

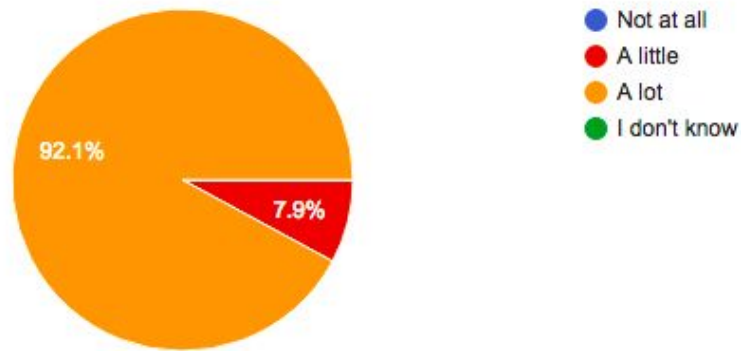
# Movies for Mental Health CSU Channel Islands

February 22, 2017

n=43 (~125 total attendees)

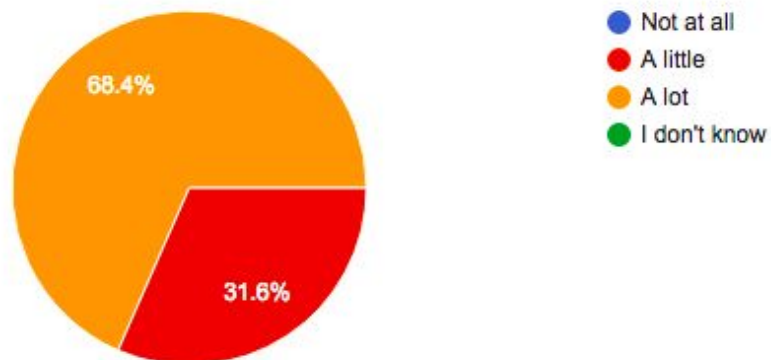
**In your opinion, did this event create awareness of mental health issues?**

(38 responses)

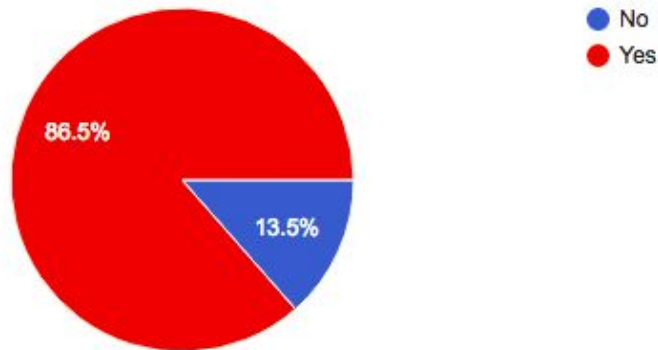


**In your opinion, did this event reduce stigma related to mental illness?**

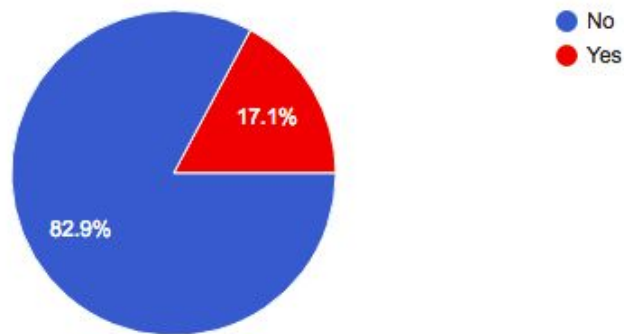
(38 responses)



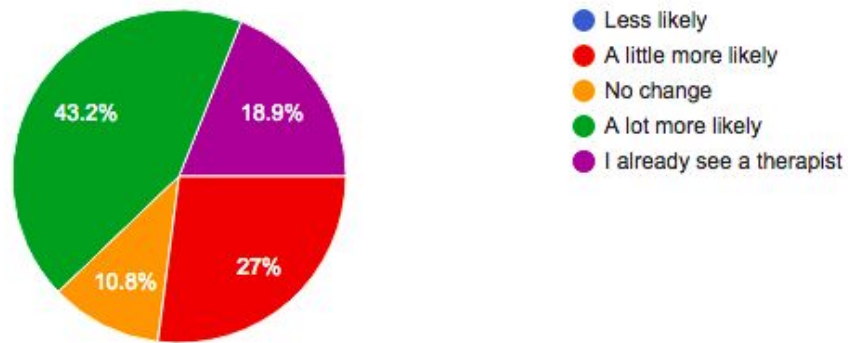
**Did you know about your school's counseling services before this event?**  
(37 responses)



**Did you know about Prop 63/ the community-based mental health resources before this event?**  
(35 responses)

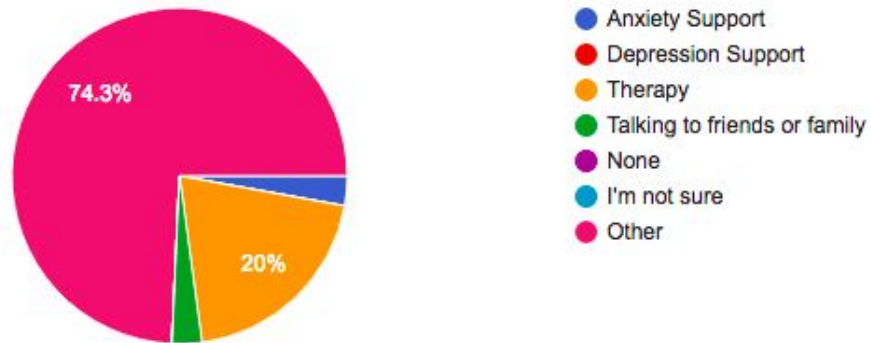


**After this event, are you more or less likely to seek support for your mental health?**  
(37 responses)

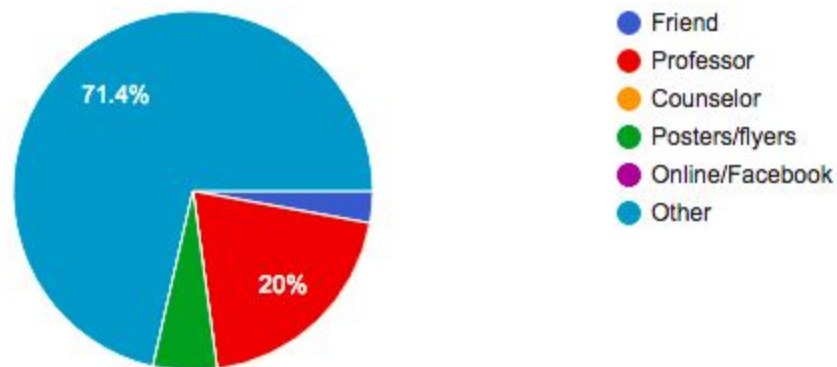


## What type of mental health support do you think would be most useful to you?

(35 responses)



## How did you hear about this event? (35 responses)



## What was your main takeaway? (Highlights - please see raw data for full list)

- There is always hope for anyone who is struggling
- Mental illness is fine and very common; everyone should try to improve their mental wellness
- Help is a good thing!
- Be friendly to everyone. You never know...you could be someone's lifesaver
- Look for help regardless of stigmas
- We are not alone
- I hope my Prozac works & that I don't ruminate about The Letter. Also, reach out more
- Just because you seek help doesn't mean something is wrong with you.
- The power art has is raising awareness as well as the commonality of mental illness
- We all could use support

## How would you describe this event to a friend? (Highlights - please see raw data

for full list)

- Hopeful, Helpful, Eye-Opening
- An impactful event to debunk the stigmas around mental illness.
- Everyone should attend.
- Empowering
- Great experience; eye opening; supportive
- A great event for mental illness awareness
- Moving, enlightening, welcoming
- Open/safe place to share thoughts/learn about mental health through art/creativity.
- Life changing

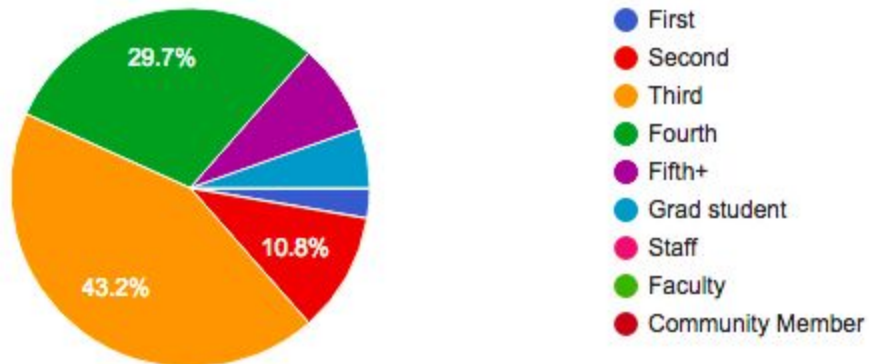
How can we improve this event in the future? (Highlights - please see raw data for full list)

- More films/movies
- Do it the same way
- Define mental illness better and show ex's.
- Welcome friends
- Make it shorter
- Maybe talk about the videos in more depth
- More mac & cheese bites
- More flyers/food
- I appreciated the trigger warning before hand, don't change that
- Talk about stigma surrounding medication
- Have a panelist talk about the insurance process for those who don't have access to university resources (CAPS).
- More panelists
- More videos on more mental disorders (Bipolar, Schizo, etc.)

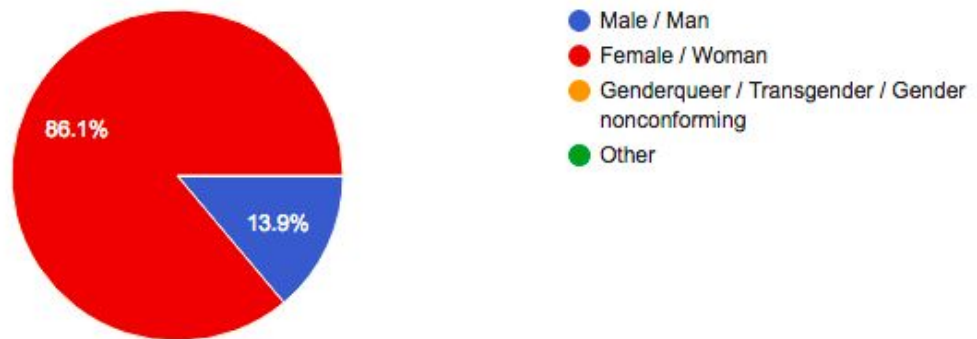
Major?

- Biology
- Early Childhood Studies
- English (4)
- Graduate Student - credential
- Liberal Studies (4)
- Psy minor: Chicano/a Studies
- Psychology (19)
- Psychology and Spanish
- Psychology and Nursing
- Sociology

### Year (37 responses)



### Sex/Gender (36 responses)



### Ethnicity

Indian	White / Caucasian	Hispanic / Latinx	Asian / Pacific Islander	Multi-Racial
1	12	14	4	5
3%	33%	39%	11%	14%

### Anything else we should know? (Highlights - please see raw data for full list)

- Great job!
- Love having panels with personal experiences!!!
- Handout tissues, very touching.
- Please advertise on more college campus and community meetings
- Thank you! This was a great event!
- Thank you for those on the panel, I share a same experience, seeing you made it through gives me hope and solace

- I have a sibling w/ Autism and have anxiety myself. It could have been interesting to see more mental illness besides the main ones.
- Very positive event, I enjoyed it + appreciated it.
- Great job. Loved the guest speakers!
- Event was interesting & should be more widespread (elementary, middle, school)