

Movies for Mental Health (Online)

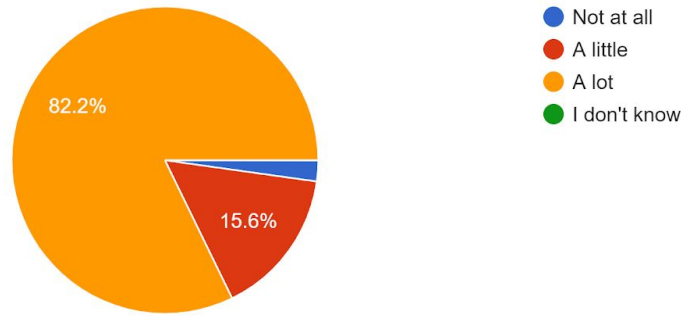
Post-Workshop Evaluations

California State University San Marcos
December 3 2020

Number of attendees: 99
Number of evaluations: 45

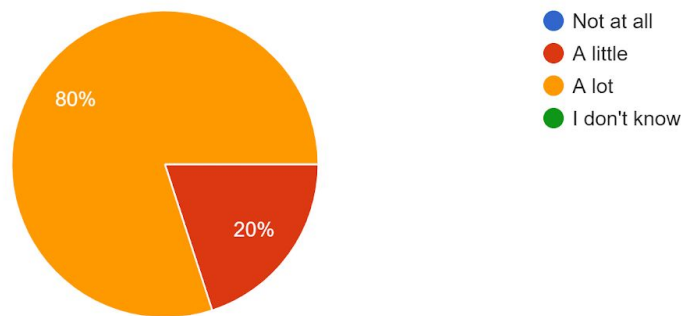
In your opinion, did this workshop increase your awareness of mental health issues?

45 responses



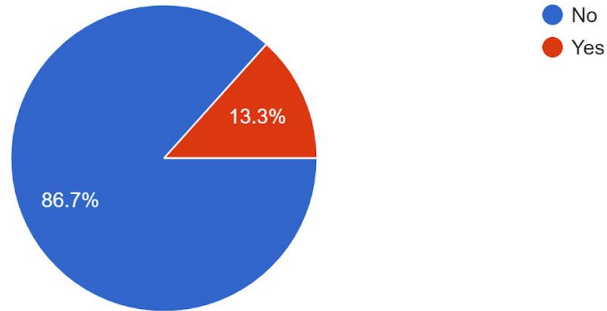
In your opinion, did this workshop help you confront and address stigma related to mental illness?

45 responses



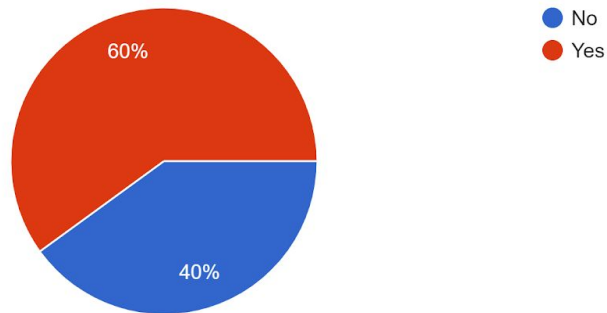
Did you know about the the Mental Health Services Act before this event?

45 responses



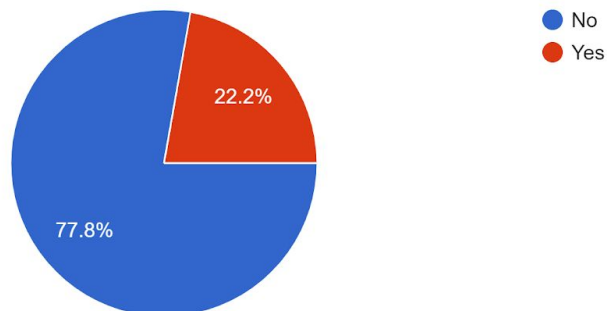
Did you know about your school's counseling services before this event?

45 responses



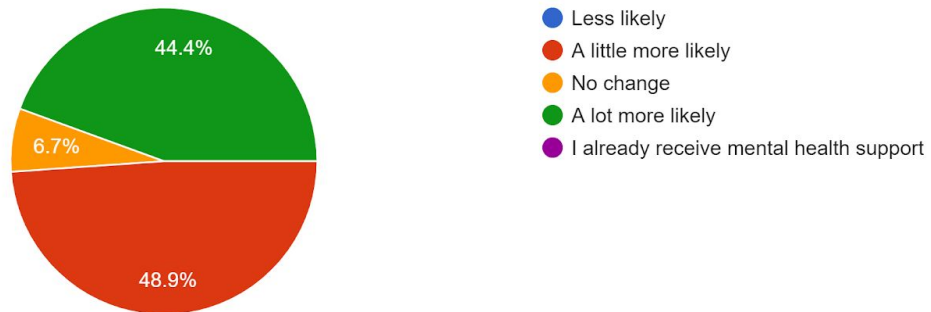
Did you know about the community resources before this event?

45 responses



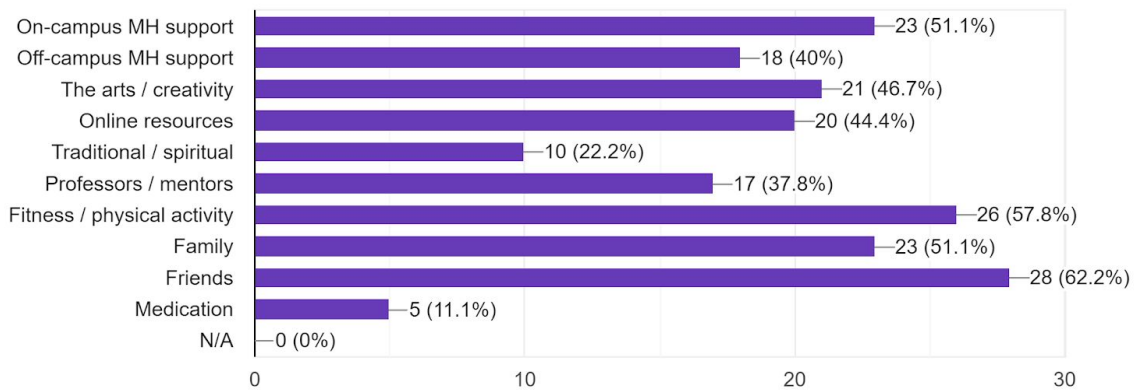
After this event, are you more or less likely to seek support for your mental health?

45 responses



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

45 responses



How'd you hear about this event?	
Professor	36
CSUSM website / Counselor / Instagram	(2 each)
Friend / Email	(1 each)

What was your main takeaway?

- a lot more are dealing with the same issue and it can be solved or worked on.
- all your feelings are valid
- Ask for help, the mental health problems are real and it can be fixed with help.
- Be Kind
- be thoughtful of self and others
- being aware of my own mental health
- breathing exercises and acknowledging senses
- do not wait until things get bad get help so that you dont get there or worse
- Ending the stigma and it's okay to ask for help.
- everybody is different so your mental health is very important
- Everyone has their own life experiences and it is important to have compassion towards others because we may not know what sort of trauma or mental issues they have or are experiencing.
- Everyone has their own struggles and we can all help by supporting each other and being kind.
- How many resources CSUSM provides students with.
- I am capable of reaching out for my mental health
- I am the professional about my own mental health.
- I liked how when talking about mental health they emphasized the idea that we are experts of our own mental health.
- It sound intersting
- Keep an open-mind
- keep an open-minded
- listen to the voice telling you to do art for therapy
- Love
- Mental health does not necessarily mean you're suffering or sad. Happy people suffer too.
- Mental health is important, and acknowledging the struggles ourself and others face are the first steps in making things better.
- One main takeaway was that mental health is different for everyone and that you'r not alone.
- Seek help and check in with your loved ones.
- Seeking help is important
- Self care is important
- Stigma has gotten reduced over time
- Stigma is a very real thing. Events like these make people more openminded and comfortable with what they learned so they can ultimately share this information with friends/family/others, raising awareness of the stigma with mental health and mental illness.
- That a lot of people are feeling this way as well so it's normal. And it's normal to seek out help
- That its okay to seek help and to take our health serious
- That mental health is not a joke and should be taken seriously.
- That mental health should a serious thing people should take care of.
- That stigmas are very different from stereotypes and we shouldn't be afraid to look for help.
- That stigmas are way different than stereotypes.
- To ask for help even if it is scary
- To be kind to others, go to someone for MH support
- To embrace and work on myself not just pile drive through
- understanding that just because we deal with these things, it doesn't make us any less human

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

- A helpful, easy to digest workshop. So informative and fun learning experience.
- A way to look for you inner self.
- A wonderful atmosphere to share your ideas and experiences with mental health while watching short films which bring light to mental health
- A workshop that teaches you about mental health and wellness
- Amazing people and knowledge on mental health
- An eye opening experience on what mental health is.
- An informative workshop that addresses mental health by providing different films to show how mental health can look like and what the people feel like. This workshop helped me understand how mental health shouldn't be something people should be ashamed of but should addressed.
- an interesting and helpful presentation about mental health awareness and how to get help.
- clear and welcoming
- Comfortable safe space to address mental health
- Community, Fun
- Educational, and a friendly and safe environment
- Enlightening (x2)
- Essential for the anxiety that comes with growing up and learning through a pandemic.
- Extremely informative and helpful
- fun, interactive and helps de-stigmatize mental health
- Fun, interactive, kind, and helpful
- Helpful (x2)
- helpful and peaceful
- helpful info session that helps one see how its ok to be different and ok to seek help regardless of severity
- I will say, it is very useful, fun and informative. It help with mental health issues.
- I would describe it educational
- I would describe this workshop as interesting and powerful to know that other students have similar experiences as you do.
- Informative (x2)
- Informative and fun. (x2)
- informative and positive
- It is wonderful and helpful
- Reflection on mental health and learn on resources that are available
- refreshing and necessary
- Safe and liberating.
- uplifting, takes weight off your shoulders
- Very Eye Opening
- Very eye-opening. Didn't even consider mental wellness as a way to improve our daily lives. I would describe this workshop as extremely informative and lively. Loved Natalie's energy!! <3
- Very informative worth going and very fun
- welcoming and informing environment
- Welcoming and very informational

How might you use what you learned today?

- I can use what I learned today to give advice to others and to tell others about the resources CSUSM provides.
- Advocacy
- Applying it during finals week!
- being honest with myself
- Being more understanding and compassionate towards others.
- breathing techniques
- Get help from the mental health services on campus
- help myself and others struggling
- helping a friend
- I am going to be KIND to myself, my needs, and putting my mental health first.
- I am now able to become more aware of not only my emotions but the emotions of others.
- I can use the information I learned to help improve my mental well-being.
- I may seek counseling
- I may seek help and I also understand the invisible battles some may be facing
- I really want to talk to a counselor or therapist because I want to help my mental health but my father has made it seem like I am perfectly fine and don't need anything.
- I use in myself to accept me more and say about this to others to looking for help. I will see the resources that show them.
- I will be more aware in things that stress me out and take the time to breathe and not feel overwhelmed.
- I will find ways to cope with my mental health and help others
- I will now be able to be more aware of not only my own emotions but the emotions of those surrounding me as well.
- I will start listening to my body and its needs, physically and mentally. Not everything is about grades and schoolwork, breaks are a necessity to life and in order to balance one's mental wellness and mental health.
- I would use it in an educational way and tell my friends about it.
- I would use what I learned today by just spreading kindness to everyone that I interact and be supportive.
- More self love
- Open up to friends how I feel
- Pay attention to my emotions and about others because it is a real problem. Ask for help using the resources in the course.
- practice check ins
- Reach out to more people possibly
- seek help
- Share the information (x2)
- Share! (x2)
- To always take deep breaths and step back and take a moment to recalibrate ourselves
- to deal with my own stress/mental health
- To love myself more, to check in with myself and with others
- Visit the websites.
- when i get stressed I'll practice breathing
- Will check in with my friends and family.
- will use the body scan

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

(Highlights: see raw data for full list)

- afraid of opening up
- Being afraid to be judged.
- Being afraid to open up and talking about my feelings.
- Being afraid to open up to others/being vulnerable
- cost
- difficult to looking for help, not information where to looking for it, shy, difficult to talk about it.
- Do not know where ask for help.
- doubt
- family stigma and lack of motivation
- fear of being judged
- fear of diagnoses
- Fear of judgement. (x2)
- Feeling ashamed or scared of labels.
- Finances, I had a therapist but it was getting too expensive. I also tried through my insurances but the therapists were not good for me at all.
- Honestly, I feel like I don't have time or the money to do so. I understand now that there are free resources for mental health and mental illnesses. I just need to understand myself more and understand what I need to do to improve my mental health/wellness and who I need to reach out to to make my life the best it can be.
- I am shy and scared
- I sometimes feel like my emotions aren't severe enough to go talk to a professional about
- Insecurities, fear
- Isolation
- Judgment
- Leaving things for later
- making the time for support I spend my time outside hiking
- My family not understanding mental health.
- My family thinking I don't need it and it's only for people who do have mental illness
- needing to appear ok for family
- not speaking out
- Other people's opinions of me
- pride and finances
- Shame (x2)
- Stigma
- Stigma, fear of being judged
- That my parents view as weak or that they don't want to believe that me (as her child) have it.
- The biggest barriers would be my father since he doesn't believe in mental health and if I were to go to address my mental health I don't want him to feel disappointed of me or ashamed of me.
- The fear of being judged by others for the issues I have.
- There are no excuses and my parents are supportive I just have not slowed down to take the time to get support.
- Time/energy because I get so busy or just isolate myself
- too proud
- Working on the stigmas I have about myself and working through the stigmas that my parents have about mental health.

How can we improve this event in the future?

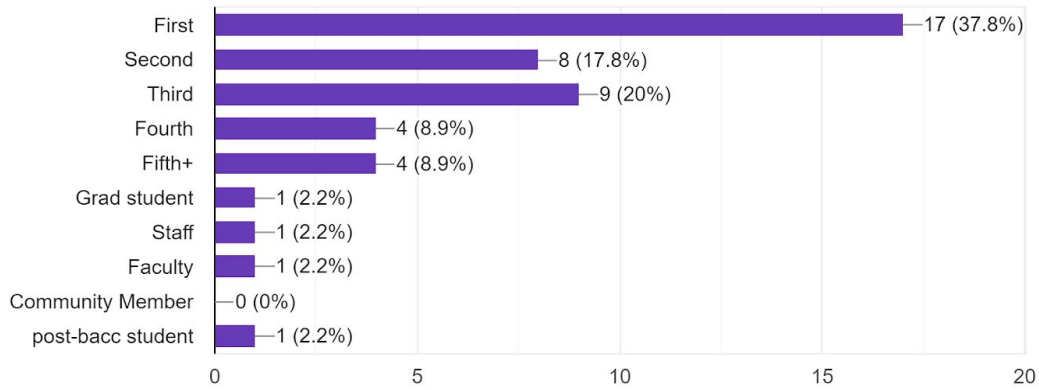
- I think it went perfectly. Enjoyed it as is.
- All is wonderful. more time talking with Natalie
- Do More of it
- Enjoyed as was
- Fine as it is.
- I believe it was amazing as it was !
- I feel that it was very well put together, wouldn't change a thing
- I liked everything.
- I really enjoyed the films and would really like to see more of them
- I think all is ok.
- I think this event went so well!! Natalie's energetic and comforting personality really made this workshop for me. She was engaging and captivated me with everything she said. The polls and body scans/breathing exercises were fun and new as well, a way to be actively participating even when virtual!
- It is good the way it is.
- It was perfect (x2)
- It was pretty great, so I don't think it needs to be improved in the future.
- It was really good! loved the presenter and energy!
- It's already perfect!
- Loved every aspect about it, Natalie is amazing!
- More engagement
- no bad
- not sure it was pretty great
- Nothing I loved it!
- Nothing Love the Vibe!
- offering more workshop/ evening workshops
- One way to improve this event in the future is to have more short videos presented because they are pretty relatable feelings.
- One way to improve this event in the future is to have more short videos presented because they are pretty relatable feelings.
- Overall I think it was a good presentation but I really liked the breathing exercises maybe include more of that.
- Perhaps go into more depth about the films. Overall it was very great session to be in.
- perhaps more engagement from the panelists
- Spread the word because I did not know of this, before my professor offered it as an extra credit.
- Spread the word. Would have never known about this event, if my professor didn't suggest it as an extra credit.
- To accept that my feelings are valid and I can change how I feel and how to move forward

Major	
Liberal Studies	8
Business	5
Biology	4
Biochemistry	3

Art and Media Design / Ecology / Human Development / Political Science / Psychology / Sociology	(2 each)
Software engineering, Social Science / Professor / Kinesiology / ENVS / Digital Media / Criminology / Child Development / Public	(1 each)

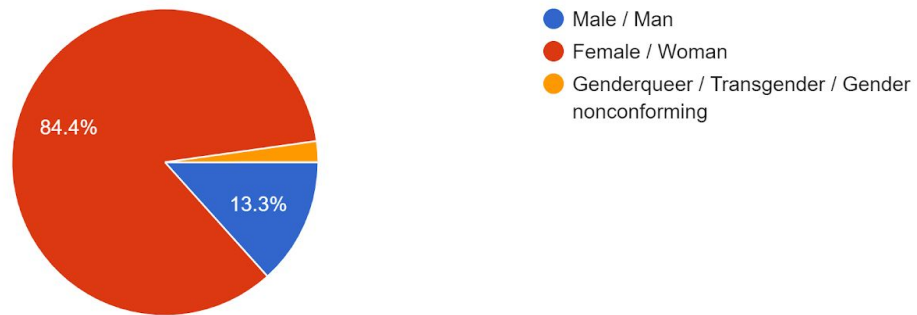
Year

45 responses



Gender Identity

45 responses



Race / Ethnicity <i>(some respondents identified as more than one race)</i>		
Asian / Asian-American	9	21%
Black / African / African-American	1	2%
Hispanic / Latinx	27	61%
Indian / South Asian		
Middle Eastern	1	2%
Native American / First Nations	1	2%
Pacific Islander	1	2%
White / Caucasian	15	34%
Multiracial		
Other		