ART WITH IMPACT

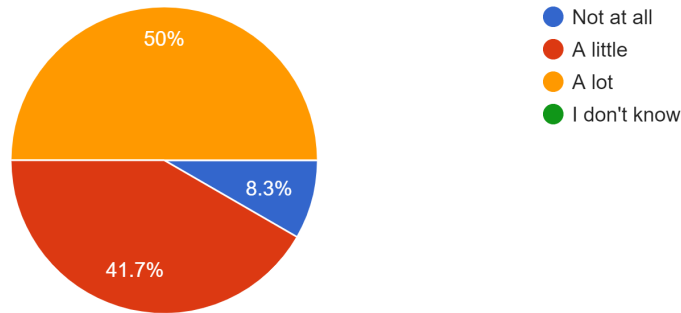# Movies for Mental Health (Online)

Post-Workshop Evaluations

| UCLA
April 8, 2021 | Approximate maximum attendance: 50
Number of evaluations: 12 |

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

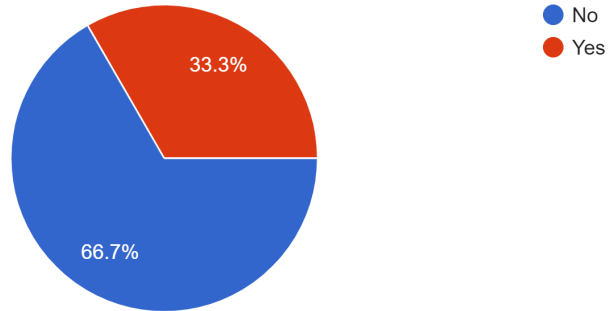- Not at all
- A little
- A lot
- I don't know

50%
8.3%
41.7%

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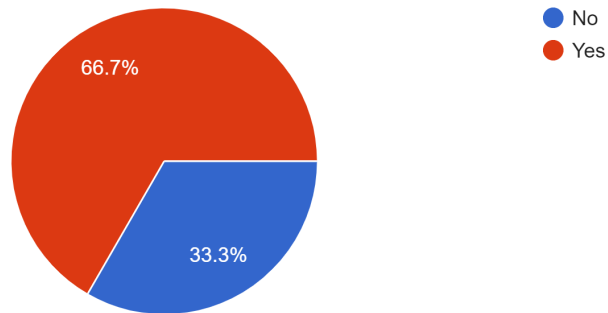12 responses

- Not at all
- A little
- A lot
- I don't know

41.7%
8.3%
8.3%
41.7%
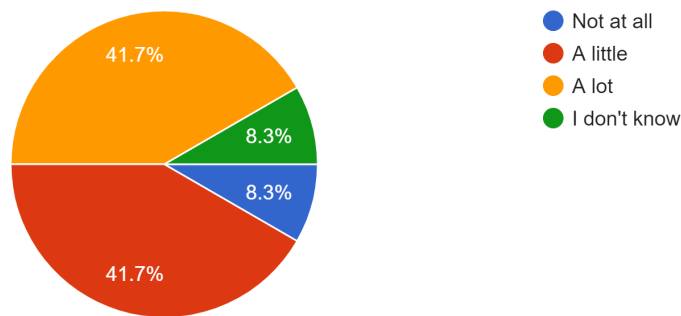
Did you know about the the Mental Health Services Act before this event?

12 responses

- No
- Yes

33.3%

66.7%

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

12 responses

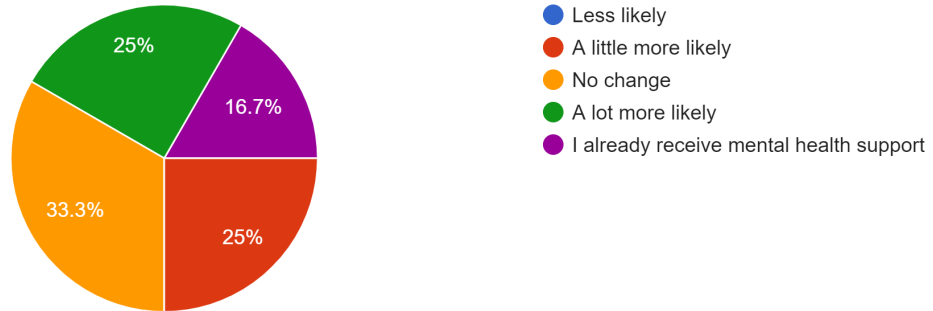

- No
- Yes

66.7%

33.3%

Did you know about the community resources before this event?

12 responses

- No
- Yes

50%

50%
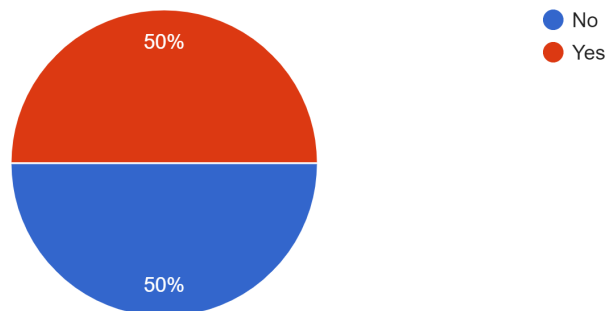
After this event, are you more or less likely to seek support for your mental health?
12 responses

- Less likely
- A little more likely
- No change
- A lot more likely
- I already receive mental health support

25%
16.7%
33.3%
25%

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

Category	Value
On-campus MH support	3 (25%)
Off-campus MH support	4 (33.3%)
The arts / creativity	5 (41.7%)
Online resources	5 (41.7%)
Traditional / spiritual	3 (25%)
Professors / mentors	2 (16.7%)
Fitness / physical activity	9 (75%)
Family	3 (25%)
Friends	5 (41.7%)
Medication	3 (25%)
N/A	1 (8.3%)
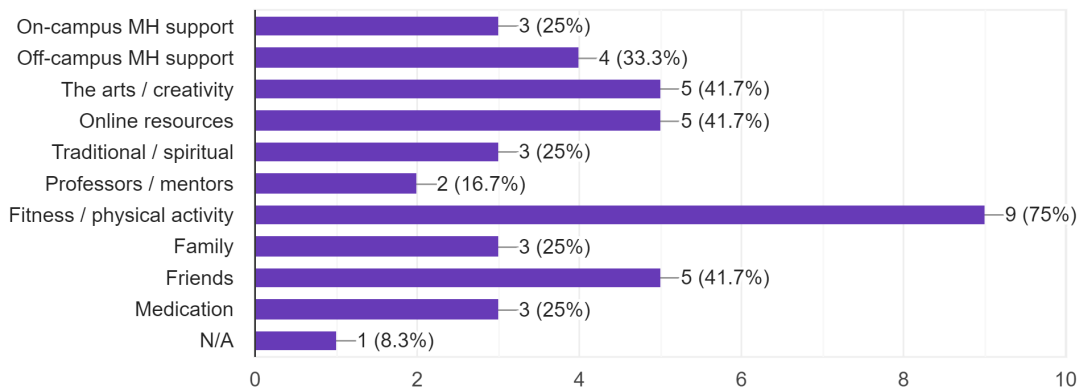
How did you hear about this event?
12 responses

- Friend
- Professor
- Counselor
- Facebook
- Instagram
- Email
- Student Group

58.3%
8.3%
25%
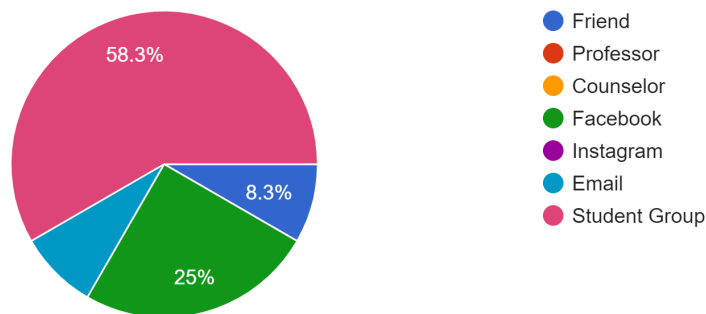
What was your main takeaway?

Remember that people's outsides don't always match their insides.
I am not alone, there are lots of mental health resources around me!
There are resources to help others and people are trying to advance Mental Health education.
Mental health comes in all shapes and sizes, you never know what someone is going through.
Mental health is important, and we can encourage conversation about it.
Mental Health is so very common.
There are so many ways to support your own mental health like yoga, journaling, painting, talking to friends or a support group.
There's help out there!
Mental health matters and important to take care of
MH's prevalence.
Mental health is important!

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

Very informative, non-threatening and helpful
Friendly, informative
Watching mental health related movies and discussing them and talking about people's personal stories and then learning about resources
Educational and resources to help people that need MH tx and education to others that are not aware about
Unique, nothing I've seen before
Deep
Interesting and extremely helpful
Informative and relaxing.
Insightful
A great and resourceful way to learn about mental health
Great for college-age awareness.
Inspiring

How might you use what you learned today?

Look into community resources
Spreading the word about resources. Feeling less stigmatized about mental health
Some of the resources.
Sharing resources with those around me, and using them for myself when needed.
I would try to improve my own mental health everyday and try to promote mental health awareness in my community
The breathing exercises, very relaxing.
My best friend is bipolar so it helped me to go to this workshop and learn more about how she might be experiencing life.
extend kindness
Check in with my mental health more often
I already reached out to someone acknowledging their effort.
Talk to a friend about mental health

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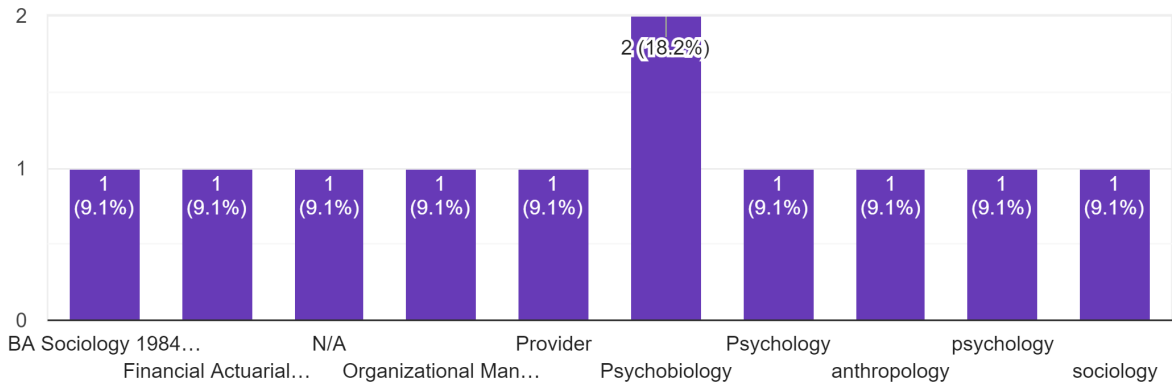### (Highlights: see raw data for full list)

Feeling like I've done it all already, and not getting better
Challenges of insurance (it is so complicated and hard during virtual life!) it's hard to find good therapists and it's even harder to contact them!
Lack of support where I'm physically located (away from family/home)
Cultural values
I feel like I don't need mental health support.
Low income
No barrier. I have access if I want it.
Asking for help
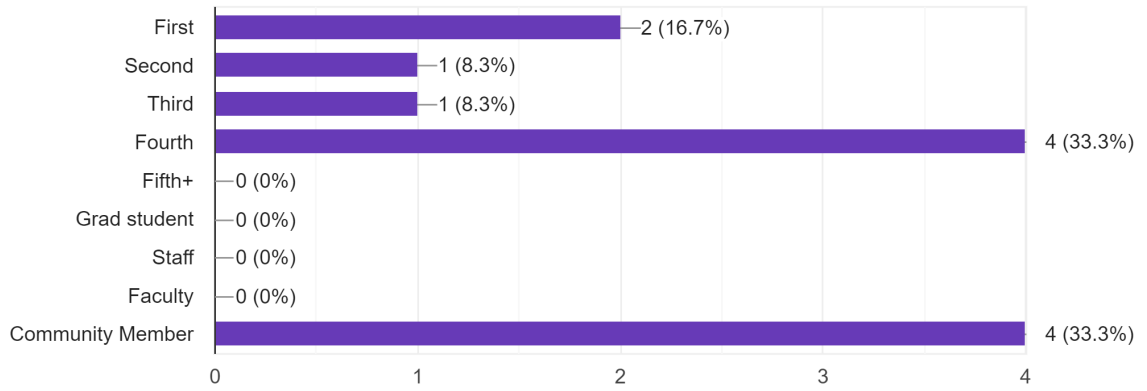
How can we improve this event in the future?

Nothing!
Maybe include participant videos.. I kind of like seeing everyone's faces
It was good
Providing slides as a resource to look back at.
it was great
N/A
It was all good. You never know about internet connections; I lost audio quite a bit. Also had to rejoin about 4 times.
It was amazing

Major

11 responses

Year

12 responses

First	2 (16.7%)
Second	1 (8.3%)
Third	1 (8.3%)
Fourth	4 (33.3%)
Fifth+	0 (0%)
Grad student	0 (0%)
Staff	0 (0%)
Faculty	0 (0%)
Community Member	4 (33.3%)

Gender Identity

12 responses

100%

- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

Ethnicity

12 responses

Ethnicity	Count
Asian/Asian American	0 (0%)
Black/African/African American	0 (0%)
Indian/South Asian	0 (0%)
Middle Eastern	0 (0%)
Indigenous / Native American	0 (0%)
White/Caucasian	6 (50%)
Hispanic/Latinx	5 (41.7%)
Pacific Islander	1 (8.3%)