

Movies for Mental Health

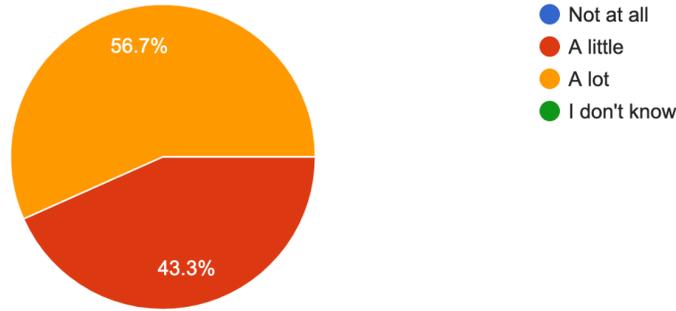
Post-Workshop Evaluations

University of California Los Angeles
April 16, 2022

Approximate maximum attendance: 35
Number of evaluations: 29

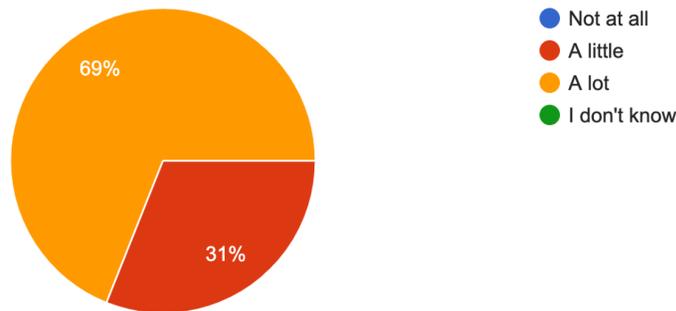
In your opinion, did this workshop increase your awareness of mental health issues?

30 responses



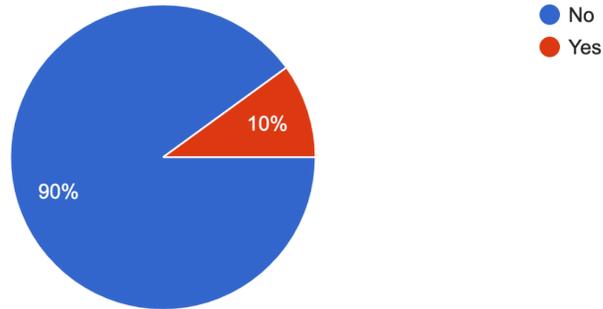
In your opinion, did this workshop help you confront and address stigma related to mental illness?

29 responses



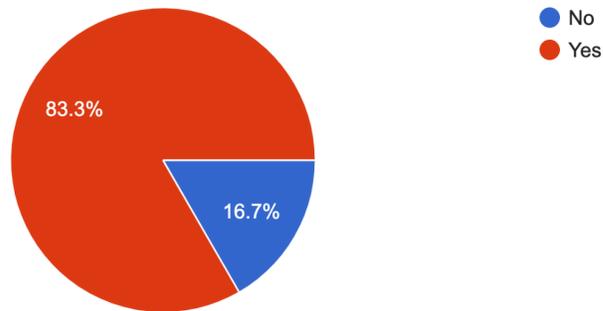
Did you know about the the Mental Health Services Act before this event?

30 responses



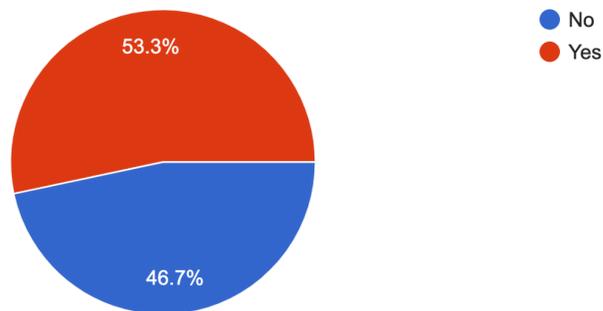
Did you know about your school's counseling services before this event?

30 responses



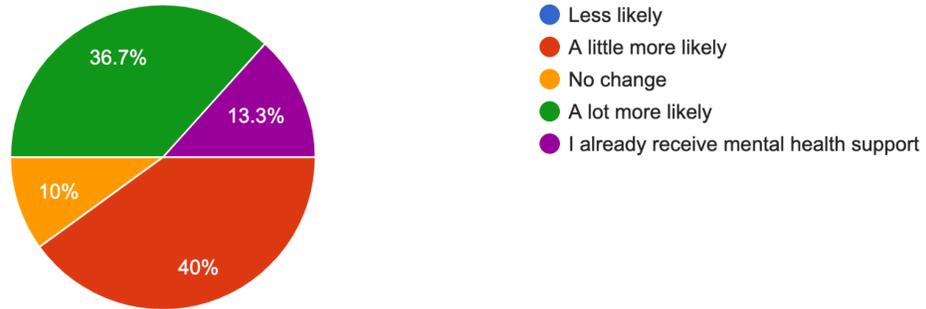
Did you know about the community resources before this event?

30 responses



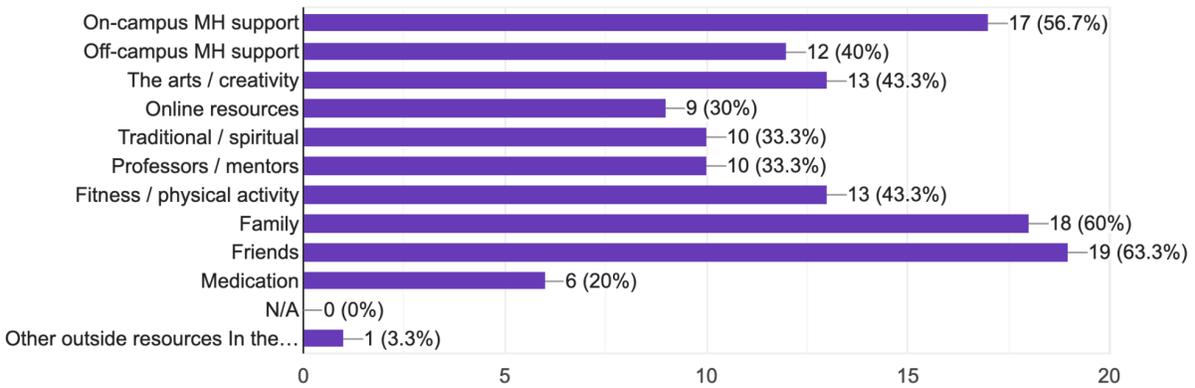
After this event, are you more or less likely to seek support for your mental health?

30 responses



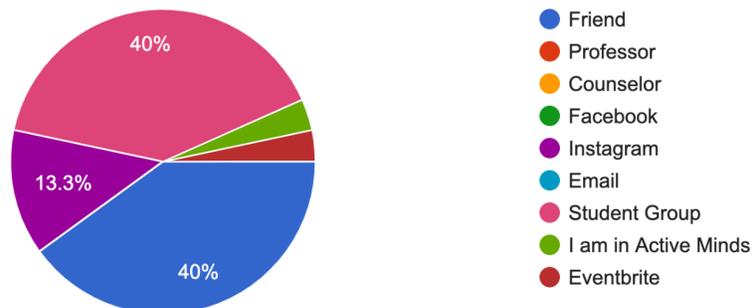
What type of mental health support do you think would be most useful to you?

30 responses



How did you hear about this event?

30 responses



What was your main takeaway?

- Just because you don't live with a mental illness it doesn't mean your mental health struggles aren't valid.
- That you don't need to be at your breaking point to reach out for help.
- Everyone is going through something and to always reach out to check in on everyone, even if they seem fine
- It's important to take care of myself and my mental health is valid
- Mental health does not discriminate. It is important to check in on those around you whether they' seem like they're suffering or not.
- I should validate myself and the people around me. Be more understanding of others and reach out. Be there for others and myself.
- I saw a lot more about the unfortunate reality of the stigma, so my main takeaway is just this heightened realization of the importance of ending the stigma.
- My main takeaway was the importance of building community to emphasize the importance of mental health.
- It encouraged me to realize I am not alone in what I'm feeling.
- My main takeaway is that mental health is not linear and everyone has some sort of experience with mental health.

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

(Highlights: see raw data for full list)

- Safe, open, useful, encouraging, vulnerable
- An empowering space to listen and voice your opinions about mental health.
- Impactful, safe space, personally significant
- Eye-opening and it lets me know that I am not alone and that there are resources
- A place to learn from others and yourself surrounding the life processes of mental health.
- Really fun and informational!
- Enlightening
- A chance to hear and explore various aspects of mental health in today's society, as well as a chance to learn how to better your own health.
- Informative, casual, great

How might you use what you learned today?

- I will use what I learned to be more aware about my mental health and the mental health of those around me
- help with resources for my friends
- I will remember to not try to change or fix how others are feeling when they share, and to just listen empathetically.
- To make changes in my own life
- Check in on friends and make sure to try to de stigmatize mental health by bringing it up in convos more often
- I will utilize the mental health resources available on campus and educate myself about mental health.
- We can communicate with others about things they're going through.
- Reassess my mental health and seek help if I need to. Be more proactive with my own mental health.
- To listen people
- I am going to bring it up in conversation more.
- I will write a school paper on this event.

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

(Highlights: see raw data for full list)

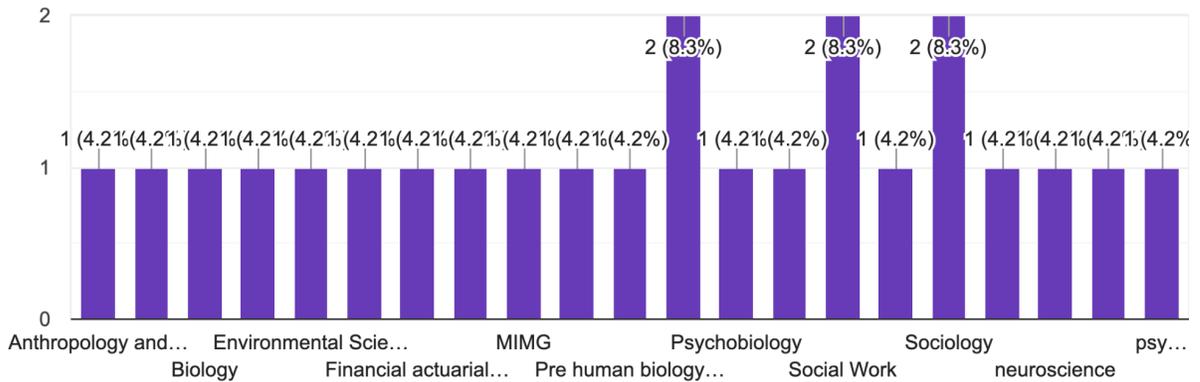
- Family stigma, it's not really acknowledged in my family and it's ridiculed if addressed
- Fear of feeling heavy feelings on a regular basis
- Stigma and financial resources
- Myself
- People don't understand Mental health. Don't believe it is a real thing.
- Time. I am so busy with schoolwork that I don't have as much time as I'd like to focus on myself
- Anxiety
- At first, it was the stigma and the fear of the cost for therapy, but this workshop helped me overcome some of those fears.
- I'm scared that it could inhibit me in the future- I'm worried about career.

- Feeling like I don't have enough time in my life to dedicate to my health and not wanting to worry my family.
- There are so many resources I didn't know where to start

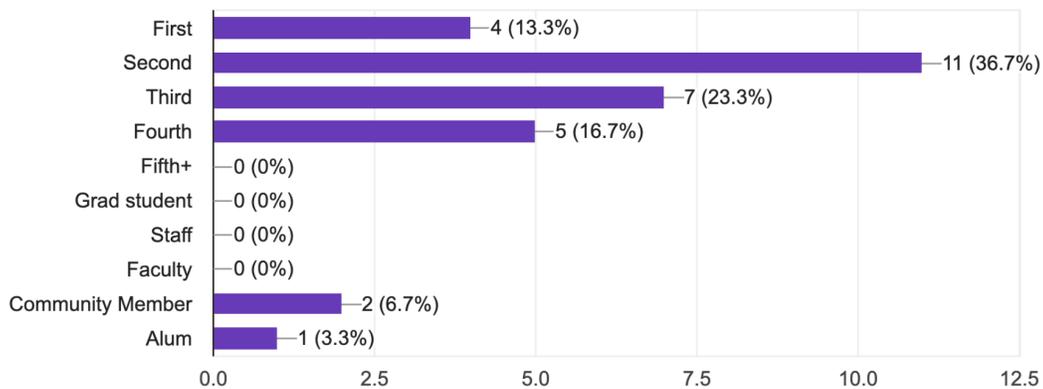
How can we improve this event in the future?

- Add more talks about anxiety! It is a very common issue that many people struggle with and I felt that this was mainly focused on depression
- I think it's great as is- maybe by advertising/ spreading the word more because it is important for more people to know.

Major
24 responses

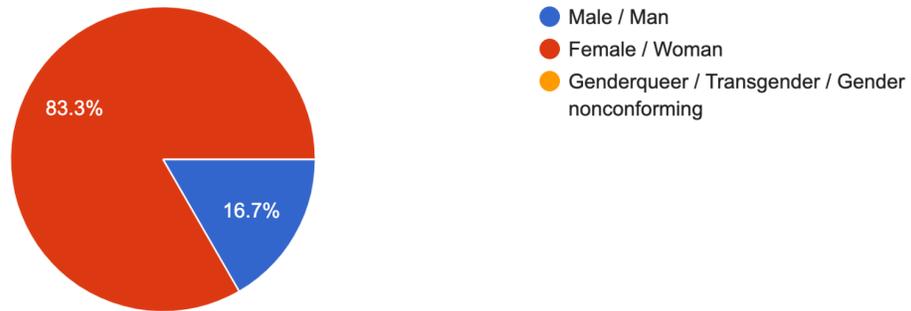


Year
30 responses



Gender Identity

30 responses



Ethnicity

30 responses

