

# Movies for Mental Health (Online)

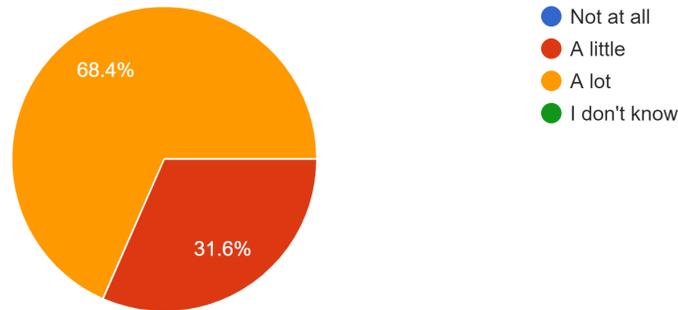
## Post-Workshop Evaluations

CSU Channel Islands  
April 22, 2021

Approximate maximum attendance: 58  
Number of evaluations: 38

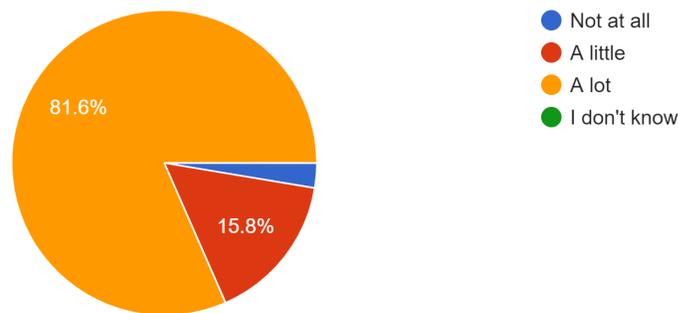
In your opinion, did this workshop increase your awareness of mental health issues?

38 responses



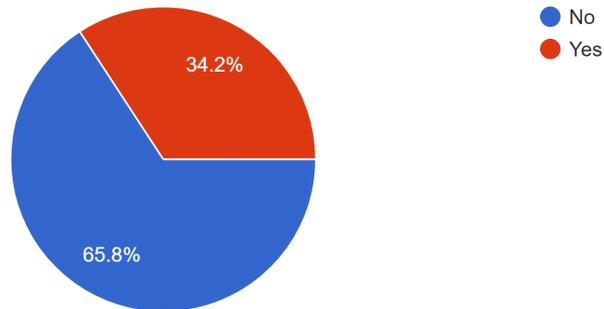
In your opinion, did this workshop help you confront and address stigma related to mental illness?

38 responses



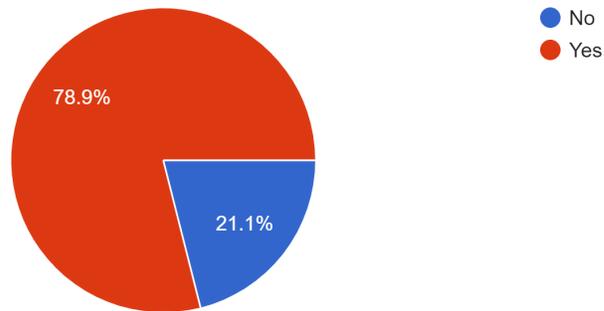
Did you know about the the Mental Health Services Act before this event?

38 responses



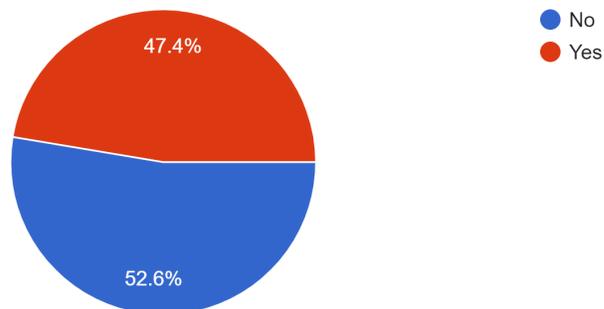
Did you know about your school's counseling services before this event?

38 responses



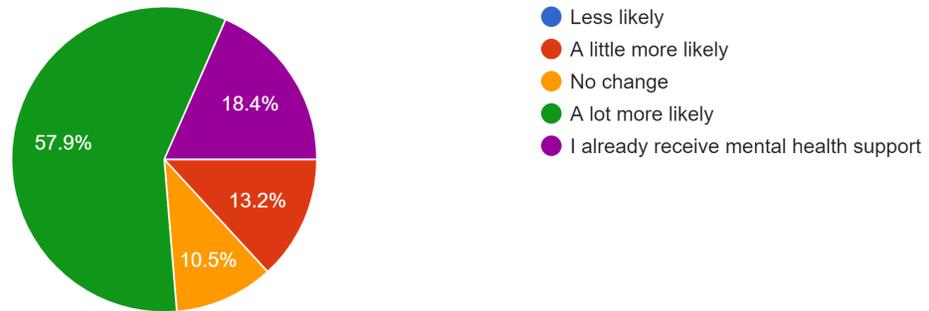
Did you know about the community resources before this event?

38 responses



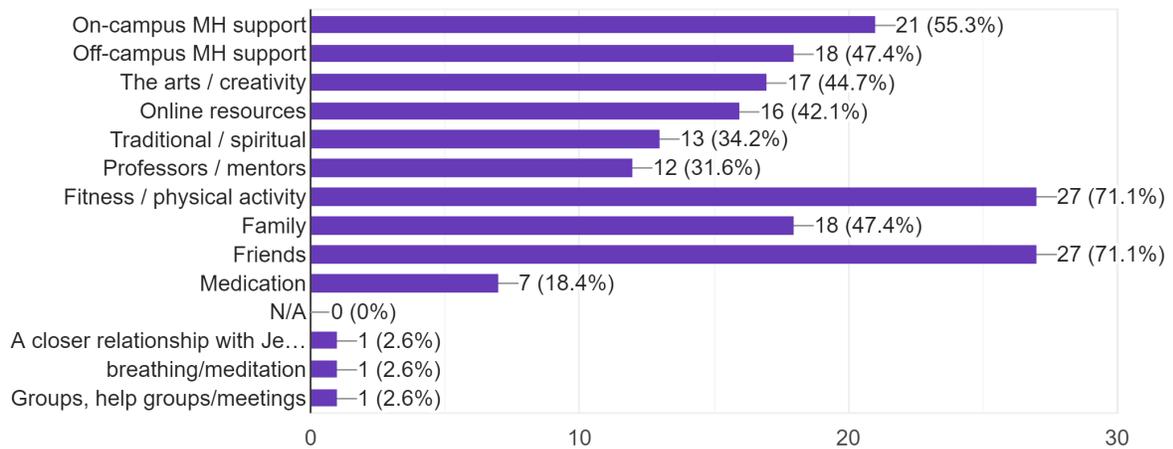
After this event, are you more or less likely to seek support for your mental health?

38 responses



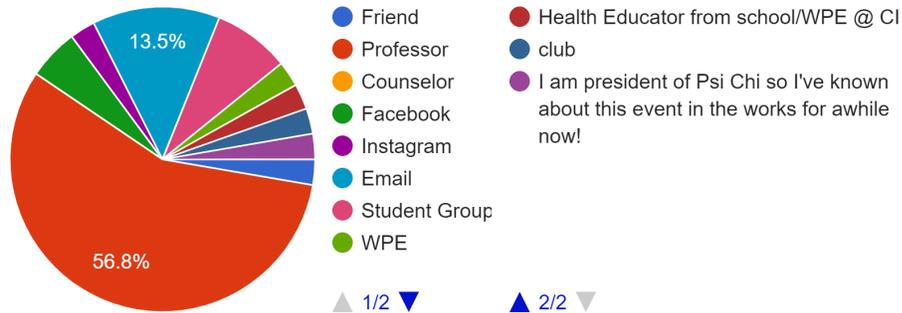
What type of mental health support do you think would be most useful to you?

38 responses



How did you hear about this event?

37 responses



**What was your main takeaway?**  
(Highlights: see raw data for full list)

- There are so many complex challenges and intergenerational trauma affecting our students today, more so during the pandemic.
- That there are so many people out there that are just like me. They struggle with mental health issues, but there are also so many resources to help us.
- Mental health is not concrete, we all have different experiences that do not always fit into something like a definition.
- That I am not alone, and that it is important to take care of ourselves so we can take care of others.
- My main takeaway was that it is important to be mindful of how you are feeling and to check in on yourself to see if there is anything that is affecting you in your daily activities.
- That we are truly not alone and it is okay to feel our emotions
- The importance of creating intentional spaces for mental health.
- moved by the films and the power of art
- it is so important to seek help!
- Mental health and mental illness looks different for everyone
- Mental Health is important to make it a priority !
- There are so many people going through similar things as you. It is Okay to seek hlep!
- We are all able to speak our minds it is up to us to go forth with that mentality and it is always okay to ask and receive help.
- Seeking help is important and is not a negative thing
- the different resources available for our mental health
- I'm not alone, there are many ways to seek help
- Mental Health is important and not talked about enough
- That I am not alone, and that it is important to take care of ourselves so we can take care of others.
- Mental health is different for everyone and there is always support for you somewhere around you and someone rooting for you and many resources available !
- There are many resources available, we are not alone.
- realizing you don't have to be super broken to seek mental health services.
- mental health should not be seen as a negative thing and should be treated as a priority
- Stigma is a powerful force, and using services and good practices can help combat it.

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

(Highlights: see raw data for full list)

- Enlightening and Inspirational, hearing the students' stories and support they are sharing.
- very engaging and an interactive and pleasant space to talk about mental health
- I would describe it as a great, informational event on mental health and the resources that are available on campus and in the community.
- A community that helps promotes mental health and makes you feel less alone
- A very insightful seminar about mental health and the ways to improve our mental health.
- Open, deep and informative
- uplifting, safe space to learn about mental health and hear others stories. Recognizing, you aren't alone.
- A safe space to introduce you to the world on mental wellness.
- an engaging supportive community
- life changing, mindset making, and above all empowering!
- A way to know that there are others who feel this way and also know there are ways to help
- I would describe it as empowering and enlightening.

## How might you use what you learned today?

(Highlights: see raw data for full list)

- Take time to myself and actually feel my feelings and heal
- I plan on utilizing our campus CAPS services or finally reaching out to find a therapist of my own
- I will use what I learned today to be more understanding and open to other people's unique and varying experiences.
- I now feel brave enough to get help if needed and don't look down on going to therapy or asking for help whether its early or in the middle
- be an advocate for mental health resources
- i will use it to empower myself and help others.
- Talk more about it so I can help others not feel alone
- Practice breathing exercises
- I would like to share this information and also incorporate it in my daily routine.
- Being more aware of my own mental health
- It is pushing me to receive help
- accessing the mental health support I need
- Understand that there are many and different situations to make me not feel like a lonely uphill battle.
- I think I am going to use CAPS at CI in the near future
- I would say just having an awareness more often of where I am mentally
- I think that this is definitely something that could be useful in the future whether it is to help a friend, a family member, etc.
- Work on myself, by taking breaks, doing the breathing and body check IN exercises.
- plan on looking into therapy
- The breathing exercises, and body mapping
- I would likely use what I learned today to help support others.
- I will continue to support and attend this event every year!

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

(Highlights: see raw data for full list)

- My parents don't really believe in it, they do not understand how my mental health affects my daily life.
- Lack of awareness and education from family
- I'm not ready to feel what happen to me
- Expenses
- financial
- opening up to people about it
- To see when I need help
- Not many have experienced what I have been through
- I think location
- Speaking up and embracing you are dealing with mental health issues.
- Negative thoughts
- The process of finding a therapist
- Depression prevents me from reaching out of my comfort zone or taking the first step to get the help I need.
- Not wanting to recognize my own issues that I am aware of because of comfort.
- Fear, money, social anxiety
- I am traumatized by my mother making me feel bad for being depressed. That is the reason I do not seek mental health support.
- I'm not ready to feel my emotions
- courage and motivation
- My biggest barriers are my stubbornness and overly excessive desire to be independent.
- The barriers I have encountered are the lack of support from professionals.

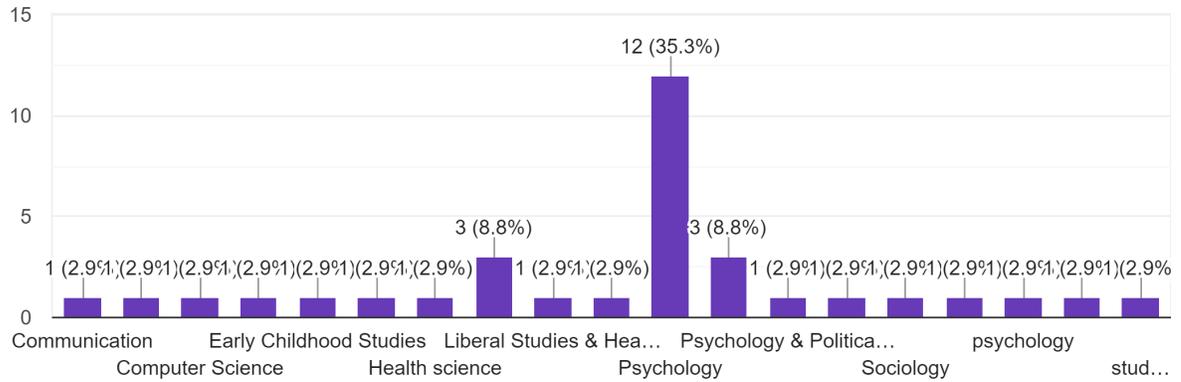
## How can we improve this event in the future?

(Highlights: see raw data for full list)

- This event needs to reach a bigger audience. Those who have the most immediate need are not likely to attend.
- be in person but everything was amazing love the films
- more stories from students!
- more movies !
- Maybe have more people share their personal stories.
- Do again soon!
- Nothing, just hope to go to another one in person
- I honestly thought it was really good, maybe just a little longer if possible because it felt like things were a little rushed sometimes - just because this is such a big topic to discuss it might require more time
- I really liked the lead speaker, Beth! I would say asking students to share their stories if we have enough time
- Honestly this event was perfect!!!! Just beautiful it brought me back to just where I needed to be "To enjoy life and love myself"
- It has improved every single year. It was wonderful having it in a virtual format this time.

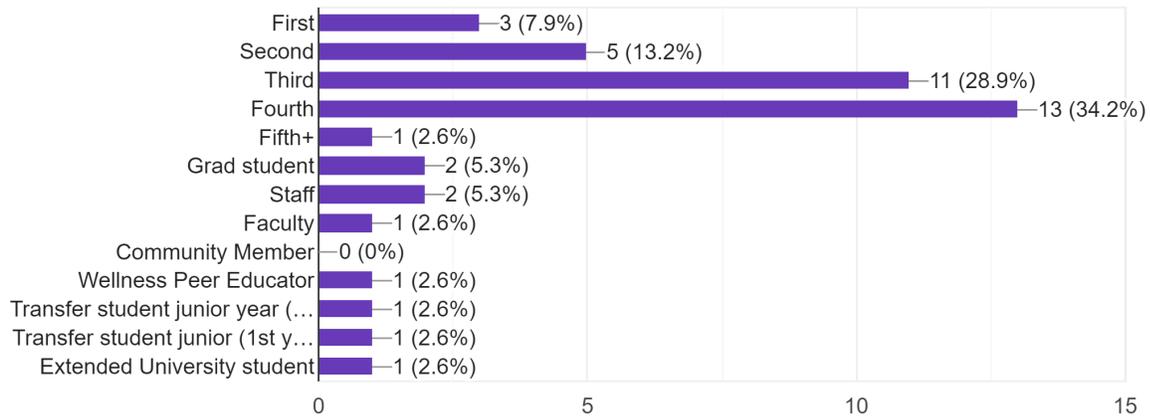
### Major

34 responses



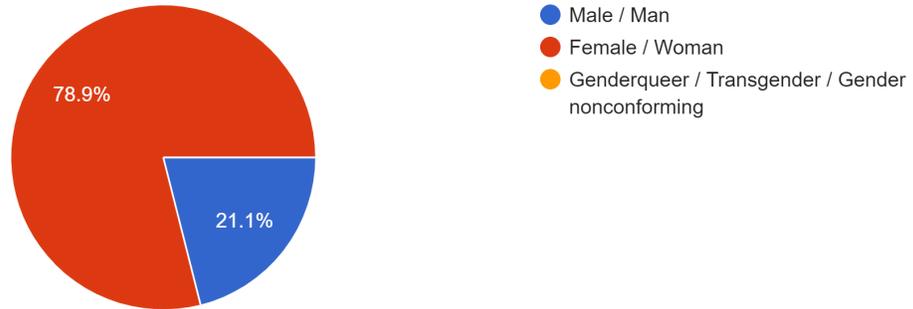
### Year

38 responses



### Gender Identity

38 responses



### Ethnicity

38 responses

