

# Movies for Mental Health (Online)

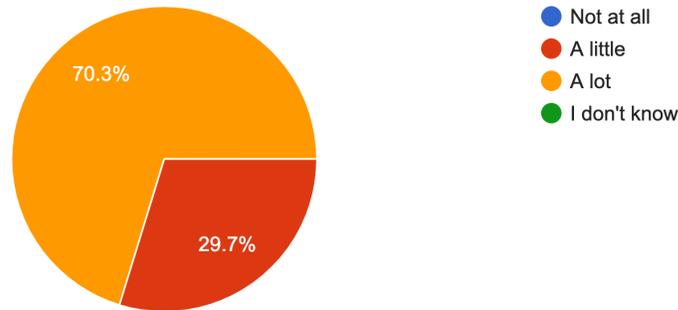
## Post-Workshop Evaluations

California State University, Long Beach  
March 12, 2021

Approximate maximum attendance: 49  
Number of evaluations: 38

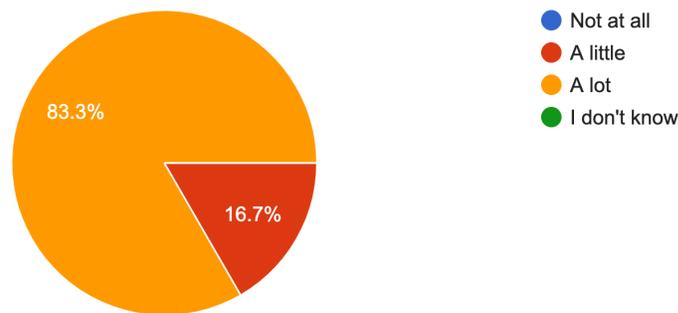
In your opinion, did this workshop increase your awareness of mental health issues?

37 responses



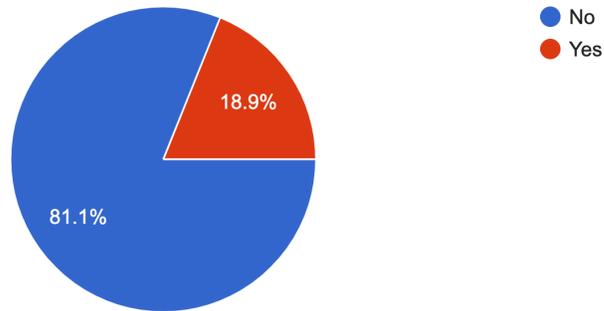
In your opinion, did this workshop help you confront and address stigma related to mental illness?

36 responses



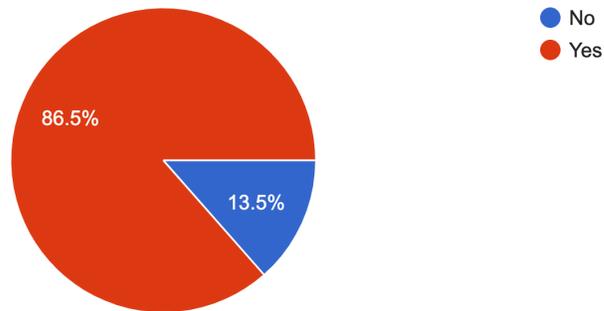
Did you know about the the Mental Health Services Act before this event?

37 responses



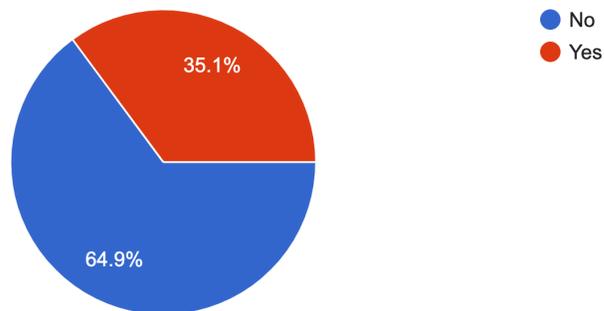
Did you know about your school's counseling services before this event?

37 responses



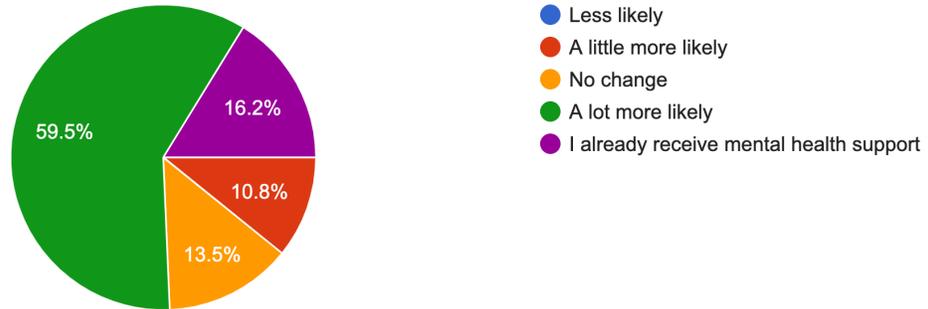
Did you know about the community resources before this event?

37 responses



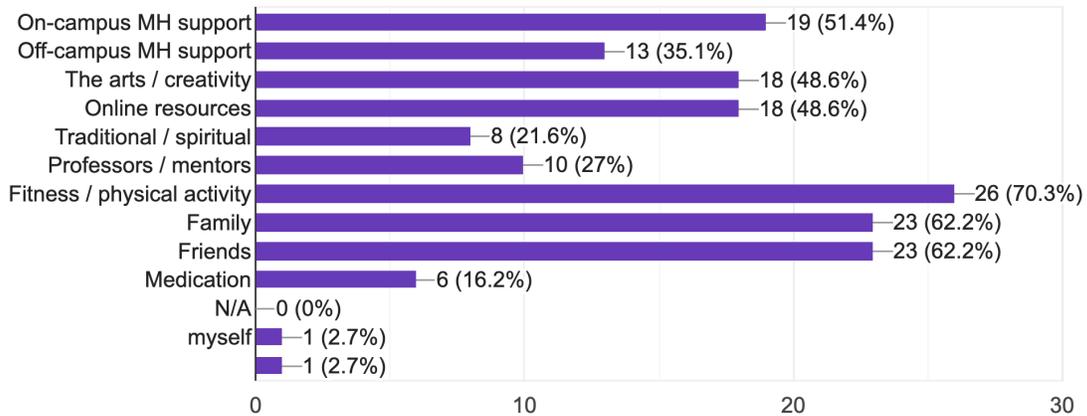
After this event, are you more or less likely to seek support for your mental health?

37 responses



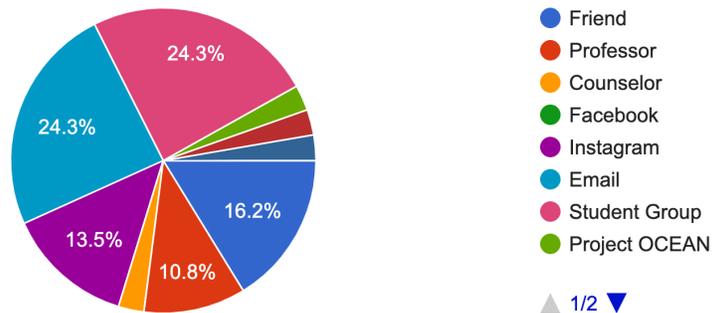
What type of mental health support do you think would be most useful to you?

37 responses



How did you hear about this event?

37 responses



## What was your main takeaway?

If our panelists are able to speak about their own mental health to complete strangers, then I can speak to others about my own mental health. I don't feel so alone in this.

Show compassion to everyone. You can never judge a book by its cover— you never know a person's story until you take the time to listen to their experiences and truly see them.

Trauma is more over-arching and manifests differently for every individual. Trauma has convoluted my perception of myself into a narrow point of view but it feels like being held when I am reminded that I may not be the only one that feels that way.

You are never alone. Mental health challenges impact everyone and everyone's challenges look and feel different. There is always something you can do to help improve your mental wellness and that of others. That there is a stigma surrounding mental health that needs to be addressed. This stigma is present across all cultures.

I had a chance to access the insight of people who suffer from mental illness.

Though people's experience, mental health struggles may be unique to them, a lot of people can relate to others in more ways than one.

Therapy is for everyone, no matter how big or little one's problem(s) is.

Be kind, we never know what someone is going through.

Confronting the stigma on mental health.

All the mental health resources available to me (I saved all of them!)

That mental health is personal and everyone has mental health regardless if they show it or not.

The exercises that we participated in and how I can use them to my benefit.

Reach out to others when they or you need help. As well as, active listening

My main takeaway was that it is crucial to bring awareness to mental health whether that be through films or workshops like this, because so many people can relate.

Film is a powerful way of capturing mental health issues

That I am not the only one experiencing these things

That I am not alone and there are many wonderful resources available to me for my mental health.

The panelists' personal experiences really impacted me because I have met them before but never knew what they have gone through.

There are more resources out there than CAPS.

It's okay to not be okay and you should feel safe to seek help.

So many others are dealing with mental health, we all have it as humans.

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

(Highlights: see raw data for full list)

A place to learn more about mental health and connect to others who may be going through your same struggles.

Relaxing because I loved the breathing exercises. Emotional because I loved listening to the student panelists .

A place to learn about mental health and understand what others or yourself is going through.

Informative

A place where like-minded people with struggles can help each other out and feel heard needed at earlier age demographic.

A helpful way to feel connected to others who are interested in mental health and self-care.

It's an open discussion and support workshop to just be aware of how mental health affects us in a visual platform

A tech friendly way in order for you to learn about other people's experiences and learn about other ways to help yourself.  
I would describe it as emotional and helpful.  
very powerful and moving  
An incredible emotional discussion to the world of mental health.  
A must-attend workshop! very informational, and inclusive!  
A talk about stigma around Mental Health, while practicing mental health tools , and watching unique films about mental health.  
beneficial to you, try it and you will see. you will learn so much more about mental health, things you might not have considered before  
A safe space where we were able to talk about mental health openly and also provided resources to seek further help.  
Supportive and passionate to break down the stigma of talking about mental health.  
Powerful, raw, real, and inspiring

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

I will use what i learned today to start a conversation with my family about mental health and letting them know I would like to start going to therapy.  
I think I would apply it to myself and direct people with mental health issues to all the resources shared with us today.  
Stephanie's story really resonated with me and the stories people shared helped me feel less alone be more patient w self and others.  
Remember to take care of myself, reach out to loved ones often, never assume someone's life because you don't know what they've gone through, be compassionate.  
The workshop gave me more tips to deal with mental illness and encourage people who have mental illness. I will try to apply what I learned because I want to help other people.  
Being a better listener and also reaching out to someone in need.  
Going to look into getting more health from the many resources available (I am worthy!)  
I am going to practice the breathing exercises, healthy eating, and being less judgemental.  
I plan to use the resources to help others find the help they need and let them know they aren't alone to be more aware of myself and others mental health wise  
I might try what others were putting in the chat for self-care.  
I think trying the breathing the exercises  
I will look more into various issues such as forced assimilation, childhood trauma etc.  
I will use it to reach out and help support others in need.  
i want to make a short film now to help people feel connected and less lonely  
Educate myself more about these types of mental health issues and ways to support others  
I will definitely be doing more breathing exercises throughout my day.  
Talk to my parents and friends more about mental health, develop more tools for self care, and look into the resources for my mental health.  
I will take time to take care of myself and support others.  
I want to use what I learned to help others and to be more aware when talking to others  
Practice more self-care and being kind to myself while trying to juggle everything.  
I am going to make an appointment with the Trauma Recovery Center!  
approaching friends, family, peers  
To reflect on myself, always the recognition of myself in others leads to me reflecting on what I've been through and the realization that I can go beyond surviving. I can live.  
Take the time to do things and follow my heart  
Use it as advice and a reminder for myself and my people around me.  
Practice acceptance and self-compassion, reach out for help when needed.

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

(Highlights: see raw data for full list)

Time. Now knowing the resources available to me I just feel utterly relieved but I need time to place actual services within my week and time to process all of the coping mechanisms I have been depending on until this point.

Sometimes I feel like my problems aren't big enough to receive help and it is enough to continue to use the coping mechanisms I've used in the past, but i now know that i want to seek further help from a professional.

I might not even know what my issue is and it's hard to describe in words when I seek mental health support.

Busy schedule and feeling like I've exhausted all my resources and don't have time to look into getting help

The biggest barrier would be that I don't know who to reach out to and I often invalidate my own feelings.

Finding a therapist that I feel comfortable with.

Finding the correct counselor or therapist through my medical insurance, but now I am going to look up the CSULB resources and taking advantage of that.

I think the cost of finding therapy and the stigma in the Asian community. However, I realize there are many free resources, so I will look into them.

Feeling like it's not bad enough, not being taken seriously, feeling like I can't be fixed, feeling misunderstood and lonely.

It's hard to seek help from people who do not look like you (lack of representation).

Being quarantined and being judged by family.

I think feeling like my emotions or struggles are worth support

Financial resources/family dynamics/medical debt.

The biggest barrier for me is being afraid to ask for help.

Thinking that I am undeserving of seeking support.

Thinking that I should try to solve it on my own first.

being at home and not wanting my parents to hear my trauma.

time, financial, when you are mentally down, you don't have the energy to help myself

I think speaking to my family about this and normalizing it

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

I think it went really well, maybe I would like to hear about mental health struggles without a big back story (not that those aren't important)

Possibly a medical professional giving advice. Not that this wasn't informative, but I feel that a doctor giving tips can help.

N/A... I would love to attend this in person!!!

I loved this event! I would love to see more mental health activities in the future.

Well you do provide free therapy, maybe if CAPS can be extended to about two years?

I don't have anything to add I really enjoyed this event! The only thing I would like is extra time with the panelists. It would be nice if we could ask questions only if they felt comfortable.

This is my first time attending this kind of event and I don't believe there's any recommendations I can make to improve this event, Natalie is such a positive and humbling force of nature and the entire panel and staff and participants have warmed my heart. Thank you so much.

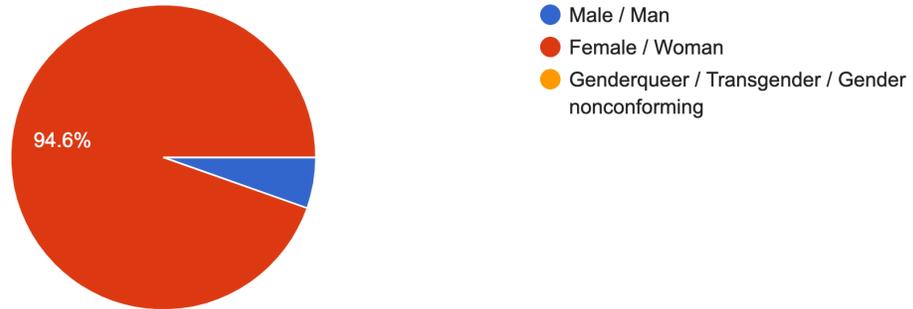
I thought this event was great and super helpful! but i would've loved to see more films.

Maybe zoom platform for videos on.



### Gender Identity

37 responses



### Ethnicity

37 responses

