

# Movies for Mental Health (Online)

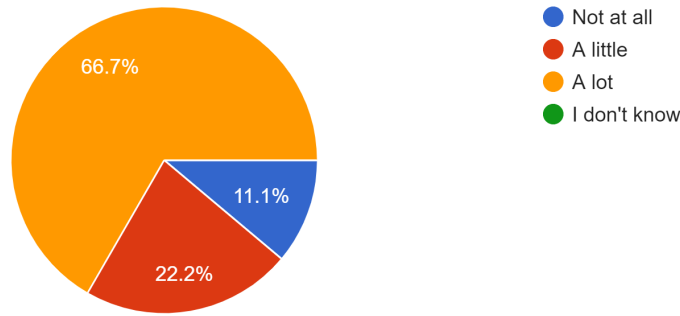
## Post-Workshop Evaluations

California State University Dominguez Hills  
November 4, 2021

Approximate maximum attendance: 20  
Number of evaluations: 8

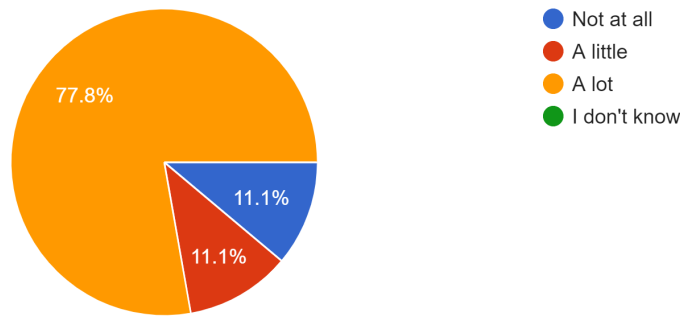
In your opinion, did this workshop increase your awareness of mental health issues?

9 responses



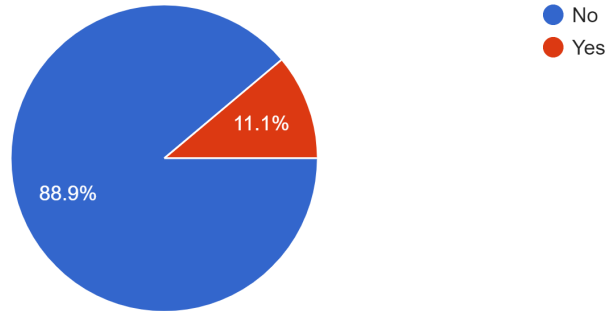
In your opinion, did this workshop help you confront and address stigma related to mental illness?

9 responses



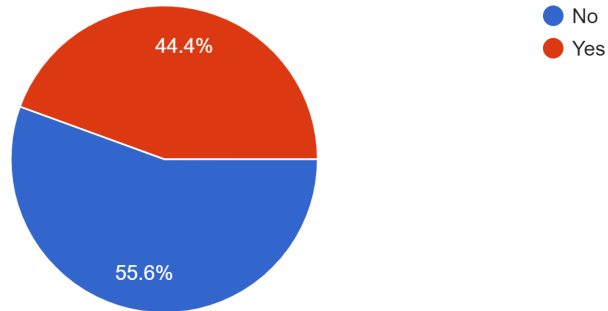
Did you know about the the Mental Health Services Act before this event?

9 responses



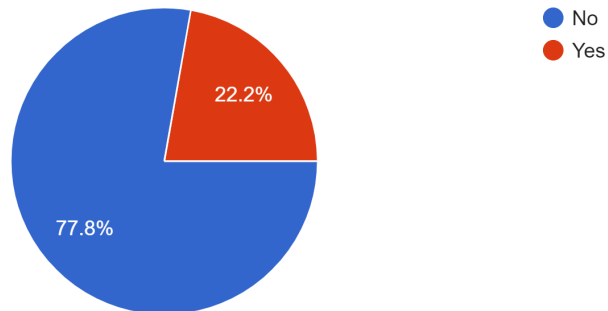
Did you know about your school's counseling services before this event?

9 responses



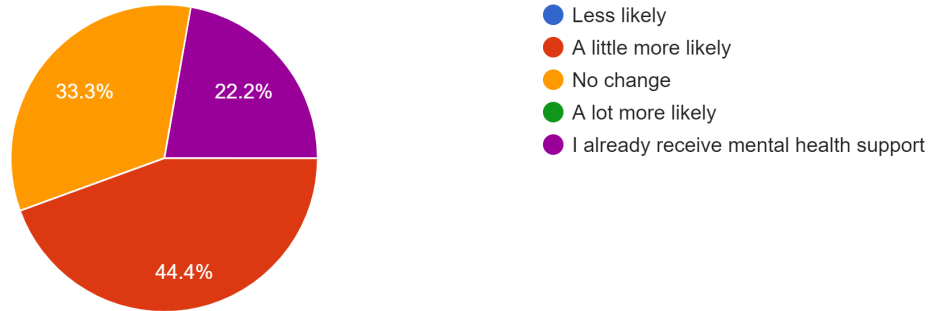
Did you know about the community resources before this event?

9 responses



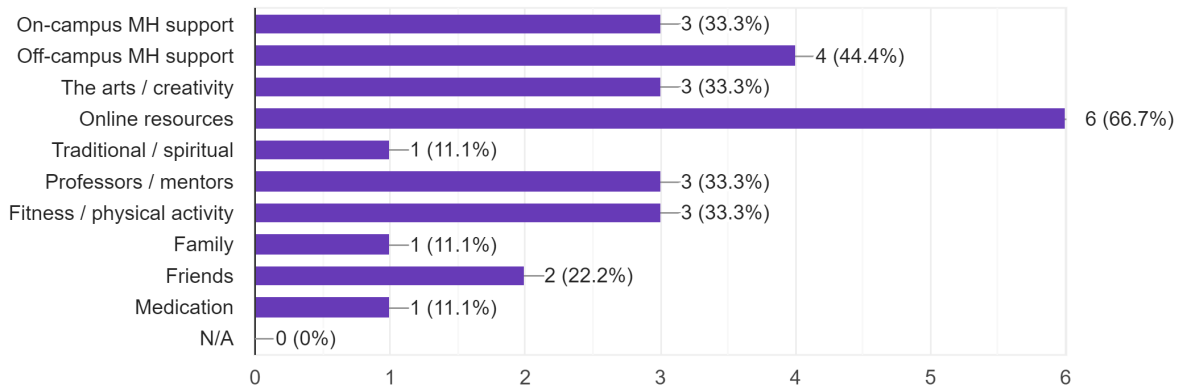
After this event, are you more or less likely to seek support for your mental health?

9 responses



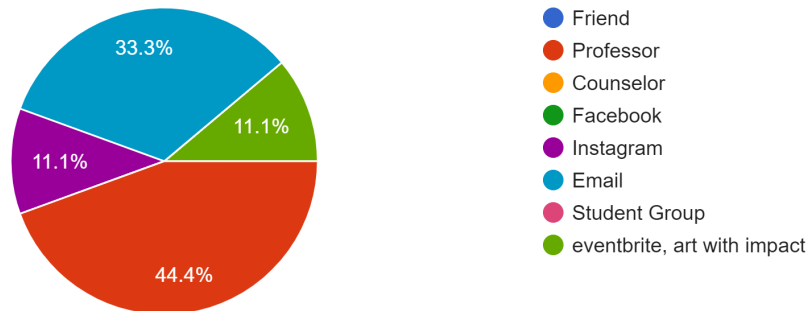
What type of mental health support do you think would be most useful to you?

9 responses



How did you hear about this event?

9 responses



**What was your main takeaway?**

Resources on campus since I'm new to the school

That Mental health is as varied such as people are with their personalities

You don't have to be alone when dealing with mental health issues

Wonderfully organized workshop, great facilitation and availability of resources, inclusive

I am heard.

Mental health is important and there are plenty of resources that will help improve it

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

Just how everyone is there to listen and we all feel the same and all here to listen and not fed judge

Powerful

That they should place their emotions first and try to listen

Welcoming, safe

Extremely helpful! Everyone has a powerful story to share.

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

More breathing exercises to just relax and watch more short films about mental health, really interested in to watch the new winner for the film.

Body scan

Considering trying out the csudh support services

I'm going to join the continued connections program

Check up on myself and other people, as well. Let them know that they are not suffering in silence.

Supporting others with their mental health

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

Not feeling judge or like I'm letting my family down

Stigma

Money

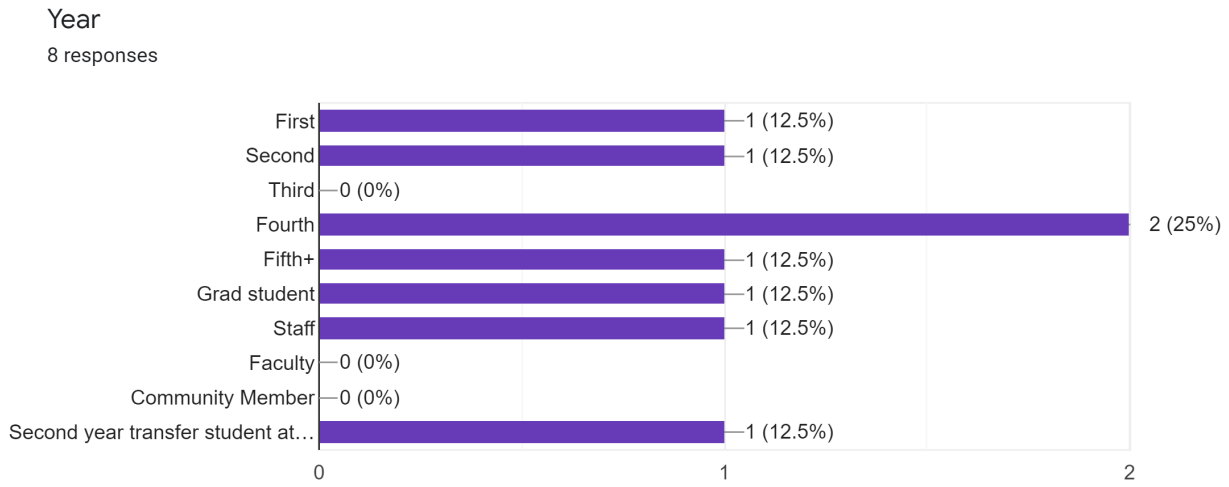
The time it takes to go about the process of seeking meaningful support

Thinking that other people may not understand me.

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

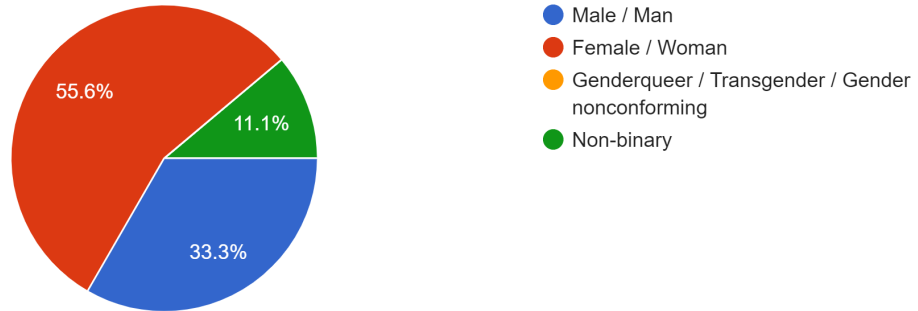
Beth did an amazing job, i love how she made everyone feel included
Hard of hearing, etc. access
Advertising it more!
Captions

Major	
Kinesiology	1
Business	1
Graphic arts	1
Computer Science	1
Studio Art	1
Biochemistry	1



### Gender Identity

9 responses



### Ethnicity

9 responses

