

# Movies for Mental Health

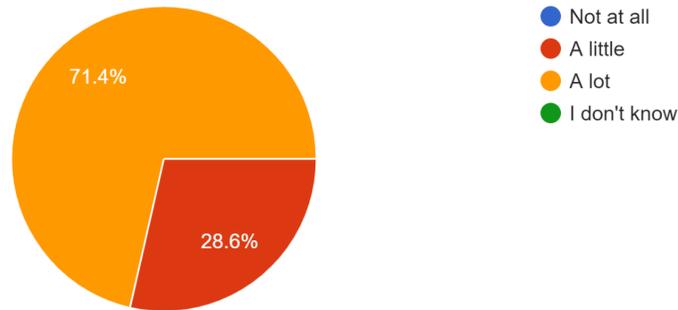
## Post-Workshop Evaluations

CSU San Marcos  
May 2, 2022

Approximate maximum attendance: 14  
Number of evaluations: 7

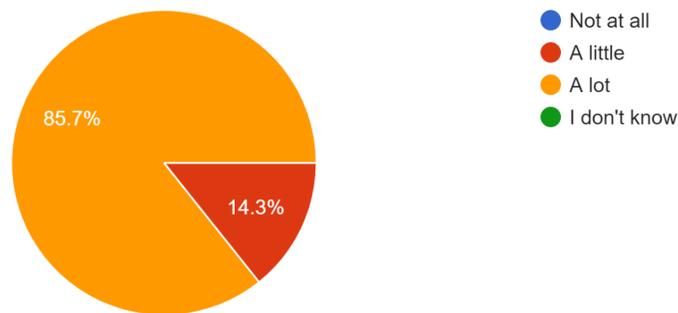
In your opinion, did this workshop increase your awareness of mental health issues?

7 responses



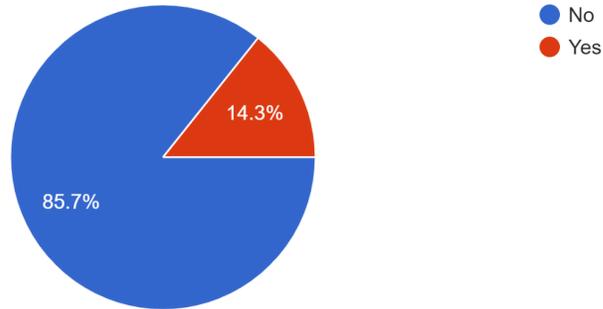
In your opinion, did this workshop help you confront and address stigma related to mental illness?

7 responses



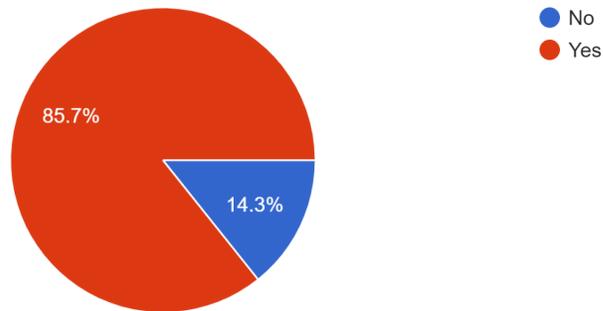
Did you know about the the Mental Health Services Act before this event?

7 responses



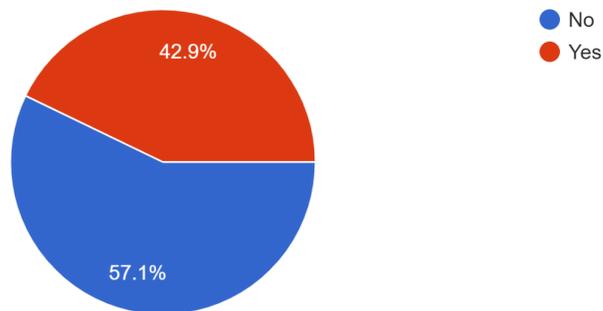
Did you know about your school's counseling services before this event?

7 responses



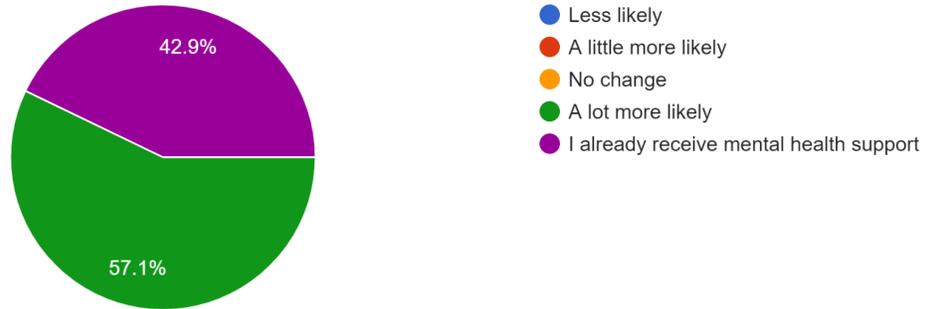
Did you know about the community resources before this event?

7 responses



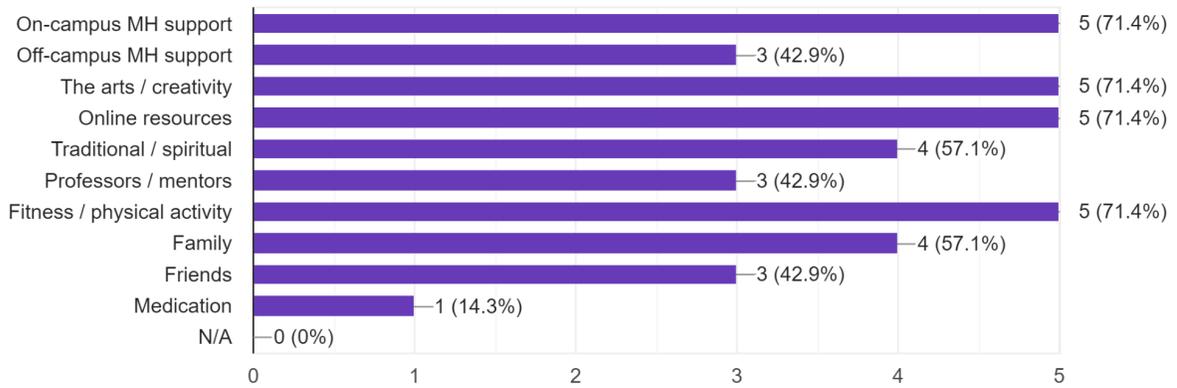
After this event, are you more or less likely to seek support for your mental health?

7 responses



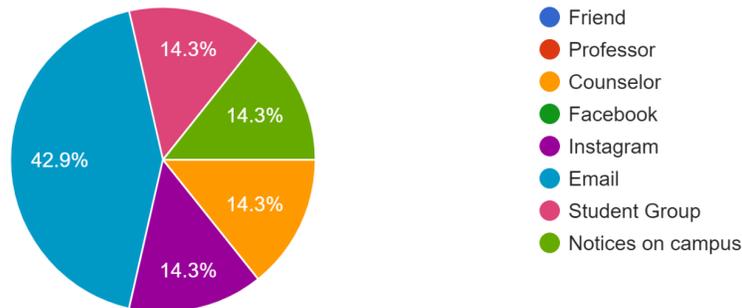
What type of mental health support do you think would be most useful to you?

7 responses



How did you hear about this event?

7 responses



### What was your main takeaway?

- Mental health matters
- A lot of people struggle with mental illness
- How everyone is on this journey, and it is different for everyone. We should take time to take care of our mental well-being.
- I need help
- It's okay to not be okay. Make sure to seek therapy.
- Mental health is important and it is important to have an open-mind.

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

(Highlights: see raw data for full list)

- Empowering
- It helps intersectionally explain mental health
- A great workshop to talk about mental health and what it means for you.
- Helpful
- Offers insight towards mental health and the immense amount of mental health services the campus and community offers.
- Safe-space and very educational

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

- Practicing self care
- In managing my own depression
- Take time to take care of myself.
- Looking for help
- I will practice more meditation, seek therapy either on campus or through a health care provider, and be out in nature more.
- It will help me (on a personal level) and I can use the information learned to educate people around me.

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

- Stigma
- Financial
- Negative stigma
- Find a good support
- The time to find mental health support.
- Possible stigma. And not knowing if I'm simply having a bad day or if there's more to it? If that makes sense.

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

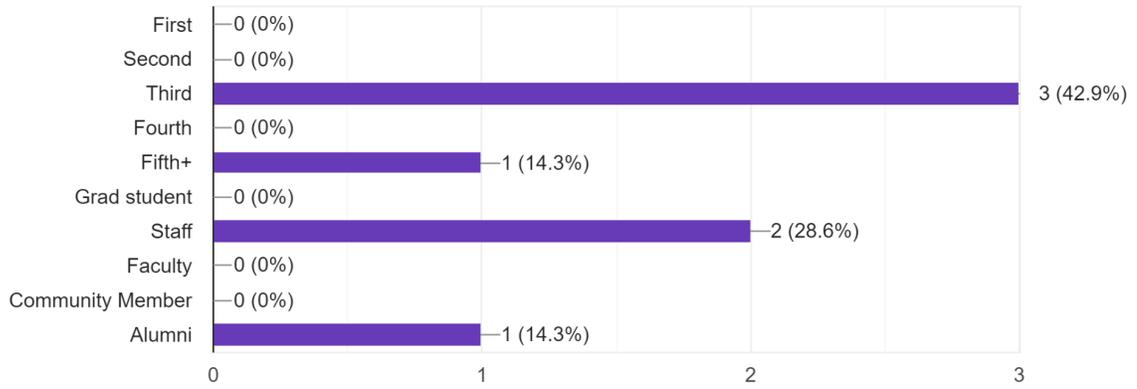
- Nothing
- More movement
- Personal help
- More marketing because this was a great event that more people should have attended and been more aware of.
- I'm not sure. Everything was lovely to me.

### Major

Psychology	<b>3</b>
Health Educator	<b>1</b>
Art, Media design	<b>1</b>
Sociology	<b>1</b>

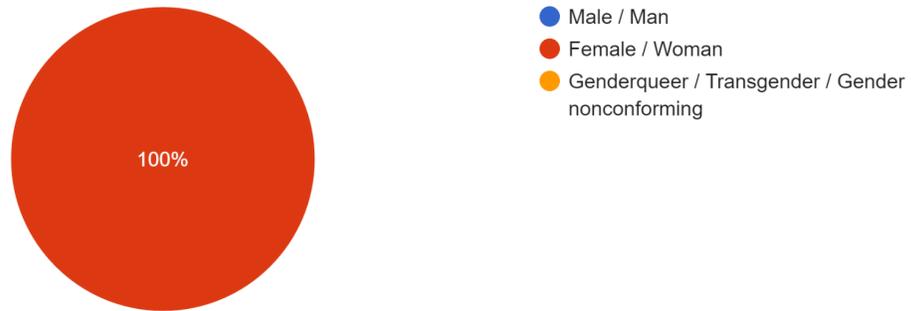
### Year

7 responses



### Gender Identity

7 responses



### Ethnicity

7 responses

