

Movies for Mental Health

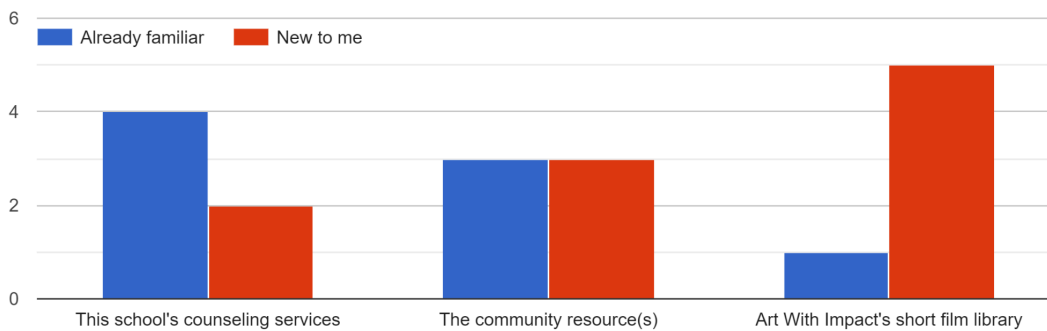
Post-Workshop Surveys

School: NYU
Date: 2/28/24

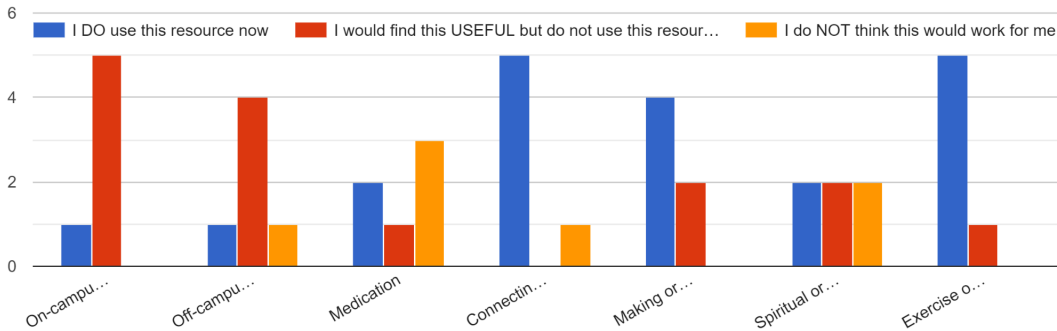
Number of attendees: 23
Number of surveys: 6

Resource Awareness and Access

Which of the following resources were new to you today?



In this list of mental health resources, which do you use, and which might you find useful?



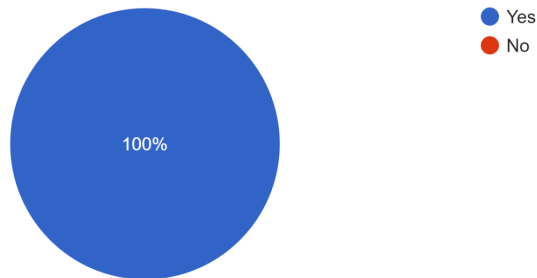
I would find this USEFUL but do not use this resource now:

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

Workshop Impact

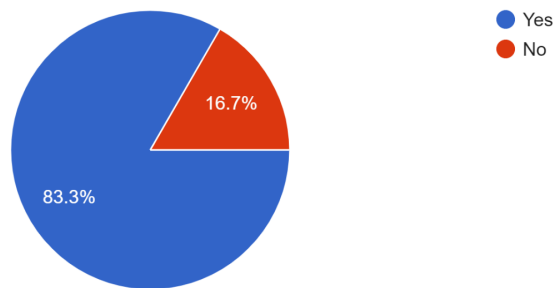
Did this workshop help you confront and address stigma related to mental illness?

6 responses



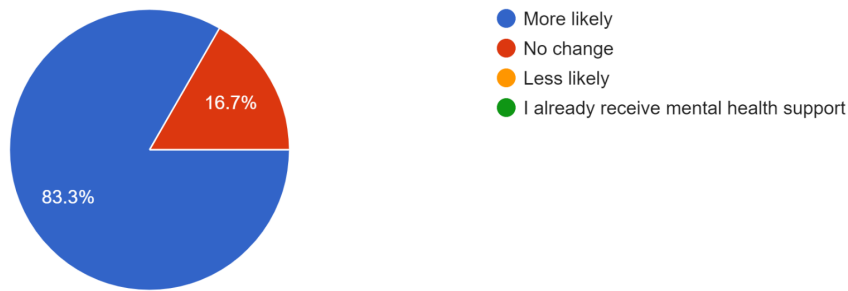
Did you learn something new about mental health?

6 responses



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

6 responses



83% 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?

- its exploration and discussion about mental issues
- The student stories
- people can share ideas without being judged
- Panel of current students sharing individual, vulnerable stories
- Being able to resonate with others' experiences with their mental health journeys

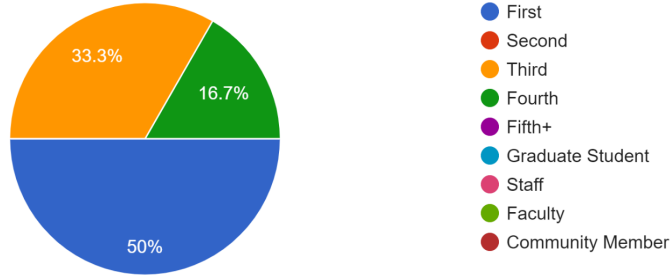
How can we improve this event in the future?

- ur good
- Explaining the significance behind certain activities and question prompts so that it breaks down even further past surface level of mental health concepts

A Bit About You (optional)

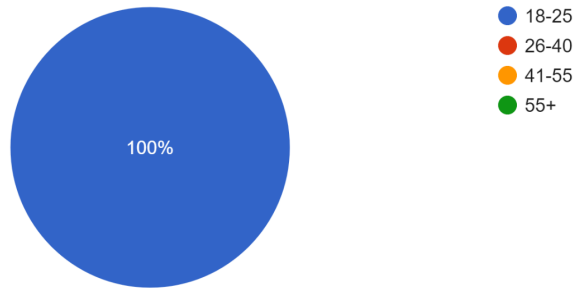
What year are you?

6 responses



How old are you?

6 responses



What is your gender?

Female	5
Male	1

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

6 responses

