

Movies for Mental Health

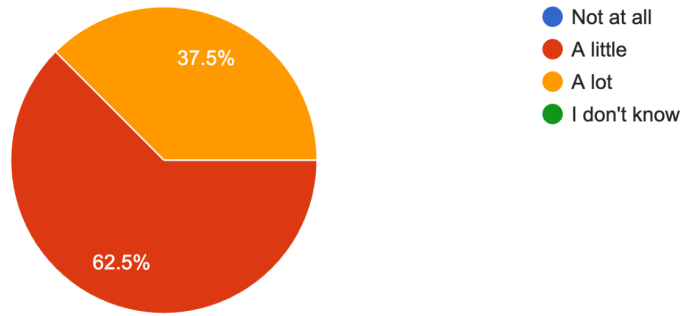
Post-Workshop Evaluations

Truckee Meadows Community College
3/14/23

Approximate maximum attendance: 40
Number of evaluations: 8

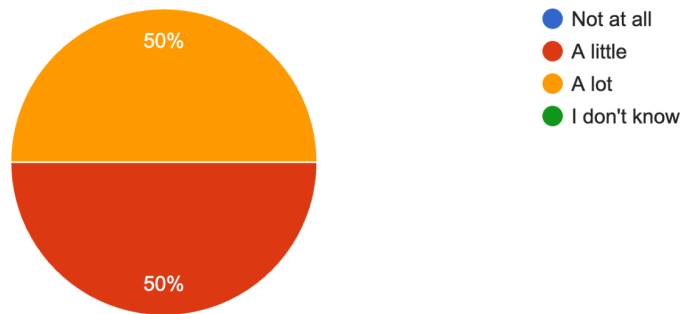
In your opinion, did this workshop increase your awareness of mental health issues?

8 responses



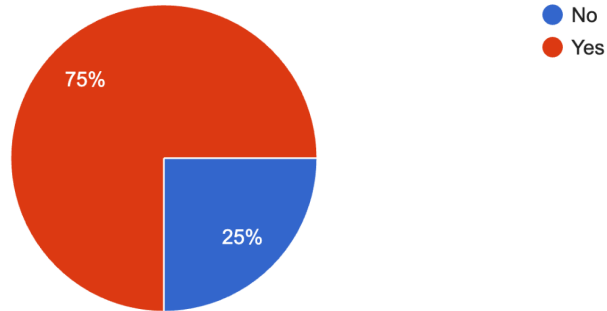
In your opinion, did this workshop help you confront and address stigma related to mental illness?

8 responses



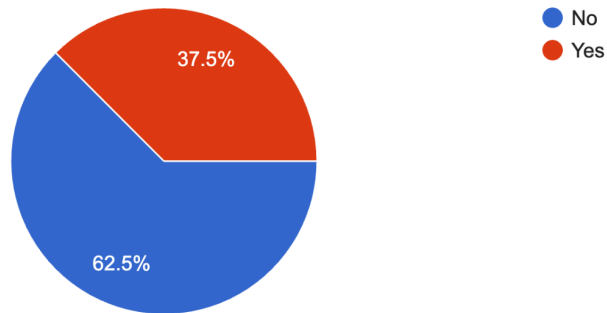
Did you know about your school's counseling services before this event?

8 responses



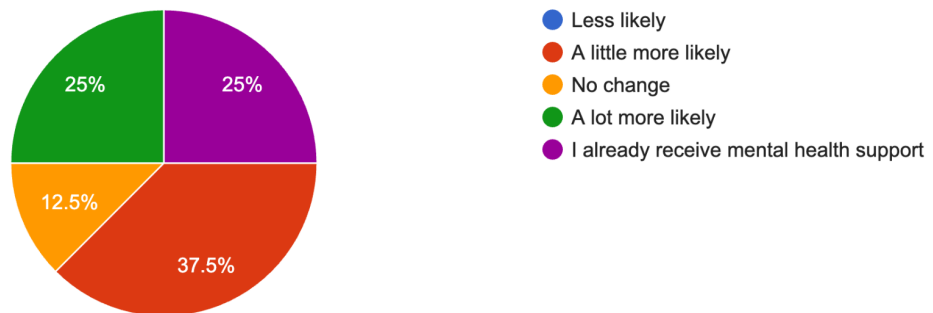
Did you know about the community resources before this event?

8 responses



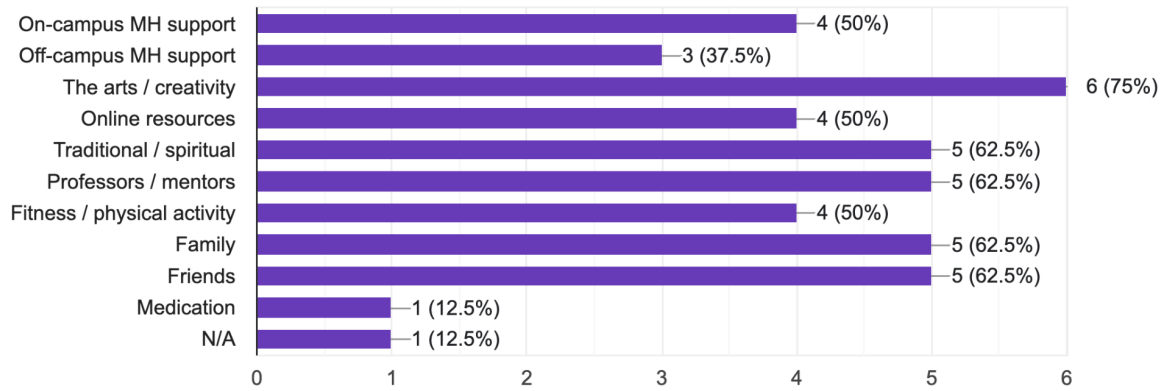
After this event, are you more or less likely to seek support for your mental health?

8 responses



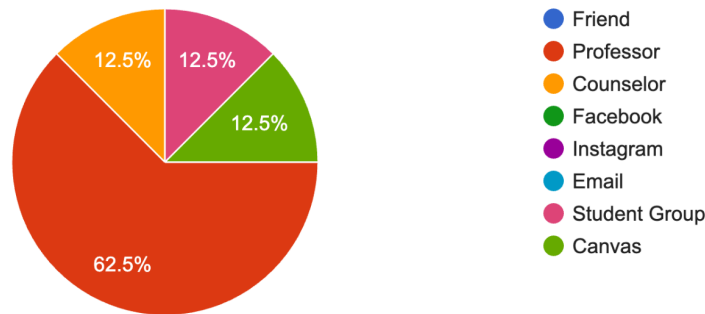
What type(s) of mental health support would you like better access to?

8 responses



How did you hear about this event?

8 responses



What was your main takeaway?

(Highlights: see raw data for full list)

I learned stories of people that have struggles with mental health, and it really showed me that I am not alone.
 Being aware of mental health in yourself and those around you is extremely important and finding resources and helpful methods to deal with this is incredibly important
 That it's important to love and take care of yourself

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

(Highlights: see raw data for full list)

I would describe it as very informative about mental health struggles. I would also say that you get to hear many stories of people from all walks of life.
 Interactive, engaging, educational and fun
 Very helpful. Especially if you are not aware of mental health services available to you.

How might you use what you learned today?
 (Highlights: see raw data for full list)

I will use some of the strategies shared in the discussion to better help contain my stress and better decompress
 I might use it to be more open minded to other peoples mental health needs and helping them through that
 I will use what I learned when I am struggling with mental health, I know that it is okay to talk to people and not be alone.

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

I think how people will react especially my family because they don't think it's a real medical remedy
 My biggest barrier is myself, I fear I will be judged for having mental health issues.
 My own view on my self worth and looking at myself as a failure

How can we improve this event in the future?

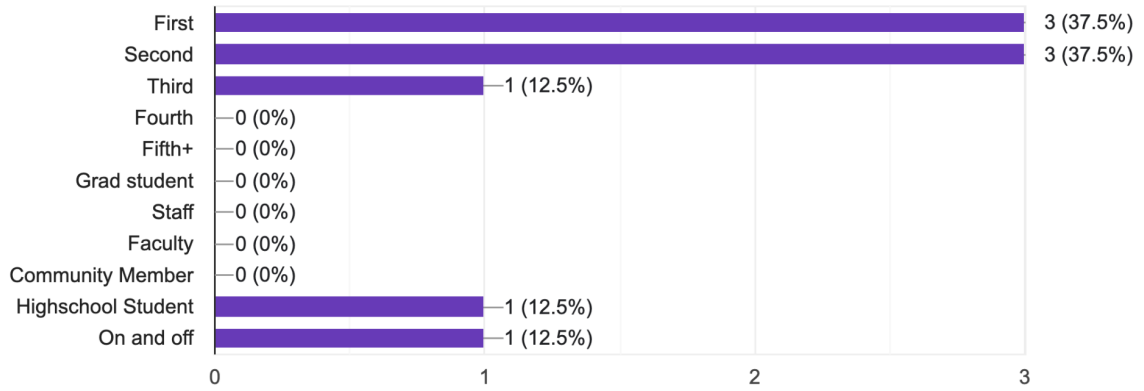
I would like to have a fully in person event if possible such as having the people at the tables talk about their programs in order to help those assisting the event get information on the resources that are available to them since not many students stop at the tables as well as having other public speakers come and present for example in the mental health aspect bringing a social worker, counseling, therapist, or other in mental health related professions may help as this encourages social interactions, engagement, and students are able to ask questions or share opinions and experiences that may help others.

Major	
Nursing	2
Human Development and Family Science	2
Psychology	1

General Studies	1
Undecided	1

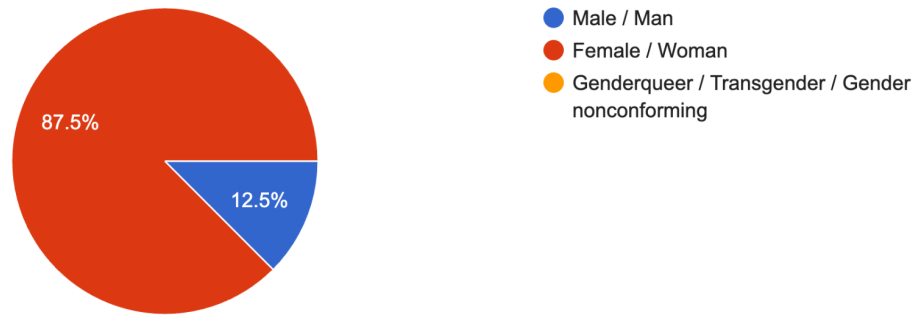
Year

8 responses



Gender Identity

8 responses



Race / Ethnicity		
Asian / Asian-American	1	12.5%
Black / African / African-American	1	12.5%
Hispanic / Latinx	2	25%
Indian / South Asian	0	0%

Middle Eastern	0	0%
Native American / First Nations	1	12.5%
Pacific Islander	0	0%
White / Caucasian	7	87.5%