

Movies for Mental Health

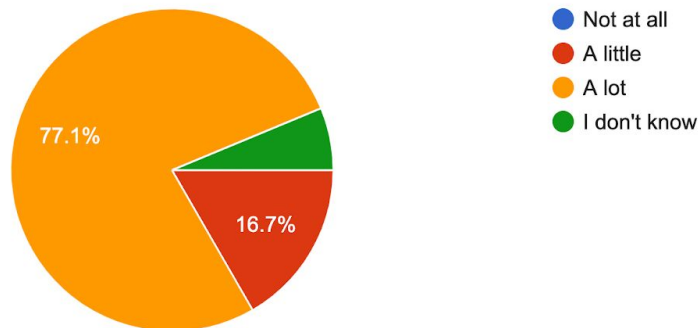
Post-Workshop Evaluations

UC Irvine
November 29, 2018

Number of attendees: 85
Number of evaluations: 48

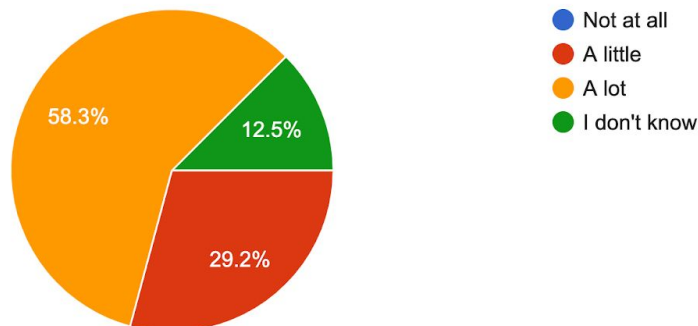
In your opinion, did this event create awareness of mental health issues?

48 responses



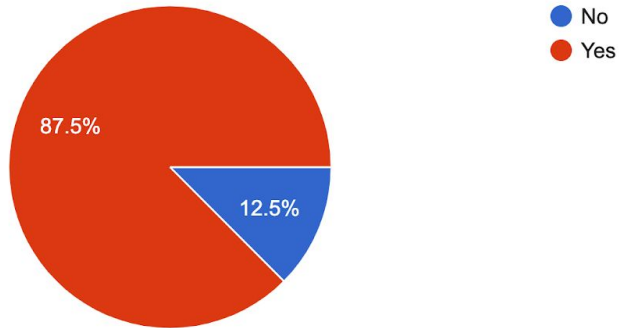
In your opinion, did this event reduce stigma related to mental illness?

48 responses



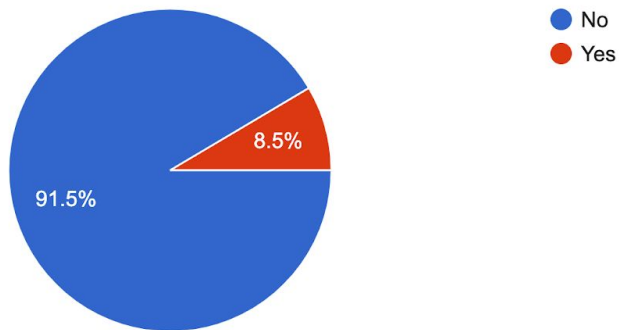
Did you know about your school's counseling services before this event?

48 responses



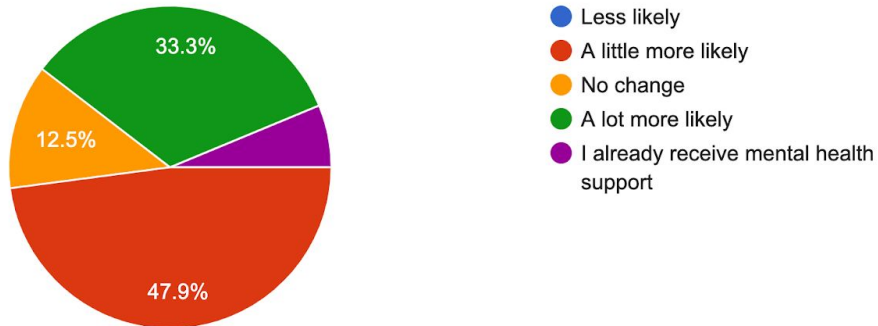
Did you know about the Mental Health Services Act (Prop. 63) before this event?

47 responses



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

48 responses



*86% of attendees, who are not already receiving mental health support, are more likely to see mental health support after this event.

What type of mental health support do you think would be most useful to you?	
On-campus MH support	27
Off-campus MH support	10
Traditional / spiritual	8
Family	18
Friends	27
Professors / mentors	12
The arts / creativity	22
Fitness / physical activity	20
Online resources	4
Other	0

How did you hear about this event?

Friend / Word of Mouth	12
Professor / Class	2
Counselor / MH Club	25
Online / Facebook / Email	4
Posters / Flyers	3
Other	1

What was your main takeaway?

- If you need help you shouldn't be afraid to get it.
- Reducing stigma surrounding mental health
- People are here to help.
- The importance of recognizing MH/Mental Issues
- Mental Health affects many people and events like this help create a sense of community.
- counseling services shouldn't be stigmatized, listen to others w/o relating it to your own experiences.
- "That I am not alone."
- Mental health is a rollercoaster and that is ok.
- Talking about mental health is the first step to resolving the stigma.
- Everyone has a different experience w/ mental health and they're all valid.
- Mental Health is different for everyone, but your feelings/thoughts are valid.
- Vulnerability/openness is necessary to heal
- Mental Health is not something that should be hidden.
- The journey to improve one's mental is long (can be).
- I am supported on campus.
- That anxiety is more common than we think.
- There is help and it is okay to get it.
- It was a sombering experience.
- You're not alone.
- I'm not alone in my MH journey.
- The resources available
- MH is a serious issue that is viewed lightly but should have more awareness.
- Mental illness struggles are universal.
- While everyone has different mental health challenges, we are never truly alone in our struggles.
- Your mental health is very important and you should take care of it.
- A holistic and empowering perspective on mental health
- Mental illness is a chronic disease
- It's okay to not feel okay.
- We can beat the mental health stigma by talking about it.
- Resources
- If I'm ever going through something tough, I'm not alone & can find help on campus :)
- The journey to this is not linear - it's okay to feel what you're feeling.

- Go to see professionals when I need
- You are not alone in the way that you are feeling. And there are resources to help.
- That people go through the exact same experiences.
- Movies and questions discussed as a group
- There are others experiencing mental health issues.
- Be open to everyone's perspective.
- That I should keep fighting.
- Mental Health issues are relevant & you're not alone.
- Accepting mental illness is a difficult task
- The importance of mental health
- You're not alone.
- It's okay to not be okay.

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

- A place to hear others
- Way to get informed about mental health
- Helpful, especially if you ever considered yourself not ok.
- Thoughtful and inspiring
- A place where both those w/ and w/out mental illness can come share their perspectives.
- Don't be afraid to reach out for help.
- Relatable & educational
- Informational and motivational about mental health.
- Informative & encouraging
- Empowering; intense; helpful
- Eye opening, educational, & moving
- Watching and discussing films
- Therapeutic
- Encouraging
- Helpful, supportive, and honest
- Very informative and helpful. Fellow students spoke on their experiences, making it more relatable.
- Mental health awareness seminar
- Informational, open, serious
- Informative
- Educational
- Good exposure to short filmmakers
- Opinions from peers and professionals that will help you in the long run.
- Enlightening
- An artistic take on the truth about mental health and how mental health challenges manifest in many people,
- A helpful insight into mental illness and help.
- An open/welcome & informing experience
- Talk about depression
- Eye-opening
- Informative

- Helpful
- Insightful, Informative
- Extremely helpful + enlightening, esp w/ diversity and inclusivity
- Counseling services resources
- An interactive workshop about mental health.
- Relatable
- Panel and discussion - interactive event
- Introspective as well as eye-opening.
- Beneficial, mind opening.
- Very educational, impactful, & personal
- Very educational & empowering
- Destroying negative stigmas toward mental health
- Mental Health Awareness Workshop
- Hopeful
- Connect through personal film and sharing oral panels

How might you use what you learned today?

- Go seek help when i need it.
- Be more understanding of those with mental health battles
- I might consider visiting a support office.
- I learned more about MH resources.
- Tell my friends about the sources and make sure to take care of myself.
- Help and hear others out.
- Be an advocate & spread awareness about mental health
- I will better know my resources for when I need to.
- Talk to friends more, seek counseling
- Remember to make time for myself & seek help if/when I need help.
- In reaching out to others
- To go out & speak more about it.
- Be more aware of myself & my friends
- I will come to the counseling when I want to.
- I would be more attentive to my friends/family when they are going through things.
- In consideration when possibly seeking help.
- I shall be more mindful of others.
- Know there are multiple resources
- Seek out help
- Provide direction/resources to friends and family.
- Raising awareness
- This event gave me more perspective on other people's challenges (increased awareness & empathy).
- I might use this information to help myself and fellow friends.
- Familiarize signs in friends, family, & self
- Be prepared when I feel down
- Reach out & make sure friends & family are okay more often - educating them!
- I can inform my friends about the services.

- Change my lifestyle
- (Vague but) apply it to my own life; tell friends about what I've learned
- I think to check up on myself and to access different resources/recognize signs/symptoms
- Go counseling services when I need to get some sleep
- I might use the tech(niques) to destress - like doing puzzles.
- to seek more help
- I plan to do more research about mental illness subjects
- To try and reach out more
- Always look for resources.
- To make sure I get help
- I might look into resources.
- I will be able to gain confidence and seek help.
- Might go to see a counselor
- Go to campus resources.
- Try and understand individuals around me more

What are the biggest barriers to your mental wellness and/or receiving mental health support?

- Depression, family pressure, and fear
- Pride
- The stigma behind it. Not being able to open up.
- My biggest barrier in finding help is uncertainty of what I need.
- Not enough time in a quarter system/busy schedule
- It is often shameful & stigmatized so it's difficult to ask for help.
- Time & finance
- The stigma that surrounds mental health.
- Laziness
- Finding the time/recognizing I need help.
- Finding the time.
- Distrust/hesitation/fear of being vulnerable
- I don't want anyone to judge me.
- The biggest barrier is myself and knowing when I need to seek out help.
- I don't want to feel like I don't have control.
- School
- Having time
- Don't know if I actually need it
- Self-conscious about others' opinions towards me.
- Anxiety
- Shame, lack of (knowledge of) resources
- The stigma and social norms of being vulnerable.
- Myself
- Seeking help without family knowing
- I don't want to make it seem like I'm "seeking attention".
- Financial/outreach of it

- Costs, time
- Thinking others won't understand and so not care
- Afraid of change possibly
- Do not want to share feelings
- I think that once you are diagnosed with a mental health issue, you have to state that to insurance or jobs.
- Ineffectiveness
- Money and ignorance; not knowing about the services
- My own fear of being looked at differently
- Sense of urgency
- My past trauma
- Affording individual therapy
- Myself
- Coming to terms that I'm not OK
- School
- Time

How can we improve this event in the future?

- It's fine; enjoyed the stories that made them relatable.
- More of the videos
- I like how it is now!
- Maybe more videos? I love just seeing different pieces -more about opportunities with AWI.
- Art therapy incorporation
- Possibly have more videos on more common mental illnesses.
- More time for the panel
- Anonymous suggestions for discussion
- N/A
- More time for the panel.
- ? - It's okay as is.
- This event was great!
- I think it was great! Maybe serve some coffee and donuts!
- Anonymous Person Box
- Have the panel on for longer.
- N/A
- Less time on discussion slides w/ audience answers
- The structure is lecture type, doesn't create intimacy.
- Include representation for more illnesses
- Increase panelist time
- I enjoyed it and I think it can be improved on showing more films.
- Well organized already
- I actually really liked the event's set up!
- Less lecture feel, more engaging
- Bigger audience
- N/A

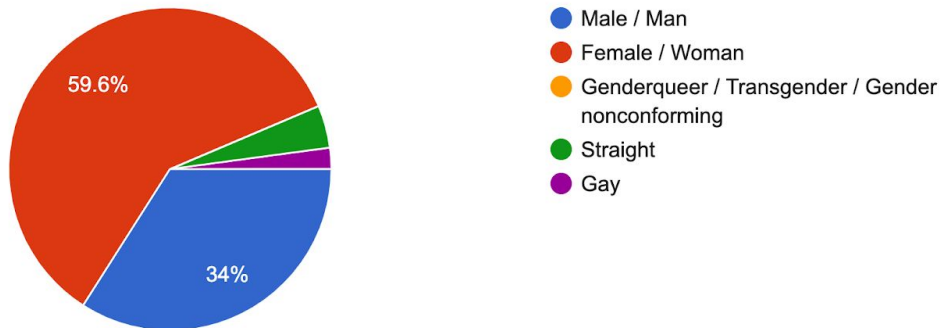
- Time - start on time, etc.
- Add Q & A section
- Make the chairs in a circle and have a discussion more to show that you are not alone in how you are feeling.
- This event was good.
- I want to see a male student speaking - more diversity. | Thank you. Great event.
- Was amazing - loved the videos/student testimony
- Open mic for audience
- I would make the panel more relevant. Listening to students was/is huge.
- More diverse student panel stories
- Show more videos
- Provide online sources somewhere

Major	
Art	1
Biology	10
Cognitive Science	1
Computer Science	1
Criminal Justice	1
Dance	1
Earth System Science	1
Education	1
Engineering	3
English	1
Linguistics	1
Math	1
Neuroscience/Neurobiology	2
Psychology	12
Public Health	4
Social Ecology	2
Sociology	1

Year	
First	17
Second	8
Third	16
Fourth	5
Grad Program	1
Staff / Faculty	0
Other	0

Gender Identity

47 responses



Race / Ethnicity	
Asian / Asian American	25
Hispanic / Latinx	8
Indian / South Asian	2
Middle Eastern	1

White / Caucasian	6
Mixed Race / Ethnicity	4