

# Movies for Mental Health (Online)

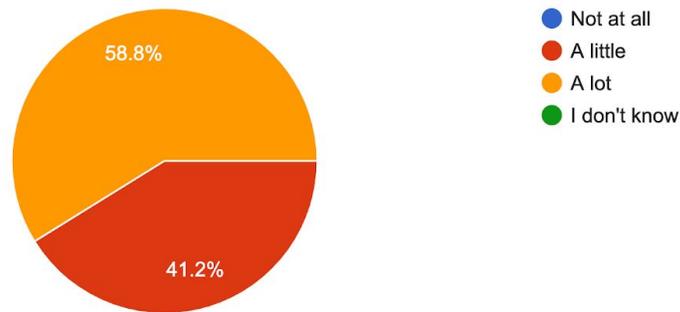
## Post-Workshop Evaluations

University of La Verne  
September 24, 2020

Number of attendees: 67  
Number of evaluations: 17

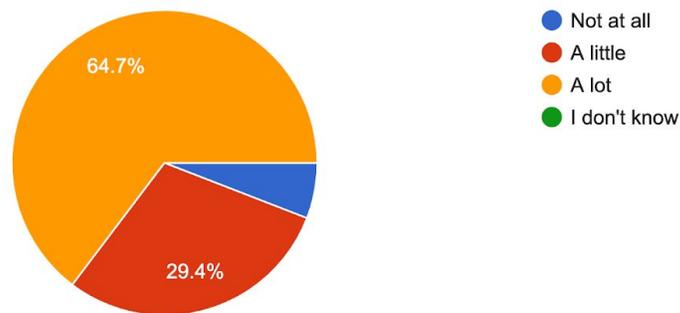
In your opinion, did this workshop increase your awareness of mental health issues?

17 responses



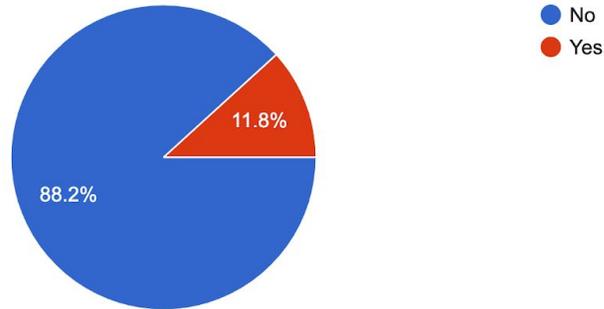
In your opinion, did this workshop help you confront and address stigma related to mental illness?

17 responses



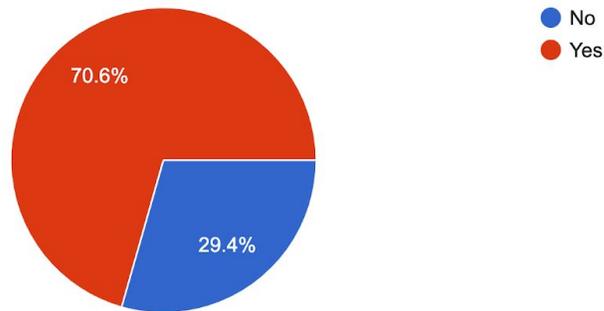
Did you know about the the Mental Health Services Act before this event?

17 responses



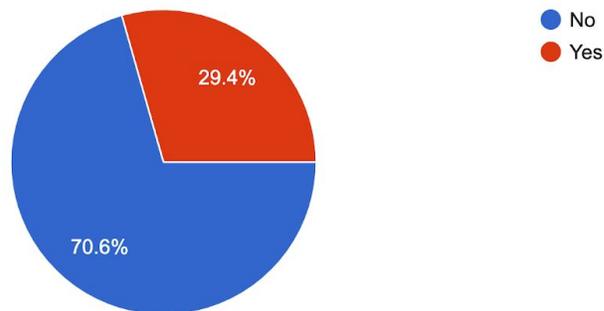
Did you know about your school's counseling services before this event?

17 responses



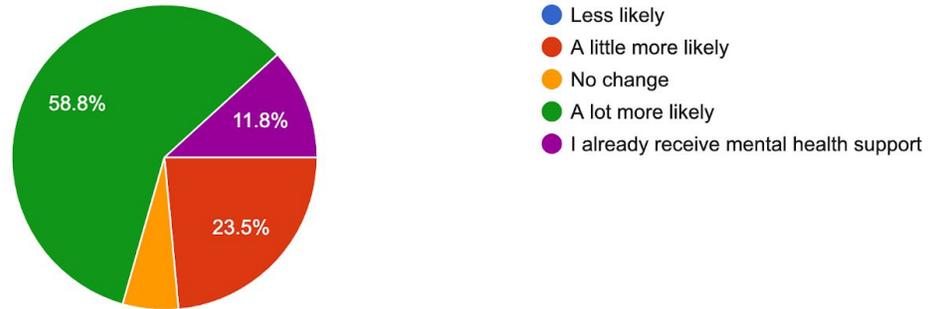
Did you know about the community resources before this event?

17 responses



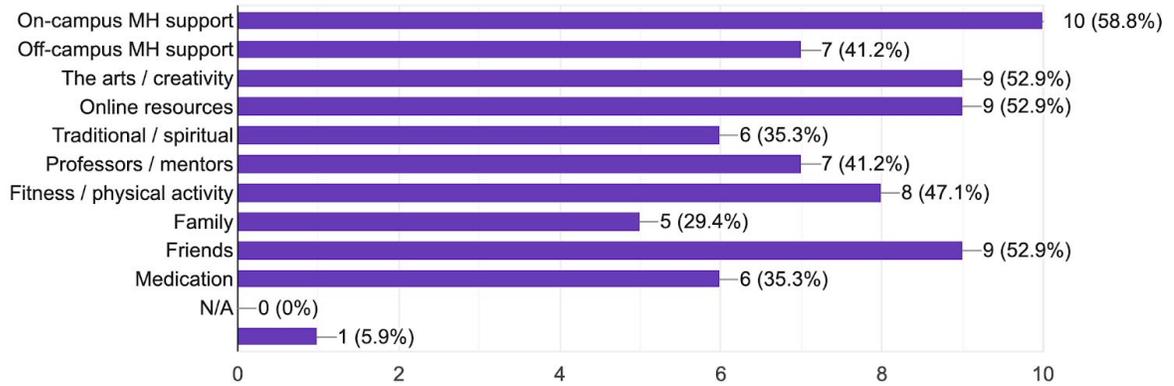
After this event, are you more or less likely to seek support for your mental health?

17 responses



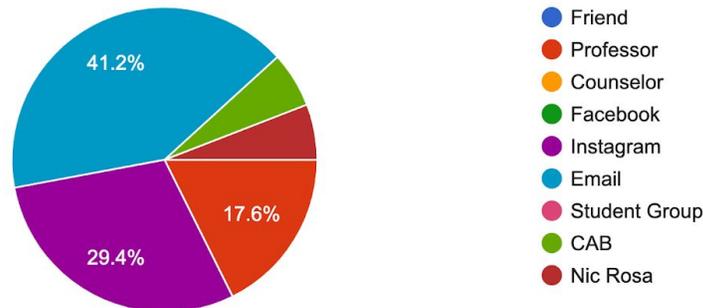
What type of mental health support do you think would be most useful to you?

17 responses



How did you hear about this event?

17 responses



### What was your main takeaway?

Helped me to understand the barriers keeping me from going to therapy  
Becoming more aware of psychological health and mental health illness  
Honestly, this workshop made me reflect on how my life today. Constantly, I have been stressed over financial issues, online classes and just daily problems any young adult would have  
Social Support and self love  
The community and support of everyone  
We're not alone  
My main takeaway was that we need to end the stigma behind mental health  
Group hug  
Mental health is not my fault. I should be proud to have the courage to finally talk to someone once I entered college  
MH is super important and you should not be afraid to talk about it  
It's okay to be not okay!  
How much the university truly cares. Beautiful!  
I do not have to feel guilty for prioritizing my mental health  
Mental health is so important and we shouldn't be afraid to speak up

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

Raises awareness of how some experience mental illness including their fears of judgement/cultural stigma  
Informational  
Very supportive and informational  
An event looking at the stories of those who benefited from support and finding what helps them  
A safe place where you are not alone  
A safe space to connect  
Interesting  
It's very empowering and self-reflective but I do recommend as it challenged me to think about how you can care for yourself better  
Inviting  
Very helpful and can even help you  
Informative and impactful  
The host was engaging and did a great job  
Helpful and fun!  
Red Carpet Introduction to Mental Health  
A collaborative and motivating experience and discussion about mental health  
Welcoming and super educational

### How might you use what you learned today?

I'm getting a therapist tomorrow :)  
Understanding that mental health is real and serious issue that needs to be addressed and talked about  
What I learned today I would spread awareness to my community to motivate and to share these helpful resources with my peers  
How unique our mental health for everyone  
Love myself more than I ever did before

I'll further consider utilizing my school's counseling services  
I'll try to say that it's okay to feel how I feel without feeling bad  
I am not alone  
I would use some of the exercises that were used today.  
Meditation techniques  
I might share the short films!  
Share the films to encourage seeking help  
Implementing daily self care practices  
Try to educate my family

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

Taking the initial steps  
Probably being embarrassed about sharing personal information  
Barriers are not being able to make the first step. To seek/ask for help  
Being afraid what others would think of me  
Fear of inpatient, fear of judgment and being misunderstood  
I would say both in general but for me also is to not feel as if others will judge you for getting support  
Time to find the support and attend  
Lots of anxiety, stress, fear of being vulnerable and telling a professional past traumas  
Feeling judged  
Fear of judgement  
My physical disability  
Finding the right fit  
Taking the first steps and admitting I need help  
Feeling scared or embarrassed to speak up

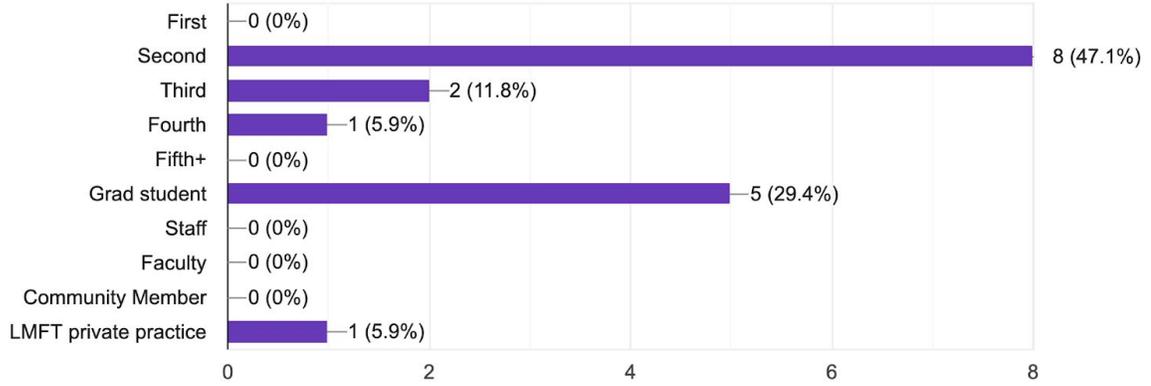
### How can we improve this event in the future?

It was a good discussion and offered some great pointers when it comes to psychological well-being  
I enjoyed every minute of this event  
It was perfect! I had fun and loved the films presented  
Give everyone a chance to discuss their current situation so everyone can connect and lend love or a helping hand  
I think more interactive questions would help in the event  
I loved everything about this event. Very helpful already  
More videos!  
Have them more often  
It's perfect as is  
More polls!!  
No thoughts right now

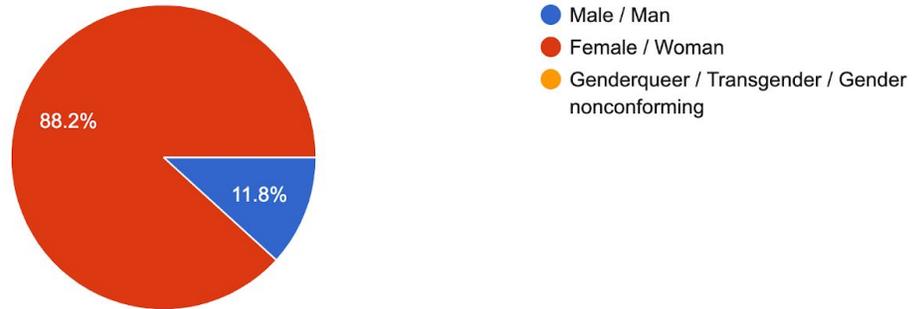
Major	
Biology	3
Business	1
Education	2
Health Administration / Public Health	1
Journalism	1
Psychology	4
Spanish / Anthropology	1
TV Broadcast	1

Year

17 responses



Gender Identity  
17 responses



Race / Ethnicity		
Asian / Asian-American	0	
Black / African / African-American	1	6%
Hispanic / Latinx	9	56%
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	3	19%
Multiracial	3	19%
Other	0	