

# Movies for Mental Health

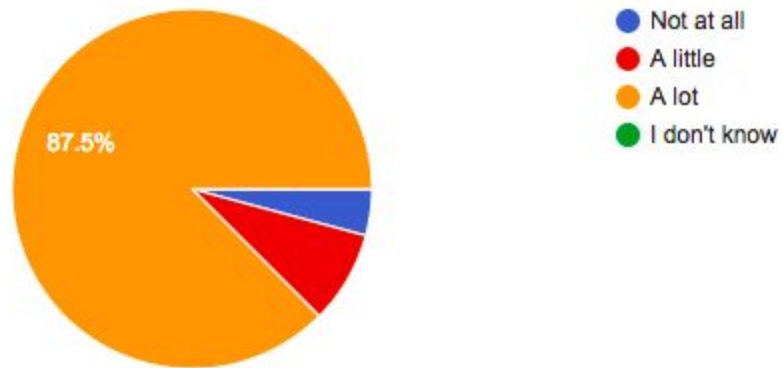
## CSU San Marcos

October 12, 2017

n=24 (~50 total attendees)

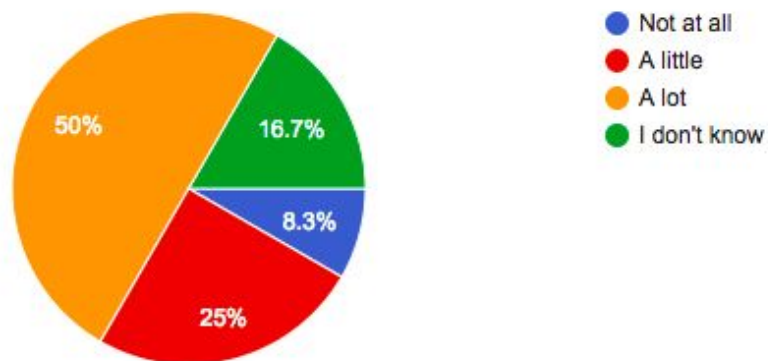
**In your opinion, did this event create awareness of mental health issues?**

24 responses



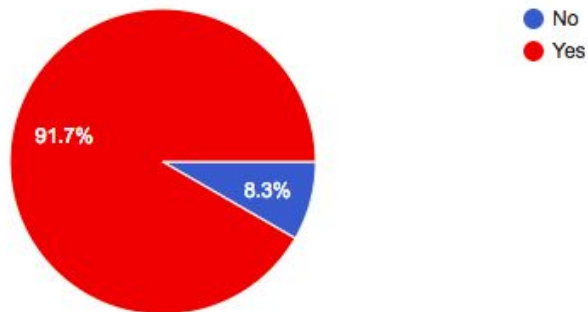
**In your opinion, did this event reduce stigma related to mental illness?**

24 responses



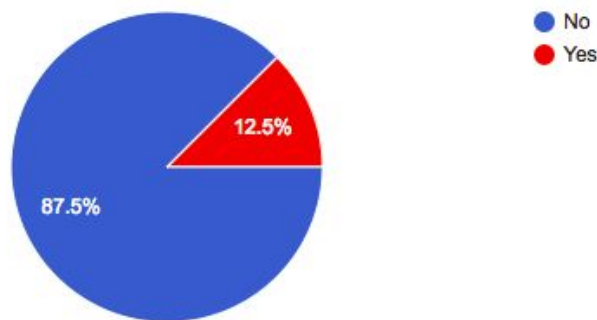
### Did you know about your school's counseling services before this event?

24 responses



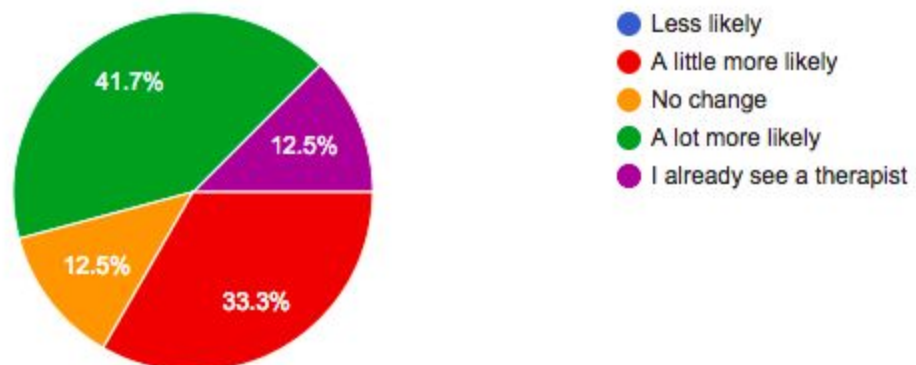
### Did you know about Prop 63/ the community-based mental health resources before this event?

24 responses



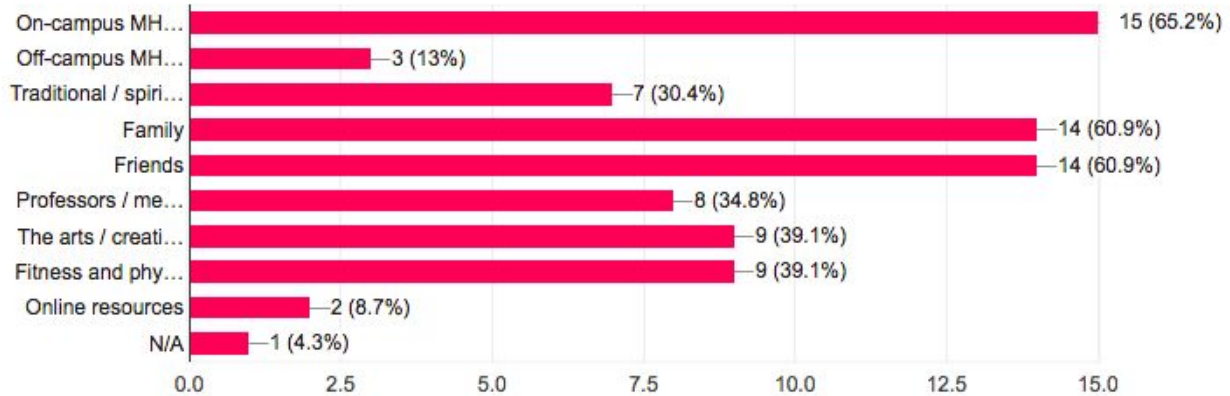
### After this event, are you more or less likely to seek support for your mental health?

24 responses



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

23 responses



## How did you hear about the event?

- Friend (x6)
- Posters/flyers (x5)
- Cheryl Berry (x4)
- Campus / Active Minds emails (x2)
- Event volunteers outside the library (x2)
- Professor (x2)
- Health services members
- HD club on campus

## What was your main takeaway?

- Mental health does not describe you.
- That having mental health doesn't mean being weak.
- Now deeply about mental health
- That there is help on campus
- The good films
- The awareness of mental health
- How to describe how I feel and understanding others
- Movies
- Seek help
- No more stigma
- I should see someone
- To seek help
- The short films had a bit impact
- That you are not alone and raise awareness of mental illness.
- How to deal/support mental illness.

- More people support this than I thought
- Everyone is mortal
- I want to help others
- You can't tell if someone has mental illness just by looking at them.
- Mental health is universal & it's okay to talk about it.

### How would you describe this event to a friend?

- Helpful. Need to keep this in mind for people of all ages.
- Good, can learn a lot
- Wonderful, talkative, welcoming, relaxing
- Eye-opening
- A great way to learn about something new.
- A way to understand others mentally and understand yourself
- Informative
- Empowering
- Artful, open forum to learn more about mental health.
- I learned a lot.
- Informative
- Very inspiring
- I would tell them that people suffer with mental illness at some point in their life
- An insight to what mental illness is.
- Reducing stigma of mental illness.
- Helpful
- Relatable
- Eye opening
- Very interesting
- Talking about mental health and stigma
- It's an engaging, comforting event that aims to clear the misconceptions about mental health.

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

- Make it more public.
- Involvement of more students
- More definitions - Everyone described it but not experts by experts.
- Pencils for survey! Please
- Bring pencils
- I thought it was great (no improvements)
- More group activities
- Telling more about what family and friends can do
- Perhaps show more films

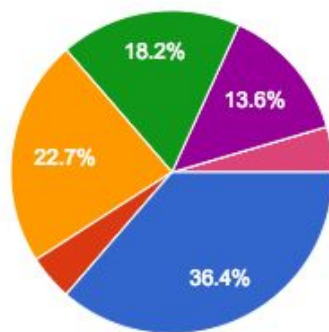
### Major?

- Psychology (x4)
- Sociology (x3)
- Biology (x3)
- Communications (x2)
- Kinesiology (x2)

- Criminal Justice
- Business
- Criminology
- Arts & Technology
- Human Development
- Languages
- Linguistics

## Year

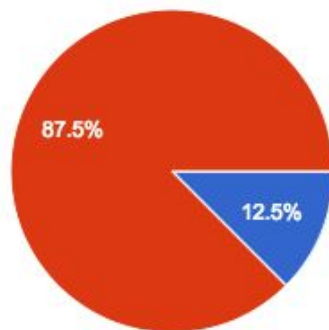
22 responses



- First
- Second
- Third
- Fourth
- Fifth+
- Grad student
- Staff
- Faculty
- Community Member

## Sex/Gender

24 responses



- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

## Ethnicity

Black / African American	White / Caucasian	Hispanic / Latinx	Asian / Asian American	Multi-Racial
3	6	8	4	2
13%	26%	35%	17%	9%