

Movies for Mental Health

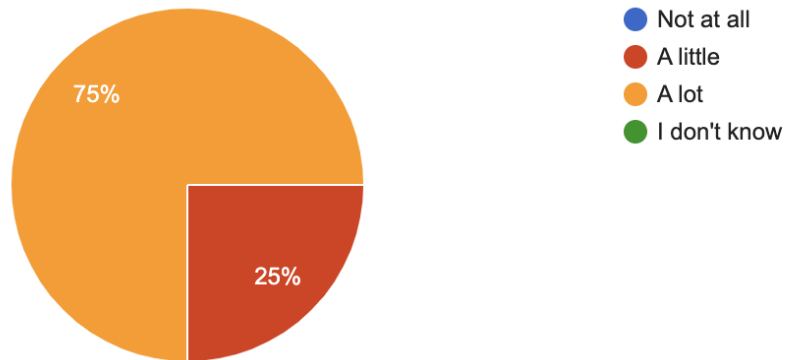
Post-Workshop Evaluations

University of California - Los Angeles
April, 15th, 2022

Approximate maximum attendance: 25
Number of evaluations:20

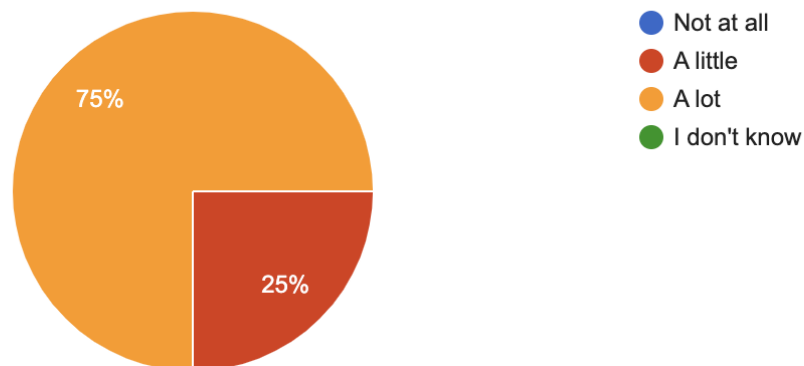
In your opinion, did this workshop increase your awareness of mental health issues?

20 responses



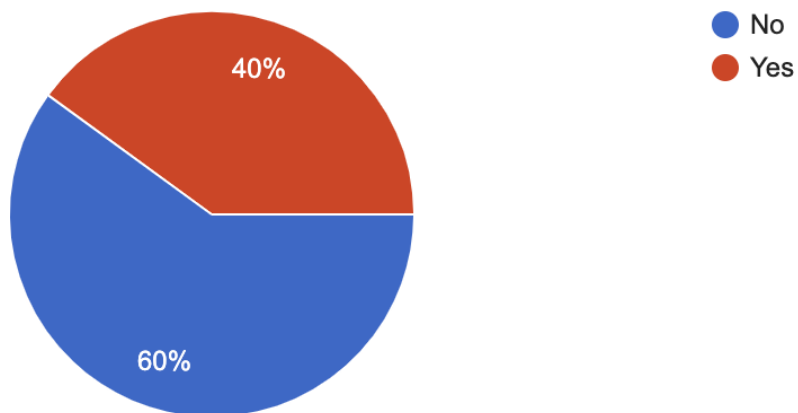
In your opinion, did this workshop help you confront and address stigma related to mental illness?

20 responses



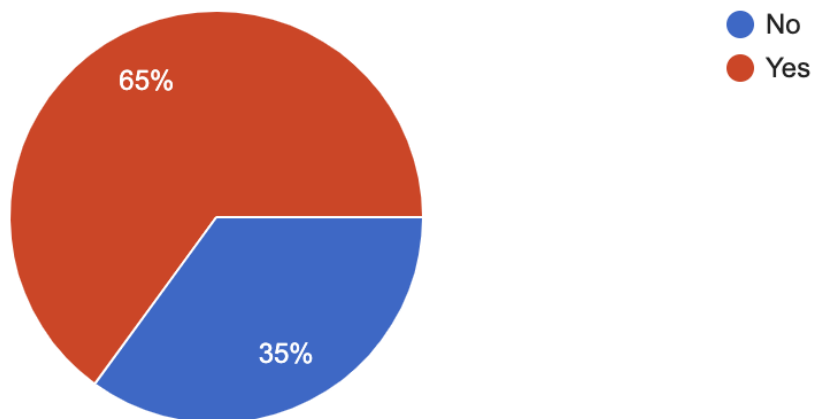
Did you know about the the Mental Health Services Act before this event?

20 responses



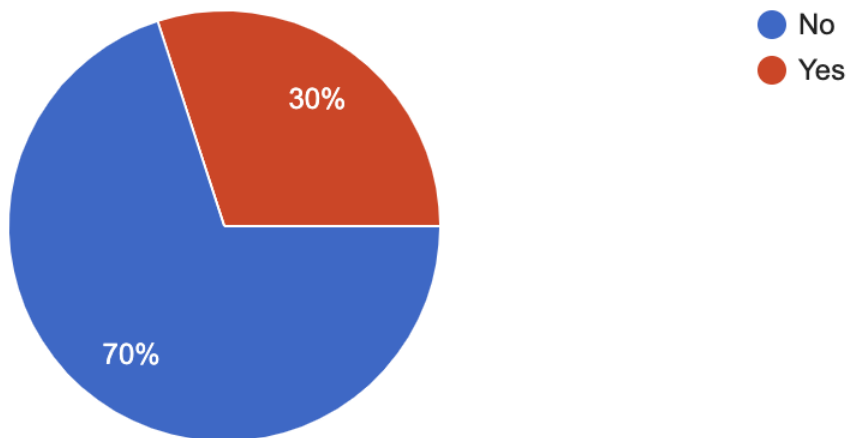
Did you know about your school's counseling services before this event?

20 responses



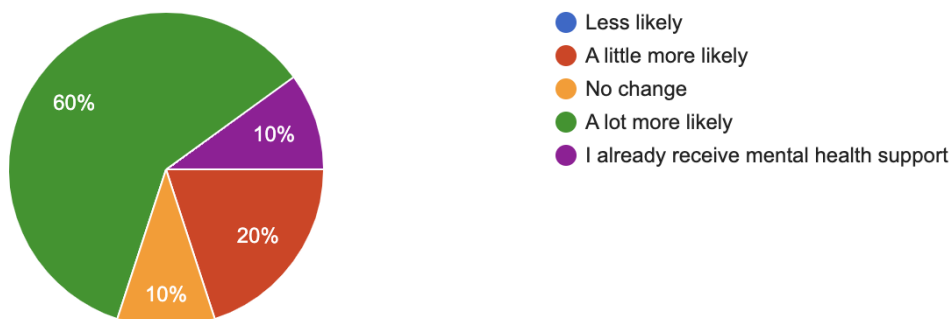
Did you know about the community resources before this eve

20 responses



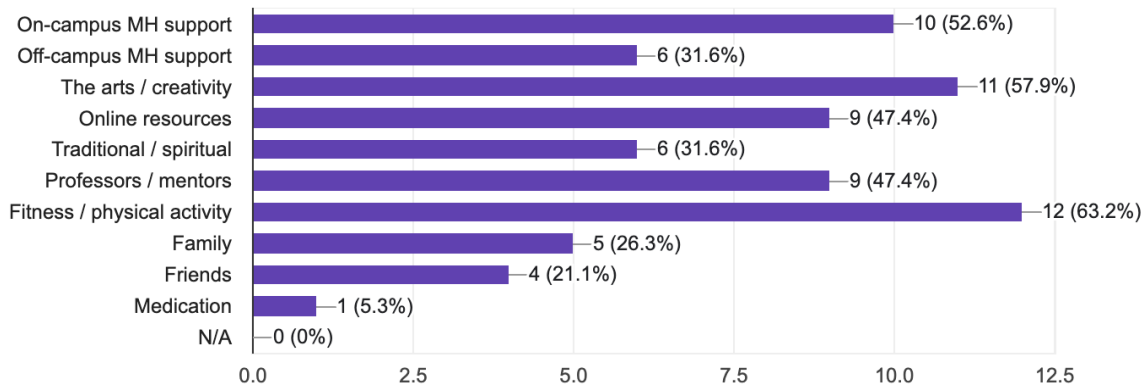
After this event, are you more or less likely to seek support for your mental health?

20 responses



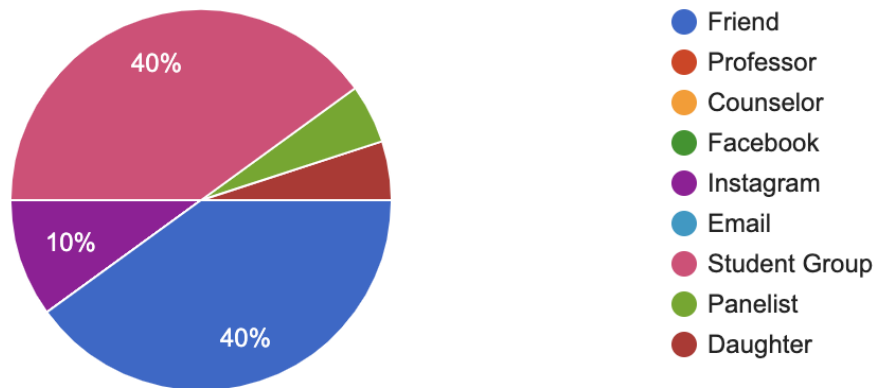
What type(s) of mental health support would you like better access to?

19 responses



How did you hear about this event?

20 responses



What was your main takeaway?

Mental health is an issue that we should address and we should seek out help if we need it
 Lots of people are very interested in mental health - it is a growing field
 Mental health can look different in so many different ways. Asking for help should never be something to be ashamed of and it's important to find a community around you to seek help.
 Mental health struggles are a shared experience and you are not alone
 More grace for others
 It is important for us to be upfront our mental health struggles and carry an open mind when others are vulnerable with us.

Loved the movies
 Very informative
 The amount of resources that are out there for everyone is amazing.
 Learning how serious mental health is
 There is no shame in asking for help.
 Its okay to not be okay
 There is help out there, and that you don't have to go through the roller coaster by yourself.
 Amazing awareness on difficult topics.
 Use the resources!

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

How important it is to come to this work shop
 A great first step to connect with people that share similar feelings to your.
 Engaging and a safe place to be vulnerable.
 The workshop made you feel very comfortable and loved the openness.

How might you use what you learned today?

I learned a lot about how to respond to individuals who are experiencing mental health issues
 Promote more mental health awareness in the community
 I will further seek out the mental health resources inside and outside of campus.
 Sensitivity to others mental health
 I'll use what I learned today as a way to improve my mental health.
 Be a better listener
 Tell fellow students about the programs at UCLA
 To be aware and be there more for others and myself
 To seek professional help.
 Alot of great suggestions - learned why it's important to get help and learning about resources.
 Promoting MH everywhere

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

Coming from a traditional middle eastern family, being scared Ill be called "crazy" or "dramatic"
 Confronting my problems not be embarrassed of who I am
 Opening up to a stranger.
 Trying to seek help without causing issues for myself

How can we improve this event in the future?

More panelists!
 Include broader range of disorders and stressors in the films shown

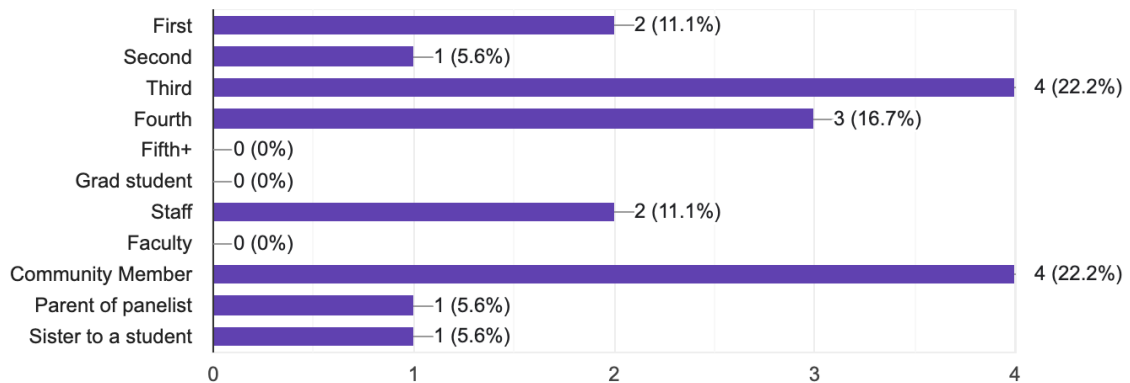
This event was amazing!!
 Maybe make it shorter so much great info 2 hours is long
 Perhaps better audio and presentation
 This event doesn't need improvement it's amazing
 It's a great program
 Very informative i think it went well
 Longer workshop times. The 45 minutes allotted for the meditation workshop was too short. Maybe the conference could be an all day affair.
 Nothing! Great format and very interacting.
 Don't do it on Bruin Day

Major

psychology
 MCDB
 Biochemistry
 Poli sci / hist
 N/A
 Actuarial math
 Cognitive Science and Art History
 N/A
 Vet assistant
 Anthropology
 Not applicable

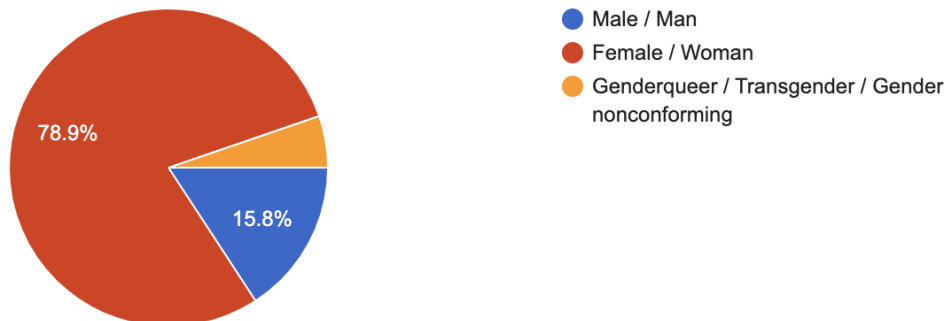
Year

18 responses



Gender Identity

19 responses



Ethnicity

20 responses

