-time job, a part-time job, and I do full-time school.  
 Time  
 Community stigma  
 The guilt.  
 The fact people will tell me I'm just dramatic and over thinking.

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

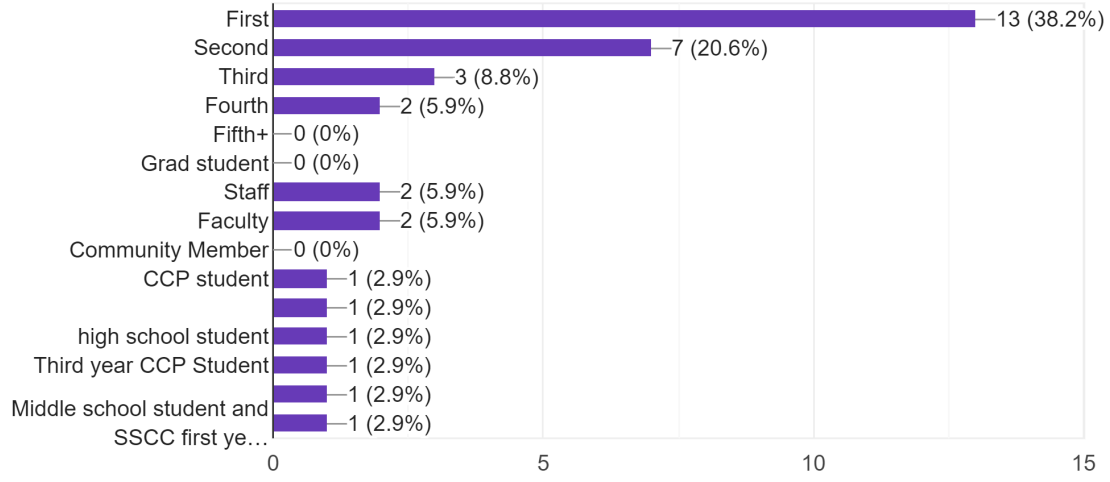
Larger speaker screen  
 Ice-breaker!!!!  
 It seems to be a little over dramatic  
 Maybe get a few more panelists if possible or allow us to have a mic ability at the end to be able to perhaps discuss our life experiences with each other.  
 Perhaps a little shorter.  
 I would say including more polls to keep people engaged and interested.  
 You don't need to, it's perfect the way it is!

### Major

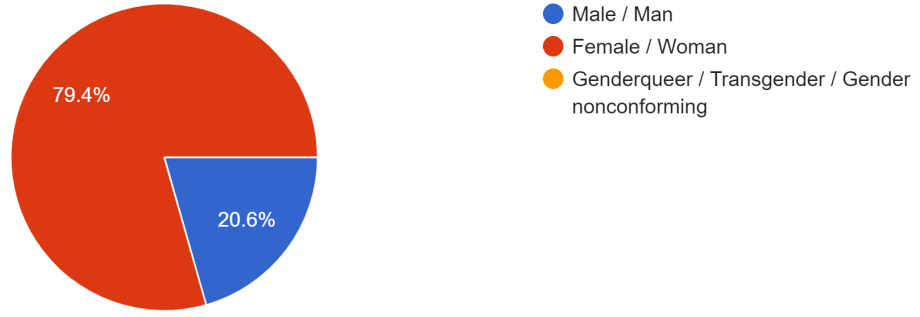
CCP Student	4
Arts & Sciences	3
Information Technology and Science	1
Arts with a focus in psychology	1
HHS:CDCA	1
Assoc. of Science	1
Education	2
Cyber security	1
Philosophy	1
undecided	1
Occupational Therapy Assistant	1
Associate of Arts	1
Veterinarian	1
Psychology	2

RN	1
Human and Social Services	1

Year  
34 responses



Gender Identity  
34 responses



### Ethnicity

34 responses

