

# Movies for Mental Health

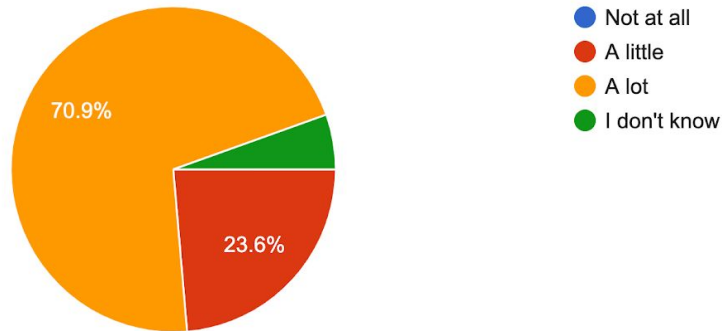
## Post-Workshop Evaluations

School: Whittier College  
Date: March 9, 2020

Number of attendees: 79  
Number of evaluations: 55

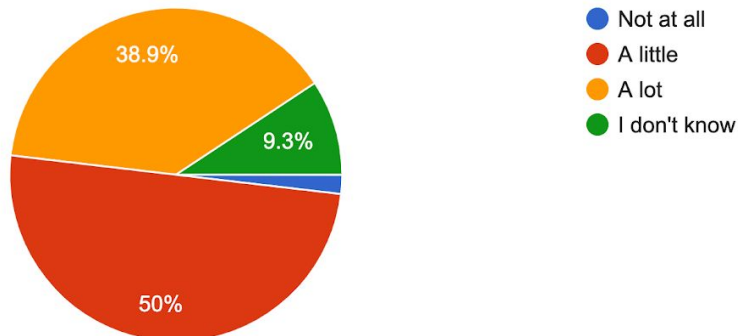
In your opinion, did this event create awareness of mental health issues?

55 responses



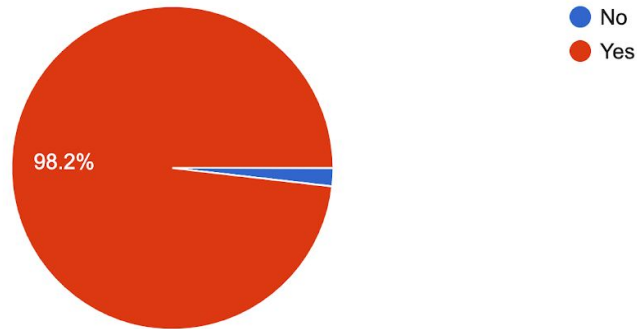
In your opinion, did this event reduce stigma related to mental illness?

54 responses



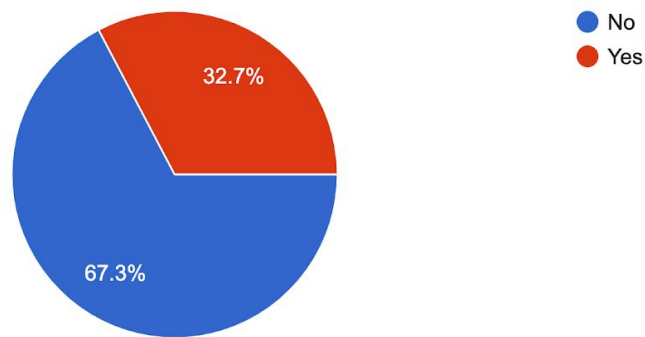
Did you know about your school's counseling services before this event?

55 responses



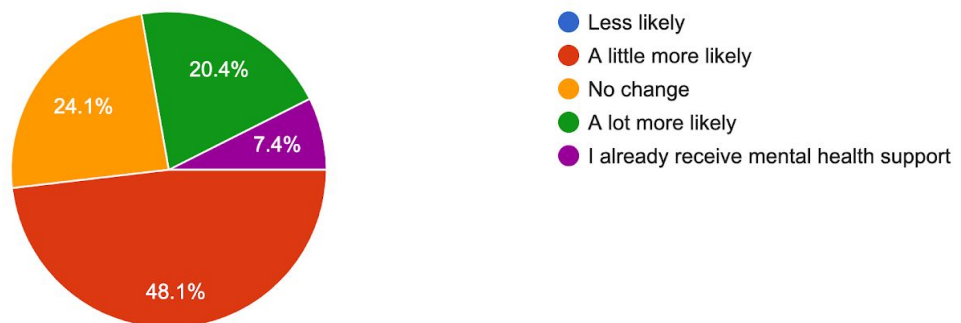
Did you know about the the Mental Health Services Act before this event?

55 responses



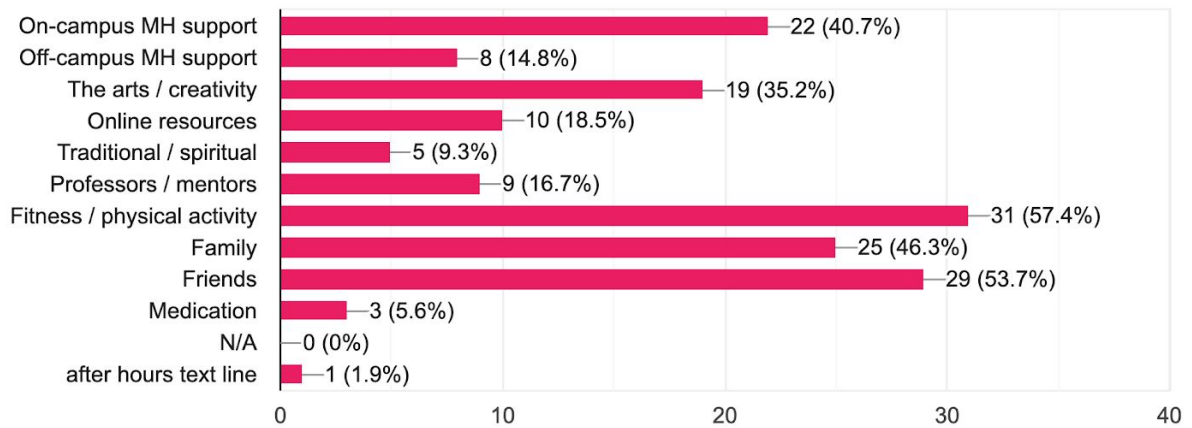
After this event, are you more or less likely to seek support for your mental health?

54 responses



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

54 responses



### How did you hear about this event?

Friend	<b>1</b>
Professor / class	<b>37</b>
Center for Advising and Academic Success	<b>2</b>
Email	<b>3</b>
Coach / team	<b>4</b>
Posters / flyers	<b>2</b>
Other	<b>3</b>

### What was your main takeaway?

(Highlights: see raw data for full list)

Seeking help is ok  
 Be more kind and aware to those with MI  
 Anyone can help  
 MH is important (x3)  
 Very eye opening that MH is not a bad thing to talk about  
 MH is a broad topic  
 The film "blue"  
 Be kind and generous  
 MH is nothing to be ashamed of and seeking help is beneficial  
 Community support especially in the form of understanding is important

To take action  
 Everyone has something going on so the best thing to do is support them  
 Talk it out. You are okay and not alone  
 Be more aware of what other people are experiencing / empathy (x2)  
 Everyone experiences things differently (x3)  
 That I should seek help and I'm not alone / use resources (x2)  
 Listen to your body only you know what you're feeling  
 MH is a growing issue  
 It's important to be aware of your own MH and that of the people around you  
 Discussing the stigma around MH (x5)  
 That MI is common  
 It is okay to have feelings / take care of yourself (x2)  
 If you need help there are people who can help  
 Stigmas have a large negative impact on MH (x7)  
 We are getting better as a community but still have room to grow  
 The different ways in which MH is in different cultures, environments and the media (x3)  
 MH is hidden sometimes  
 Really informative how rich people only donate 1% to MH programs  
 Feelings and thoughts are shown and presented in all different ways

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

Empowerment to share about MH  
 Realizations  
 Motivating  
 MH discussion with movies (x2)  
 Very helpful and informative (x14)  
 MH seminar  
 Eye opening and impactful (x6)  
 A good workshop to talk about MH  
 A good learning experience + normalization of MH discussions  
 A talk about MH and media  
 Interesting and I learned a lot and it was easy to normalize and talk about  
 A series of conversations and short films (x2)  
 Powerful and informative  
 Great presentation  
 Engaging  
 Getting a lot of resources  
 A must see workshop that talks about MH and awareness  
 A way to open your mind  
 It was great  
 Raised awareness for many MH issues (x2)  
 Very descriptive and open discussion  
 Informative and enlightening  
 Eye-opening, welcoming and thought provoking  
 Insightful  
 An interesting way to discuss MI that we can relate to (x2)  
 Encouraging  
 Improving your MH  
 Open conversation about MI and MH

## How might you use what you learned today?

(Highlights: see raw data for full list)

Being more aware of the experiences of others (x4)  
 To promote mental wellness  
 With my teammates when they are going through something  
 Spread awareness to friends and family / talk more about MH (x9)  
 Everyone has and can create different outlets for themselves to cope / seek solutions most helpful (x2)  
 To help better my own MH or be able to help another friend going through something  
 Use resources and be open about MH (x3)  
 Be more empathetic and supportive of my friends and peers  
 Finding a safe space to not feel so isolated  
 I would learn to open up to more people and trust they care about me  
 Talk to people/friends and let them know I am here to support them (x2)  
 Don't judge people because they are probably going through something of their own in terms of MH  
 When I'm tense, find someone I trust to talk to  
 Seek out help / use it for my own MH (x10)  
 Try to combat stigma by validating others when possible  
 I might use what I learned in different situations  
 Use it for future reference if I have a friend who needs help  
 In work

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

(Highlights: see raw data for full list)

The lack of knowledge  
 Not thinking my struggles are valid  
 Family (x2)  
 Shyness (x2)  
 My time and schedule  
 Being afraid of being labeled and time (x2)  
 Stigmas and not being an emotional person  
 I don't know my resources  
 Believe that you can do it on your own  
 Find my good friends  
 I think therapy can be expensive or not having the proper insurance for it / money (x2)  
 Being nervous about talking about it and comfortable with who I am / anxiety (x4)  
 Stigmas / negative opinions / fears of those close to me (x7)  
 Bottling things up trying not to talk about it  
 Not knowing how to properly communicate how I am feeling  
 Setting up actual appointments / living a busy life (x2)  
 Acknowledgment (x3)  
 Making time to seek support (x2)  
 Nobody will understand  
 Being willing to get help / being open (x2)  
 I don't have any. I feel really good about my mental state

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

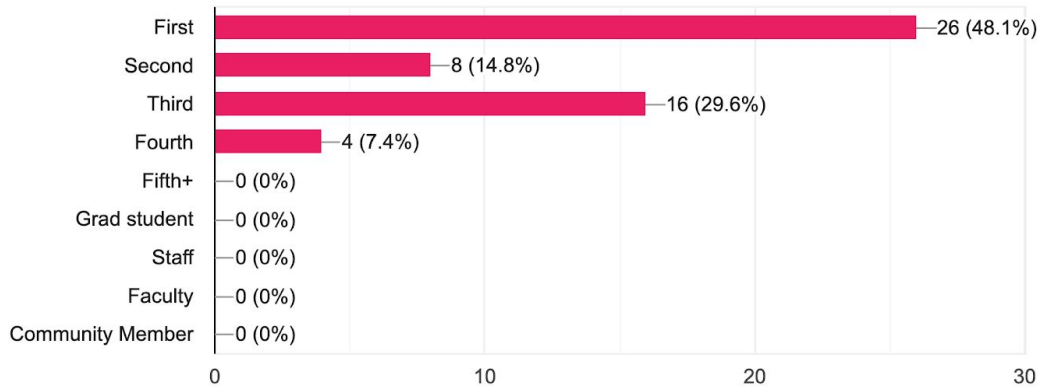
No need for improvement because it really does help  
 Better setup because we couldn't really see the films / tech support (x9)  
 Publicize it more / advertise it more (x2)  
 I liked everything about this event / pretty awesome already / did a great job (x7)  
 Better environment/location (x3)  
 More films  
 Showing movies in todays central media  
 Really enjoyed it and feel like more people should see this. Make it mandatory  
 More intimate / make it a more comfortable environment (x2)  
 It was perfect besides the tech  
 Counseling  
 Making it at night  
 Keep having events like this  
 Just find a better time so we can stay for the whole thing (x3)  
 More people  
 Slowly improve everyday  
 Jump right in because some people have class after and I feel like the beginning was too long/ too much  
 Talking  
 Broadcasting

### Major

Biology	<b>4</b>
Business / Business Administration	<b>9</b>
Child Development	<b>2</b>
Criminal Justice	<b>1</b>
Digital Art	<b>1</b>
English	<b>2</b>
Environment Science	<b>2</b>
History	<b>2</b>
Kinesiology	<b>16</b>
Political Science	<b>1</b>
Psychology / Psychology & English, History, Economics	<b>7</b>
Sociology	<b>2</b>
Undecided	<b>3</b>

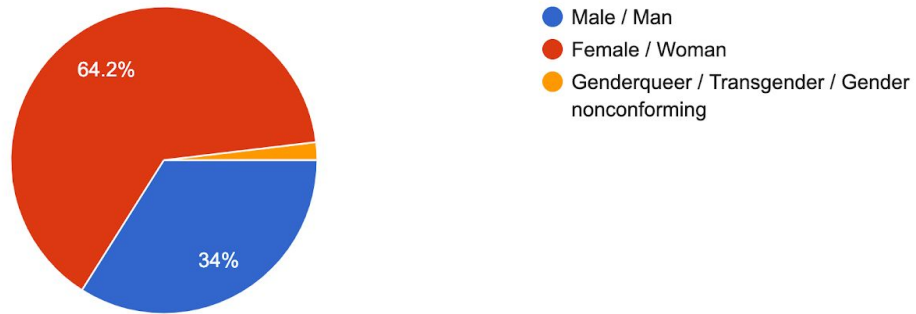
### Year

54 responses



### Gender Identity

53 responses



Race / Ethnicity		
Asian / Asian-American	4	7%
Black / African / African-American	3	6%
Hispanic / Latinx	19	36%
White / Caucasian	12	23%
Multiracial	15	28%