

Movies for Mental Health (Online)

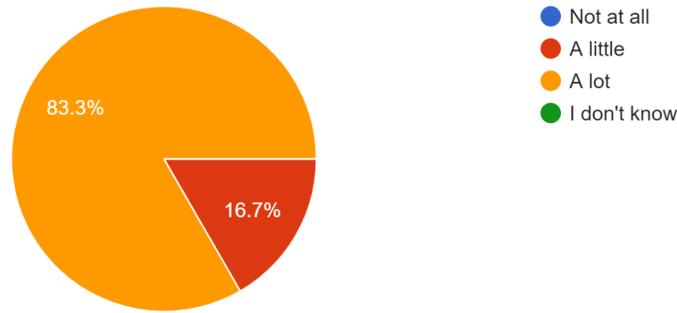
Post-Workshop Evaluations

CSU East Bay
April 28, 2022

Approximate maximum attendance: 21
Number of evaluations:

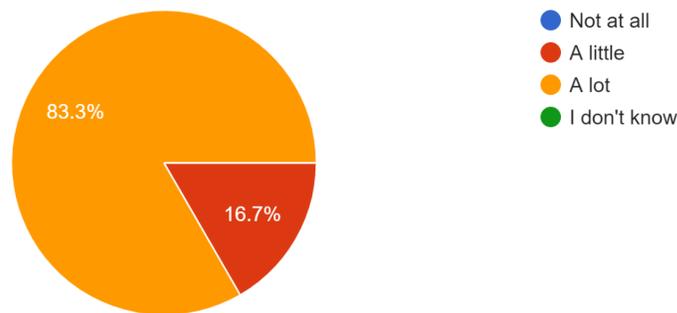
In your opinion, did this workshop increase your awareness of mental health issues?

6 responses



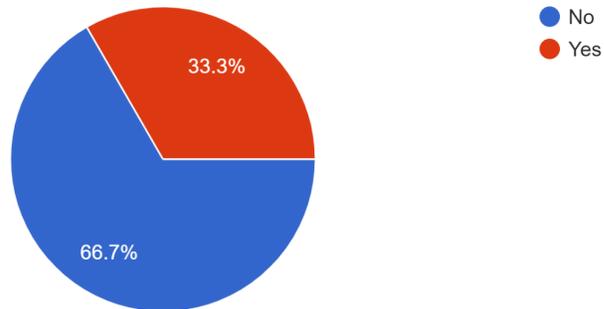
In your opinion, did this workshop help you confront and address stigma related to mental illness?

6 responses



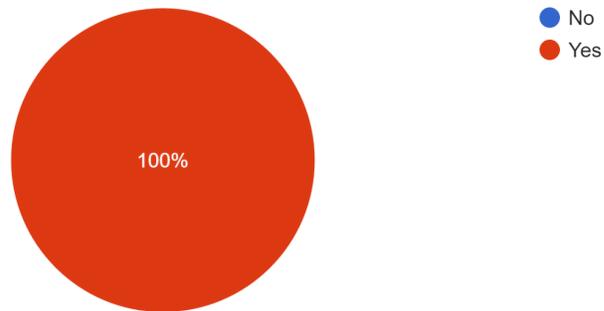
Did you know about the the Mental Health Services Act before this event?

6 responses



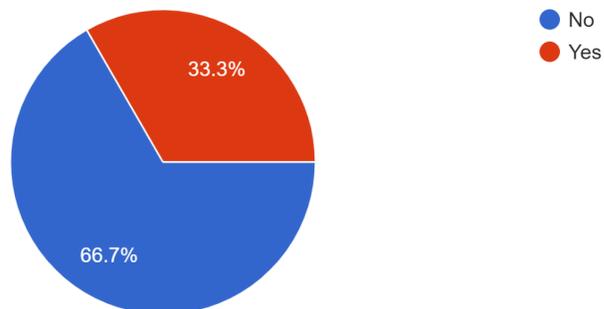
Did you know about your school's counseling services before this event?

6 responses



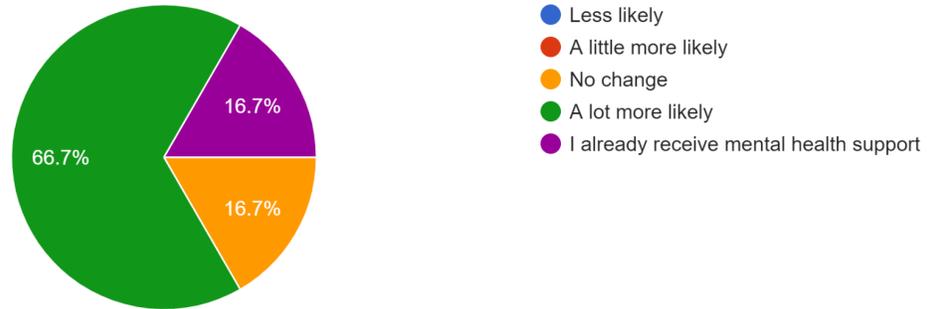
Did you know about the community resources before this event?

6 responses



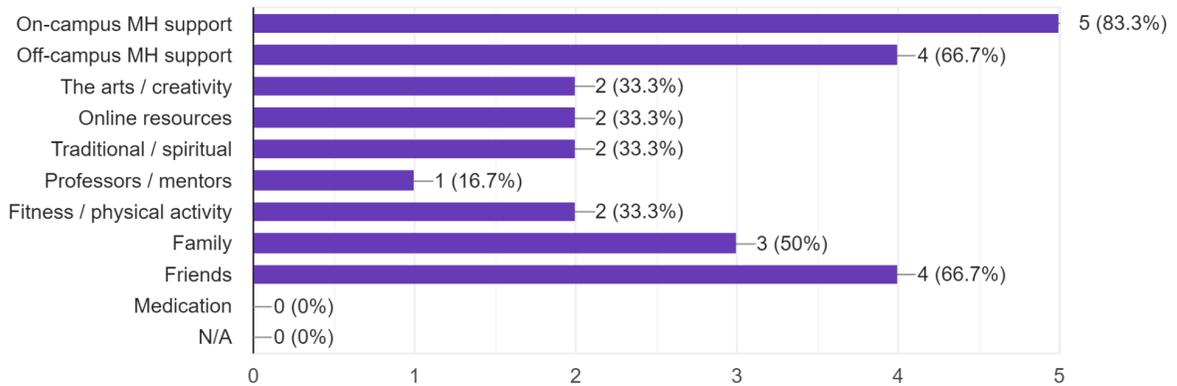
After this event, are you more or less likely to seek support for your mental health?

6 responses



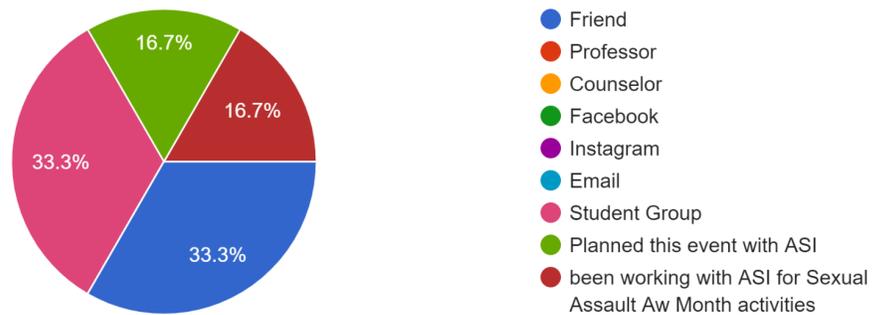
What type of mental health support do you think would be most useful to you?

6 responses



How did you hear about this event?

6 responses



What was your main takeaway?

Be Understanding about other people's mental health
Mental health is your own battle and that everyone has their own experiences that are valid.
To look past other peoples perception and focus on yourself
My main takeaway from this event would be to take time for myself and to not be afraid to reach our for help when in need of a little assistance.
Supporting people and self-care for your ourselves

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

Very Interesting!
I felt heard and related to many stories told and I feel more empowered by the end of it.
I would describe this workshop as very informational and helpful
It was good and awesome that makes you feel good and learn things more about mental health
Really good experience - films were powerful

How might you use what you learned today?

Be more kind to myself
Breathing exercises in between homework
I will most definitely use the self awareness exercises to clear my mind and debrief
Mental health and self-care are important and that we have people in our lives who will be there for us and listen to us
Continue to keep this topic present in my work

**What are the biggest barriers to your mental wellness
and/or receiving mental health support?
(Highlights: see raw data for full list)**

Family Stigma
Not feeling validated
Just overwhelming class work
Time and having a busy schedule
Health insurance and have to wait till the weekday to talk to someone

sometimes it is emotional exhaustion

How can we improve this event in the future?

More videos on more mental health topics!

Hopefully in person next time

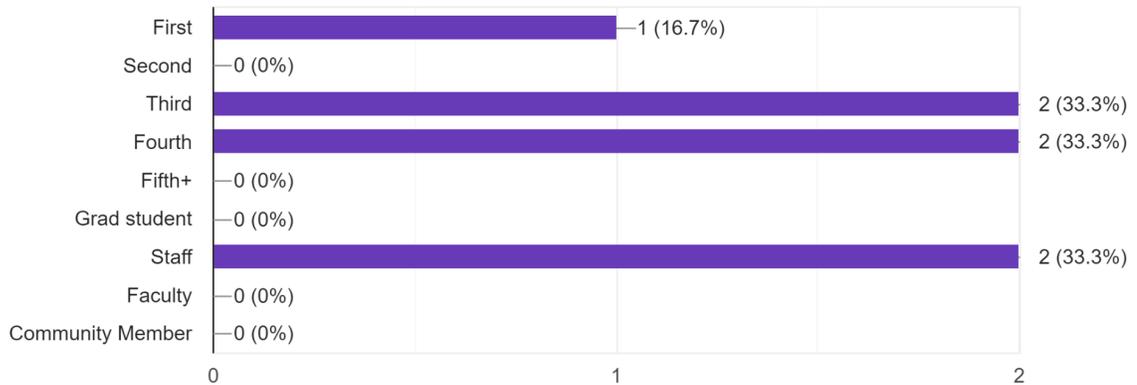
I loved everything about this event but in the future maybe making it hybrid and having it in person as well as online

Not sure - I had struggles with getting the videos to play and by the time I could get each issue figured out, it was too late to watch so impacted participation

Major	
Business Operations and Supply Chain MGMT	1
Business Marketing	1
Accounting	1
Health Science	1
Psychology, Double Minor in Sociology and Asian American Studies	1

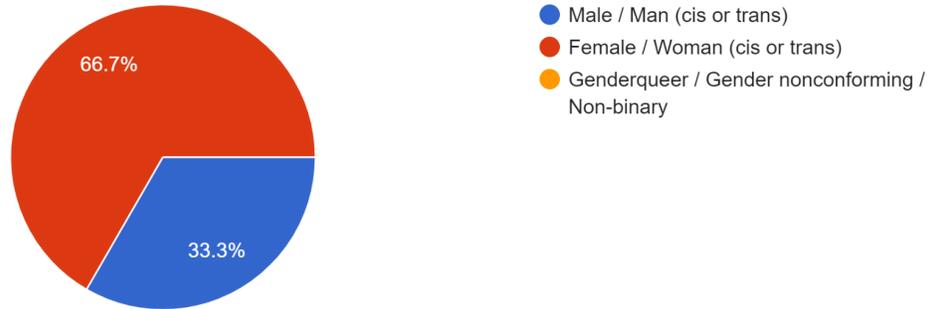
Year

6 responses



Gender Identity

6 responses



Ethnicity

6 responses

