

# Movies for Mental Health (Online)

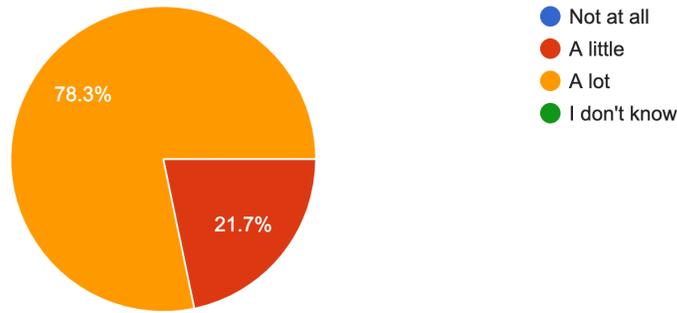
## Post-Workshop Evaluations

CSU San Marcos  
November 30, 2021

Approximate maximum attendance: 44  
Number of evaluations: 23

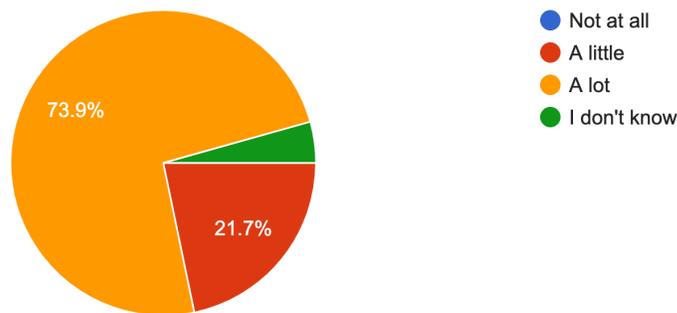
In your opinion, did this workshop increase your awareness of mental health issues?

23 responses



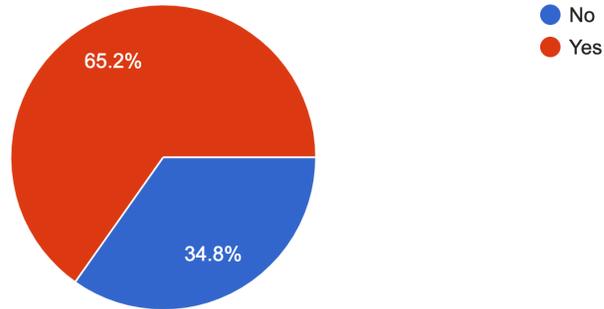
In your opinion, did this workshop help you confront and address stigma related to mental illness?

23 responses



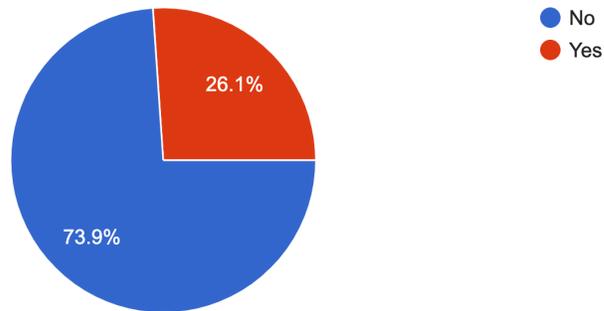
Did you know about your school's counseling services before this event?

23 responses



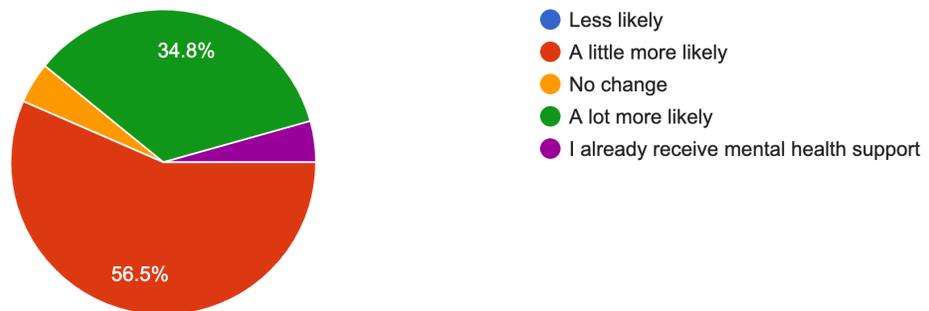
Did you know about the community resources before this event?

23 responses



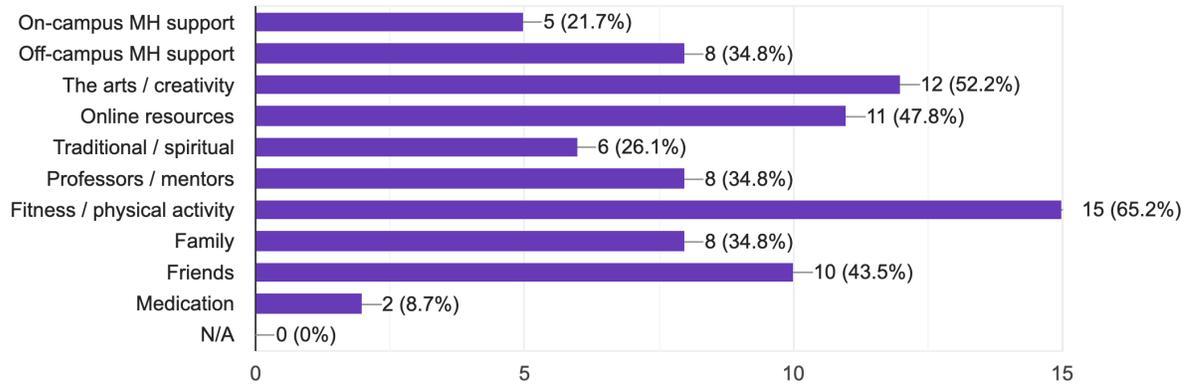
After this event, are you more or less likely to seek support for your mental health?

23 responses



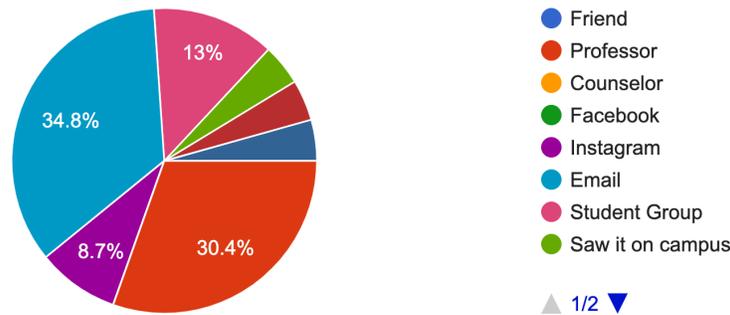
### What type of mental health support do you think would be most useful to you?

23 responses



### How did you hear about this event?

23 responses



## What was your main takeaway?

How important mental health is and everything it encompasses. I learned that there are so many people who have experienced the same thing I have and that it is not uncommon. It has allowed me to learn more about stigmas as well around mental illnesses.

There are resources for my mental health that I am now aware of. A lot of people are in the same boat as I am in.

Mental health can be viewed as an umbrella term that encompasses so many things and one thing I found interesting was how much past experiences can affect mental health.

That authenticity when dealing with and discussing mental health is paramount, as Carly demonstrated in how she ran the event. Great job!

I am not alone.

Asking for help should not be taboo.

There are many people who are willing to help and mental health is important!

I am not alone and how kind others can be who also understand and experience mental health.

To not be afraid to reach out. Also that's it's okay to not be okay.  
That mental health is very important.  
Mental health isn't something to be ashamed of and there are plenty of people that can relate.  
Perspective. Awareness/visibility of mental health.  
Mental health takes time and support.  
You can ask for help even if you are not the one struggling.  
We are all in this together!  
Understanding what stigma is and how it's used.  
What I'm feeling is normal and it's ok to talk about it with others.  
Seek help if needed.  
Mental health is health!  
That there's a lot of support to be taken for mental health.

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

It was great to understand that it's okay not to be alright and that there's plenty of people that will listen to you.  
I would describe this workshop as a workshop that explores the term of mental health and provides valuable information on mental illness and resources as well as great conversation and grounding exercises along the workshop.  
A workshop that focuses not only on improving or providing mental wellness, but bringing it to light and providing support and possible solutions.  
Resourceful and comforting  
Interesting and helpful.  
Calm and informal, and interesting.  
An open, loving and informative workshop.  
Supportive and encouraging conversation.  
Very moving and informative and understanding  
A safe comfortable space that is a great learning experience  
A discussion about how to ask for support with mental illness and an introduction to school resources.  
An open approach to how to get help with mental illness.  
Insightful. Helps you come to terms with any issues you may be dealing with yourself  
A safe learning environment.  
An amazing experience to openly talk about mental health  
A helpful safe place to learn about mental health.

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

I might go talk to my family and ask them how they feel about mental illness, I want to reach out to my friends as well.  
I would like to explore more ways to focus on wellness, creative ways to express how I feel, and look more into filmmaking.  
I am going to share this knowledge that I gain to the people I love, and reach out to them.  
Take care of myself.  
I will use more resources and self care tools.  
I will begin taking more care of my mental health.  
To not be so hard on myself, maybe reach out  
Focus on one day at a time and continue to break the stigma.

The activities will definitely be of use to me when I'm feeling overwhelmed.  
Check out the services available.  
Just being more aware and empathetic.  
I will know where to go for help if I ever feel too overwhelmed or depressed  
Use resources that are available, share with friends.  
Will be more aware of what stigma is and be more cautious about certain topics relating to it.  
I will use what I learned today to be more mindful when it comes to others and even my own mental health.  
I would like to explore more creative ways to express myself and I would like to share what I've learned with friends who I know struggle with their mental health.  
I will use what I learned to let others know where and how they can possibly seek help if they need it.  
I will continue to use breathing techniques.  
I may use somatic exercises when I'm feeling stressed or very anxious.  
that all people have a hard time trusting others.  
Encourage the use of creativity in living with mental illness.

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

(Highlights: see raw data for full list)

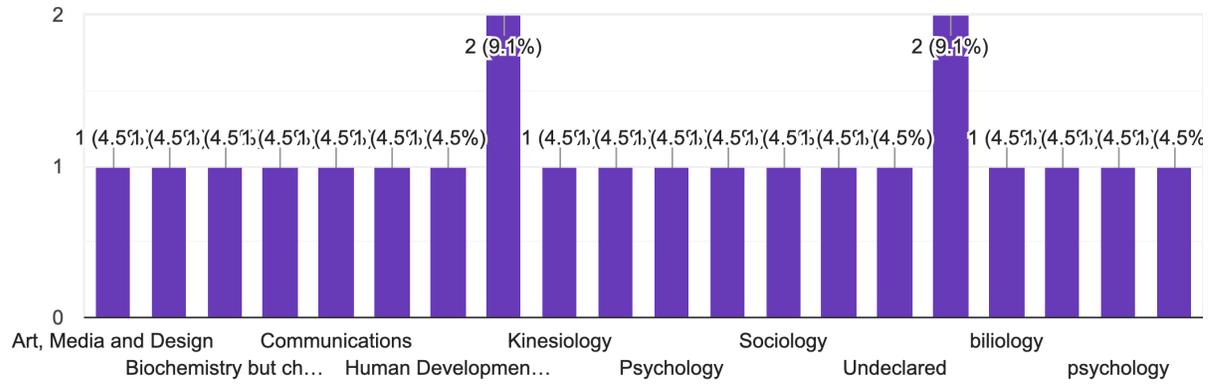
My father's death.  
My family doesn't believe in mental health.  
Guilt? maybe feeling like it might not be necessary or may be judged by others.  
Being so busy with school and my kids needs, survival, anxiety.  
Not knowing how to express what I am feeling.  
I think it is just the shyness and getting out of my comfort zone.  
My fear of what other people will think. Especially my family.  
The costs and the fear of how I will be perceived by others.  
Confused on why you have anxiety or feel depressed at times when you have nothing to be sad for. As someone who is blessed with a "happy life."  
No barrier /lived with a brother dealing with mental illness and we are open in my family!  
Burdening others and being misunderstood and judged negatively for something that I don't have control over.  
Cost and fear of the way I will be perceived by others along with fear of seeing no change.  
My biggest barriers are not thinking I need the support.  
Worrying that explaining all my mental issues would be too rough and make it seem like I'm dangerous.  
I have trust issues, I'm mostly scared, and I fear what others will think.

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

Some issues happened with the audio, just double check everything.  
I think the only difficulty was getting to the event because it was my first time doing it through this website.  
I liked the structure. No zoom cameras and felt more present even without the cameras.  
I would love to have more discussions based on the film and interpretations as well as allowing the audience to share their experiences if they feel comfortable.  
Honestly I don't have anything to add here, I thought it was a very smooth and simple workshop that got through all the points without any issues.  
More discussion on the films would be great to have!  
Possibly incorporate other types of art like spoken word and paintings/drawings and music.

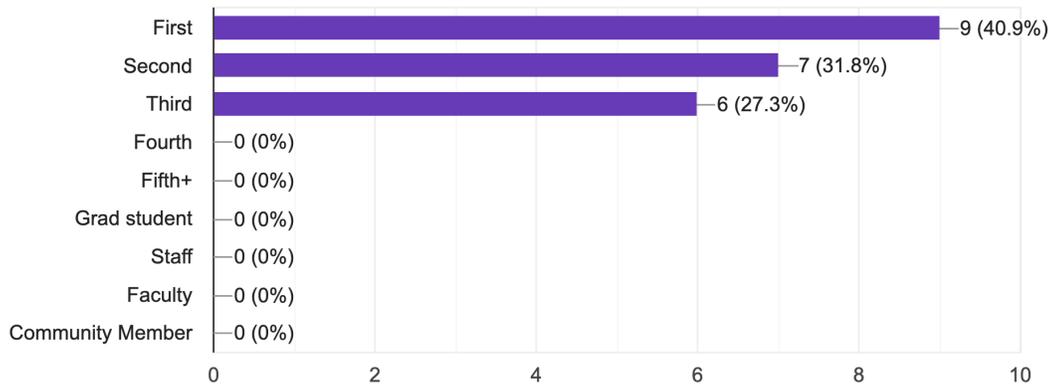
### Major

22 responses



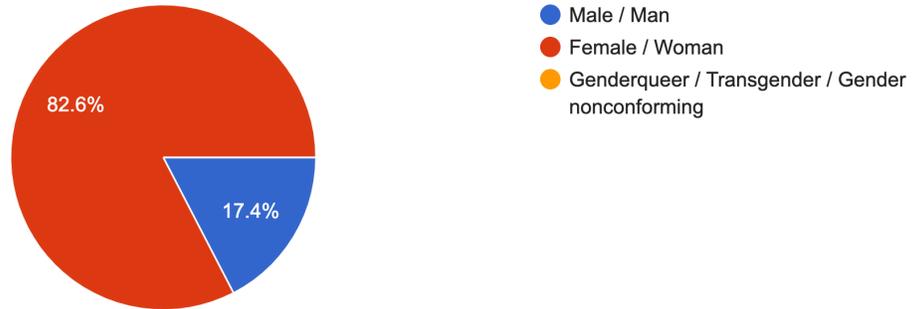
### Year

22 responses



### Gender Identity

23 responses



### Ethnicity

23 responses

