

# Movies for Mental Health (Online)

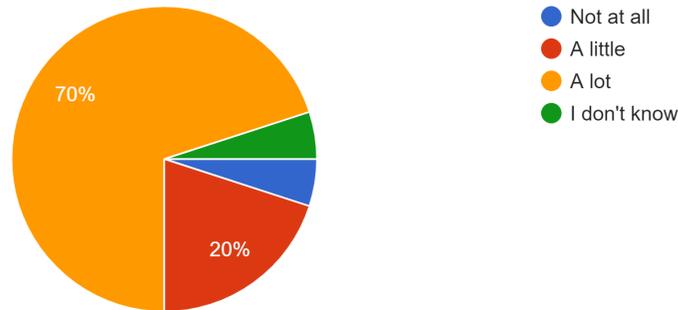
## Post-Workshop Evaluations

University of California Davis  
4.14.21

Approximate maximum attendance: 55  
Number of evaluations: 20

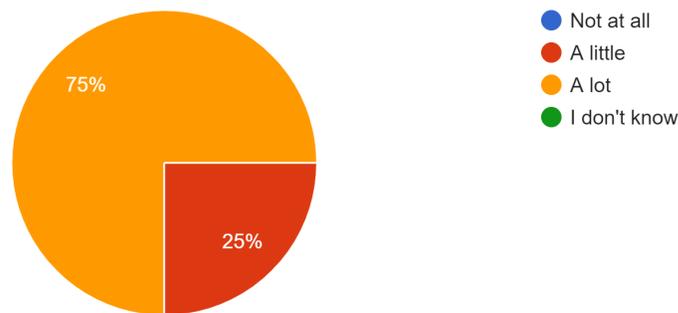
In your opinion, did this workshop increase your awareness of mental health issues?

20 responses



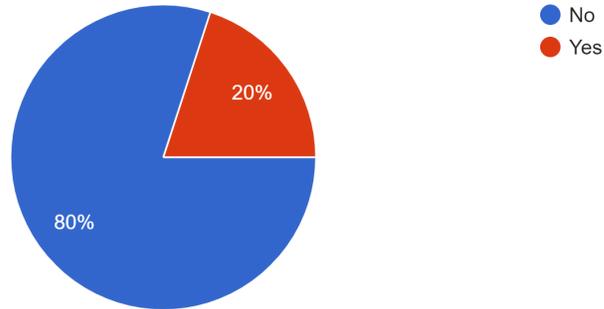
In your opinion, did this workshop help you confront and address stigma related to mental illness?

20 responses



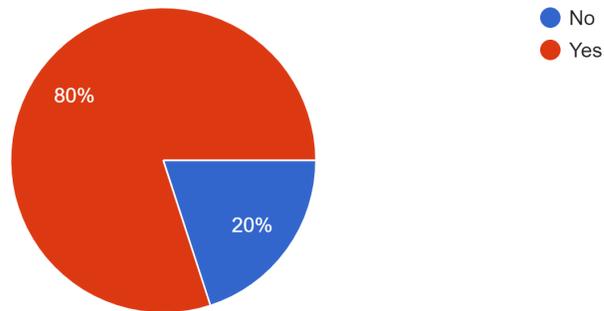
Did you know about the the Mental Health Services Act before this event?

20 responses



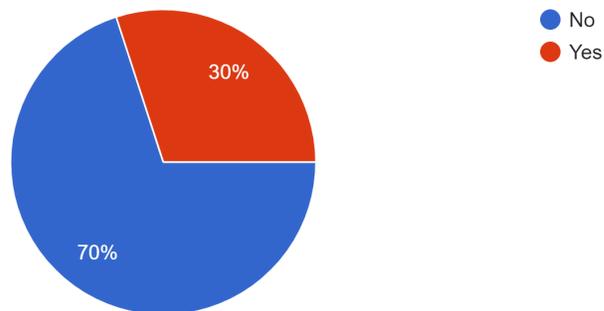
Did you know about your school's counseling services before this event?

20 responses



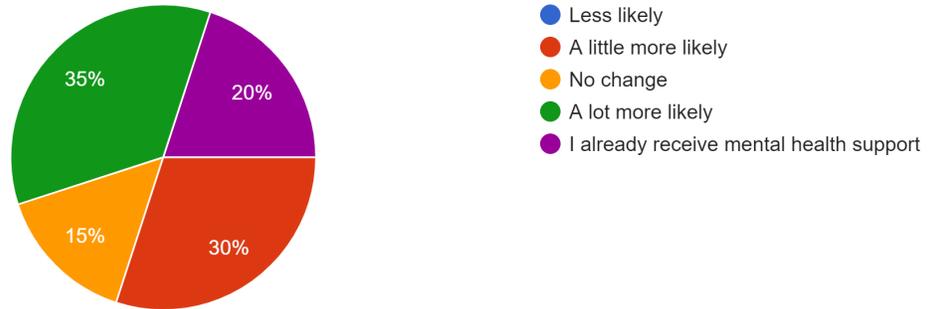
Did you know about the community resources before this event?

20 responses



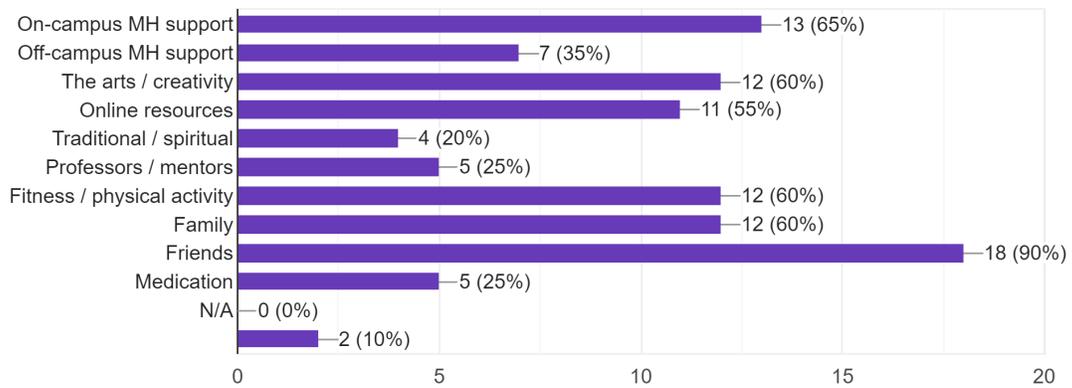
After this event, are you more or less likely to seek support for your mental health?

20 responses



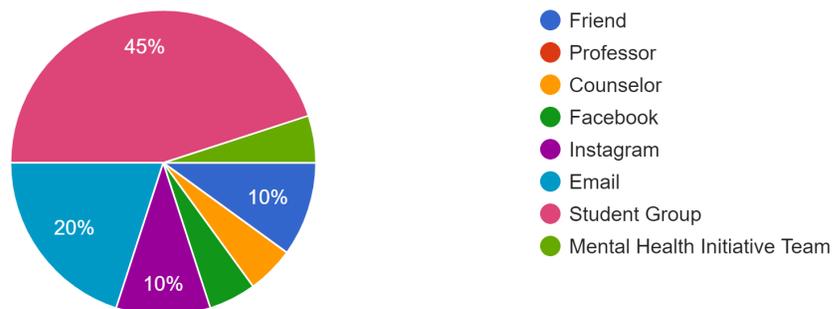
What type of mental health support do you think would be most useful to you?

20 responses



How did you hear about this event?

20 responses



## What was your main takeaway?

Stigma affects people and their mental health in so many ways  
I really took away the personal stories of the panelists  
Having a mental health issue doesn't mean you are weak, we are heard  
Popular perceptions of mental health are very colonial/western centered; healing can come from other sources (holistic, spiritual, familial, etc.) than what are proposed by the western standard  
You do not have to be diagnosed with mental health issues to struggle.  
Stigmas and using the wrong language affects different people, and you never know what someone is going through at any time  
Check in with people frequently.  
That my emotions are valid, and that there are people around me who have had similar experiences and have gotten through it, which empowers me.  
My main takeaway is that it is okay to embrace my mental health and both my mind's illness and wellness. It was empowering to know that I don't need to be ashamed of the fact that I'm struggling and trying. It made me feel like I can give myself more grace and compassion.  
It's important to recognize that there is a range of experience and it's okay to not always understand.  
Mental health stigma exists, and it will take hard work and dedication to fight against.

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

Informative and insightful  
Incredibly heavy but also enlightening  
Good place to explore options and ideas  
Comforting  
An opportunity to watch short films that break the stigma of mental health issues  
A conversation about mental health and mental health stigma through the arts  
A good opportunity to listen to others' stories and absorb the messages they offer about resilience and asking for help.  
A conversation about taking care of yourself.  
An eye opening film and live discussion that discusses the mental health.  
Empowering, informative  
A way to explore your mental health and the mental health of those around you.

## How might you use what you learned today?

Remembering to validate myself and remembering my passion for mental health work  
Love the little somatic tools  
I will be open to understanding everyone has different lived experiences.  
To unlearn stigmas surrounding mental health  
Be careful with how we speak.  
Being more vulnerable about my own struggles, so that I may open up a dialogue with others who have struggles opening up.  
I will use the activities I have learned after every film to freshen up my mind  
I might use it to practice grace with myself and also to carry compassion for people I meet.  
Saved the resources from chat so I can come back to them again in the future.  
I will do some of the mind to body exercises practices used today as I found them very useful. I will also

Share videos that were shared today in the workshop, describe mental illness versus mental wellness  
Both creating contents (short films) and working on my own mental health

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

(Highlights: see raw data for full list)

### Cultural barriers

Admitting to myself that something is wrong and that I am not okay

Understanding and not knowing how to start

Economic limitations, stigma from immigrant Filipinx family

Insurance and not knowing what resources are available for me

I am afraid that people will jump to the conclusion that I need to be sent to the hospital. But also the money involved with services.

My family not believing me, not understanding I am not crazy, I just need help

The biggest barriers I face are both financial and emotional. I have a wonderful therapist who I feel comfortable with, but sparingly go because the cost of therapy is high. I'm also barred by stigma that I've sort of internalized within myself and the shame I sometimes feel when asking for help.

Myself- existing in a gray area makes it feel like I don't really belong in therapy.

Afraid of the judgement of being labeled.

I honestly believe that it is the mental stigma my family associates with mental health that discourages from seeking that mental wellness I deserve. Even attending this event felt very refreshing to see I am not alone and can overcome this barrier by breaking that stigma they have. Another barrier is the social anxiety and fear of sharing my own thoughts because I have always been put down when expressing how I feel.

Getting help means admitting my weakness.

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

Better audio and timing (it was great though!)

Not really in y'all's control but I guess the slight technical issues with the panel. Otherwise it was awesome

Not sure...

I love the event as is. Carly is a great host and the format of activity then movie then activity is very Poll questions and chat messages and the responses to them are very validating.

I think it could be improved by maybe dedicating some time to recognizing that asking for help, healing, and working on mental health can be extremely difficult, and just validating that it's okay if this is something that people struggle with.

Maybe a little more interactivity like kahoot so people can answer questions in a fun way!

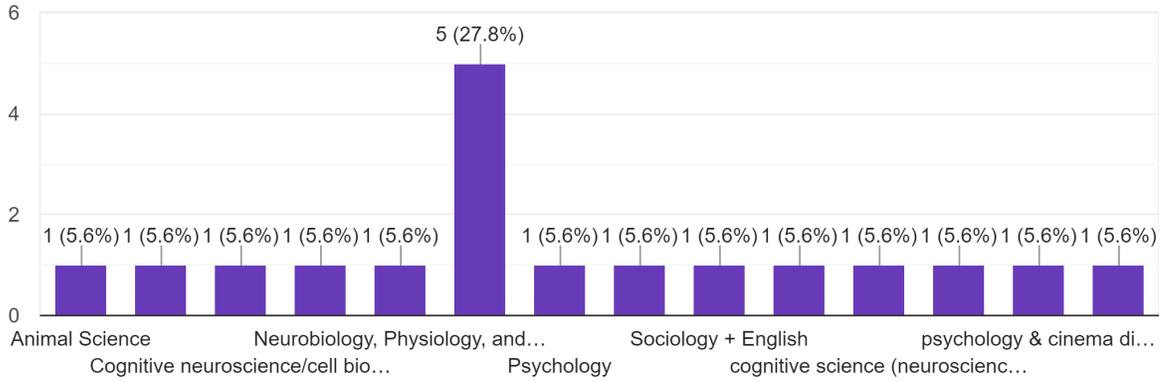
I believe giving the panel portion more time.

It was a little tricky finding how to enter the event.

More reflections on the videos and relate to what is happening in the world nowadays

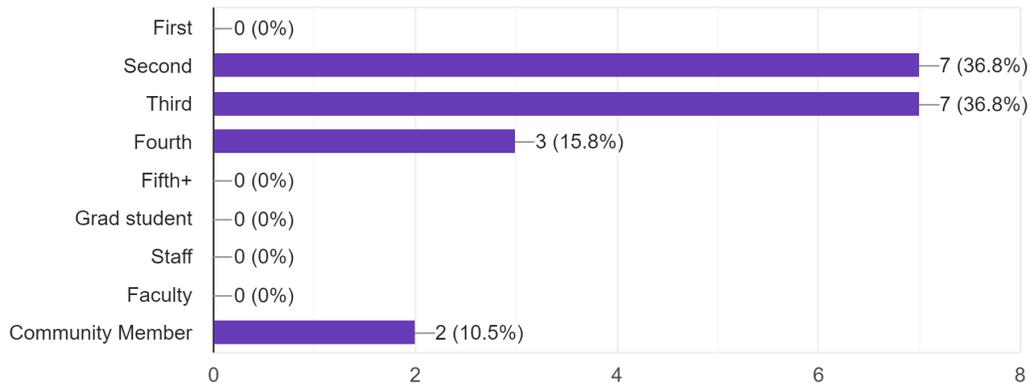
### Major

18 responses



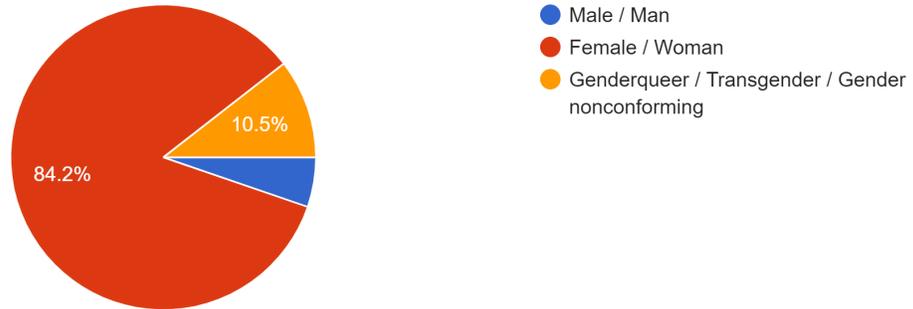
### Year

19 responses



### Gender Identity

19 responses



### Ethnicity

19 responses

