

Movies for Mental Health

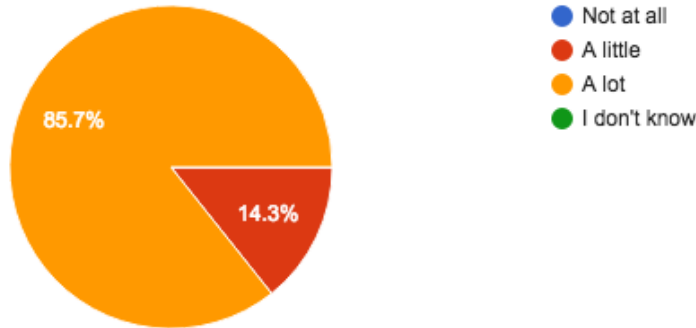
Post-Workshop Evaluations

CSU San Marcos- Students
Wednesday, September 26, 2018

Number of attendees: 17
Number of evaluations: 7

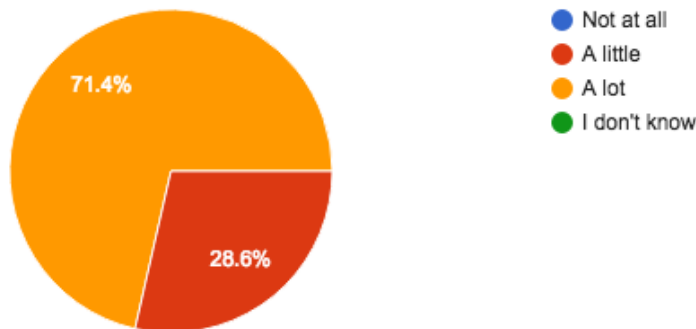
In your opinion, did this event create awareness of mental health issues?

7 responses



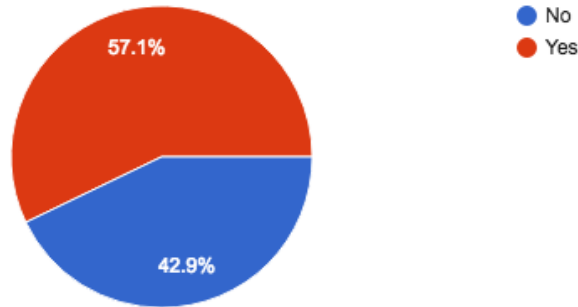
In your opinion, did this event reduce stigma related to mental illness?

7 responses



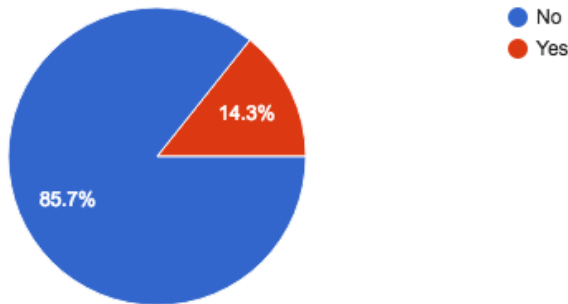
Did you know about your school's counseling services before this event?

7 responses



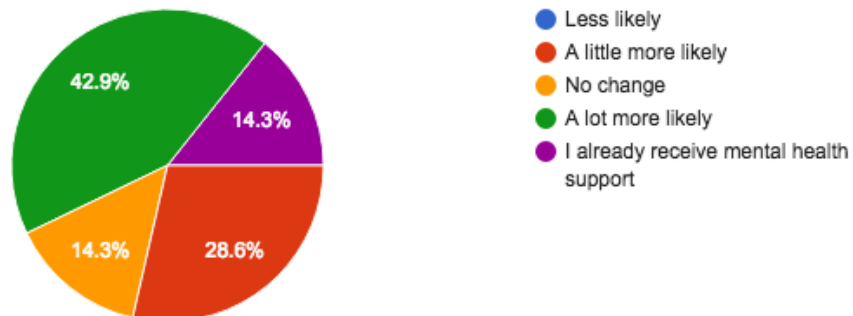
Did you know about Prop 63 before this event?

7 responses



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

7 responses



What type of mental health support do you think would be most useful to you?	
<i>On-campus MH support</i>	4
<i>Off-campus MH support</i>	0
<i>Traditional / spiritual</i>	1
<i>Family</i>	3
<i>Friends</i>	3
<i>Professors / mentors</i>	0
<i>The arts / creativity</i>	3
<i>Fitness / physical activity</i>	2
<i>Online resources</i>	0
<i>Other</i>	1

How did you hear about this event?	
<i>Friend</i>	0
<i>Professor / class</i>	0
<i>Counselor / MH club</i>	0
<i>Online / Facebook / email</i>	0
<i>Posters / flyers</i>	3
<i>Other</i>	4

What was your main takeaway?
<ul style="list-style-type: none"> • <i>Be understanding and look after others too along with yourself</i> • <i>Moments will pass, have hope</i> • <i>Not to use mental illness as a stereotype & move away from stigma</i> • <i>That it's okay to get help/talk about mental health.</i> • <i>Resources available on campus</i> • <i>It doesn't have to be so scary to seek help</i> • <i>Credit for attendance</i>

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

- *Informative & impactful*
- *A workshop that really liberates your thinking and anyone can use this information*
- *Informative*
- *Mind opening*
- *Encouraging to seek help and give help*
- *Eye-opening and powerful*
- *Mental health presentation*

How might you use what you learned today?

- *Don't be afraid to seek help when needed*
- *To continue to utilize my resources*
- *I will make sure to listen more, especially if someone is going through anxiety.*
- *Writing an article for the Cougar Chronicle*
- *Visit the Health Center*
- *Seek help + not feel like I have to handle everything on my own*
- *Search for help if I need to*

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

- *Lack of time*
- *My biggest barrier is myself.*
- *None, that I can think of*
- *Pride, anxiety*
- *Scared*
- *No barriers*

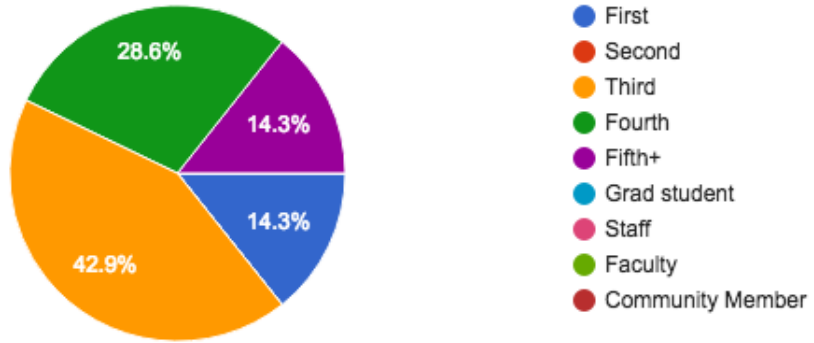
How can we improve this event in the future?

- *Nothing! I thought it was great :) Thank you!*
- *Spread the word more so more people can come.*
- *I liked it as is*
- *More turn out, more small group discussion*
- *Keep it up! Thank you!*

Major	
Speech Language Pathology	1
Psychology	2
Sociology	1
Human Development	1
History	1
Visual Arts	1

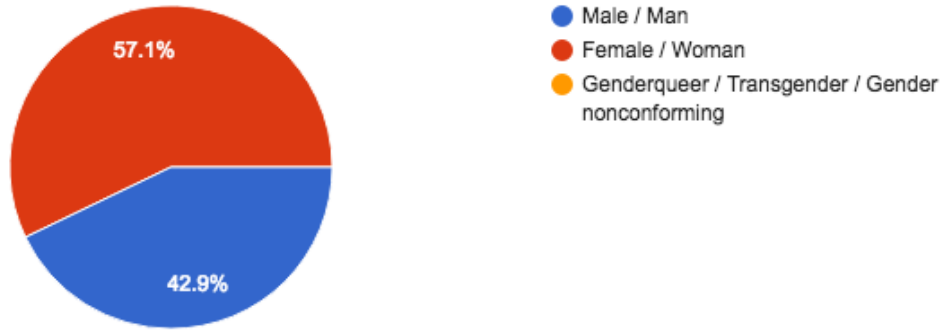
Year

7 responses



Gender Identity

7 responses



Ethnicity

7 responses

