

# Movies for Mental Health

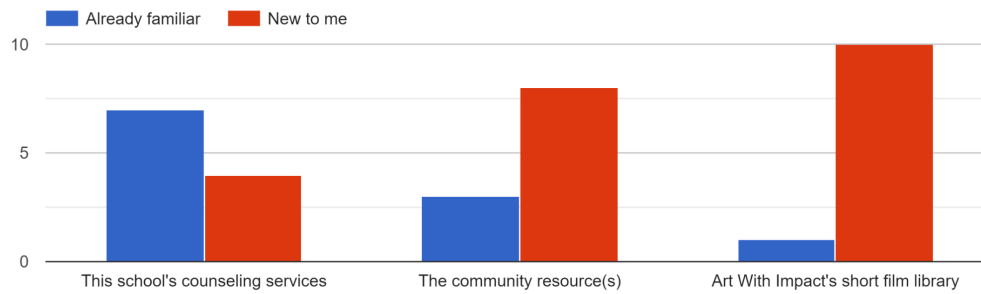
## Post-Workshop Surveys

School: Trent University Date: 1/26/24	Number of attendees: 45 Number of surveys: 11
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### Resource Awareness and Access

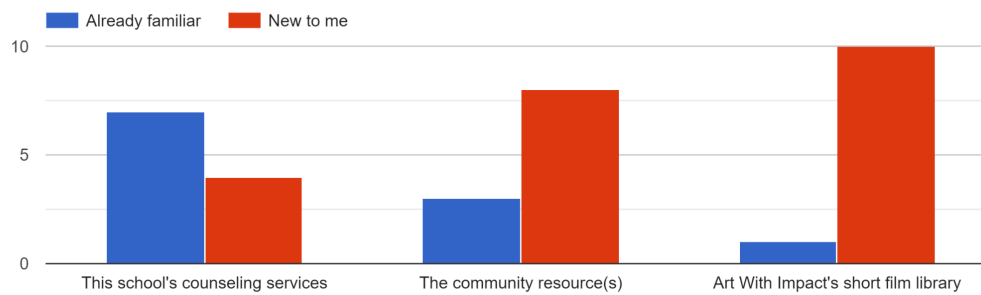
#### Resources - new

Which of the following resources were new to you today?



#### Resources - use, would use

Which of the following resources were new to you today?



I would find this USEFUL but do not use this resource now:

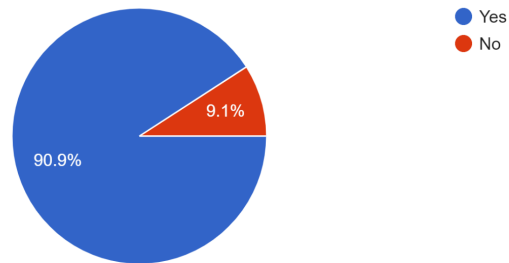
1. On-campus mental health support (counseling center) = 9
2. Off-campus mental health support (therapist or group therapy) = 6
3. Medication = 4
4. Connecting with family and friends = 0
5. Making or experiencing art = 3
6. Spiritual or traditional practices = 5
7. Exercise or other physical activities = 0

## Workshop Impact

### Confront and address stigma

Did this workshop help you confront and address stigma related to mental illness?

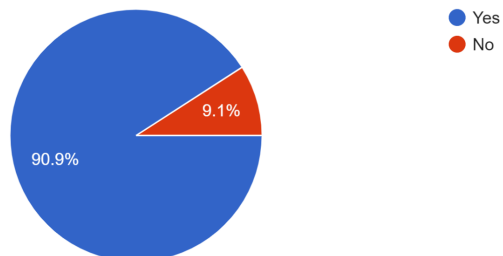
11 responses



### Learn something new

Did you learn something new about mental health?

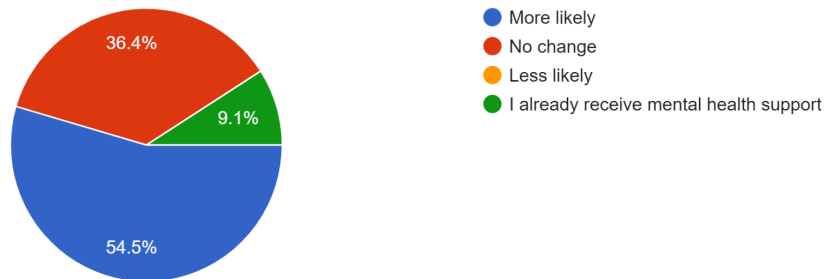
11 responses



## Seek support

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

11 responses



54% of students who don't currently receive support reported an increased likelihood of seeking support for their own mental health

### What was the most impactful thing about this workshop?

- individual stories
- The short films
- Listening to others stories
- The films. They were wonderful, and I loved talking about them with people
- The sense of community
- Guest speakers
- Hitika's speech on grief
- The facilitator was excellent. He set the stage for a safe space.
- the short films
- The message through the art

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

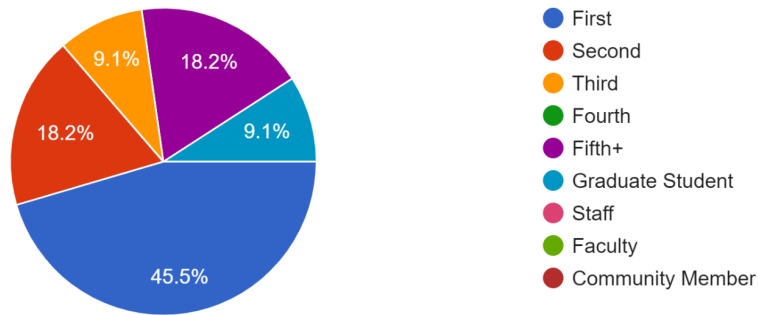
- more context/discussions about the films
- Very well done:)
- It was great!
- Use films that cover more prevalent mental health issues
- Dessert :)
- dessert and hotdogs instead
- Was very well done

### A Bit About You (optional)

Year

What year are you?

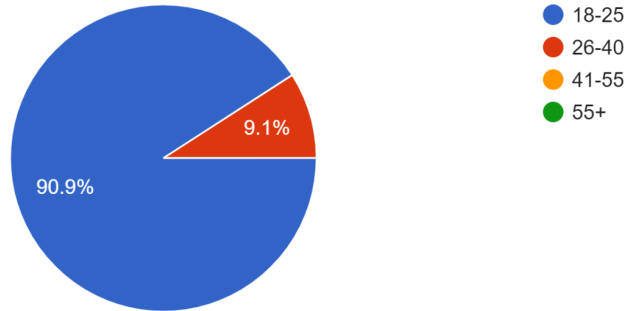
11 responses



Age

### How old are you?

11 responses



### What is your gender?

Female	7
Male	2
Human	2

### Ethnicity

#### What is your ethnicity? (Select all that apply.)

11 responses

