

# Wellness In Words

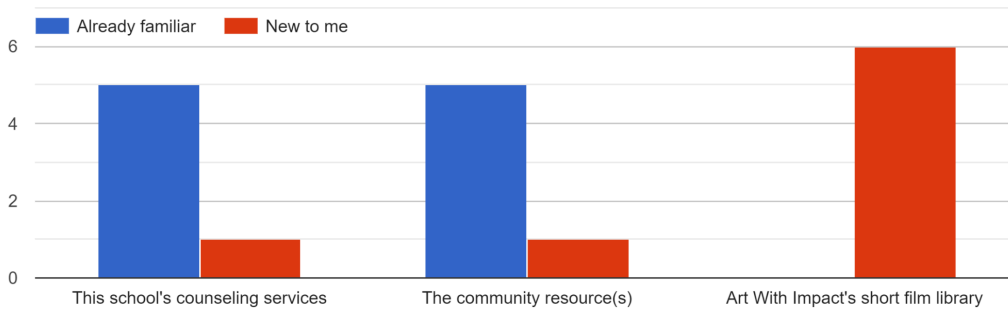
## Post-Workshop Surveys

School: Cleveland State University  
Date: 3/18/24

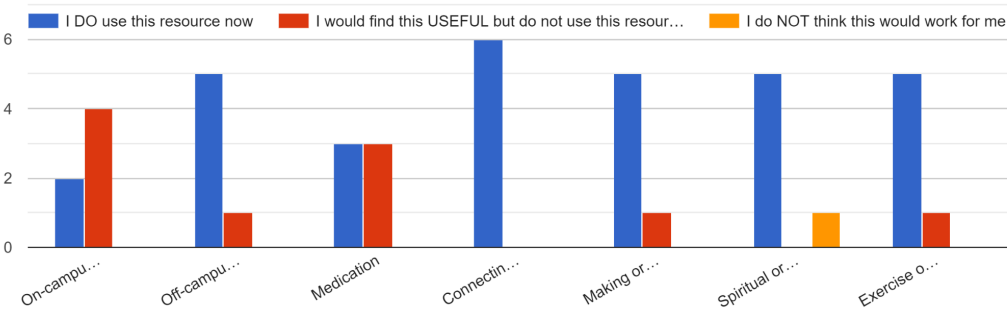
Number of attendees: 7 (registered)  
Number of surveys: 6

### 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?



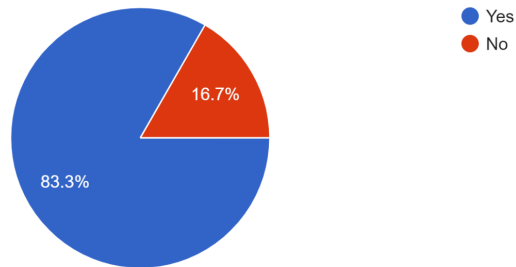
I would find this USEFUL but do not use this resource now:

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

## Workshop Impact

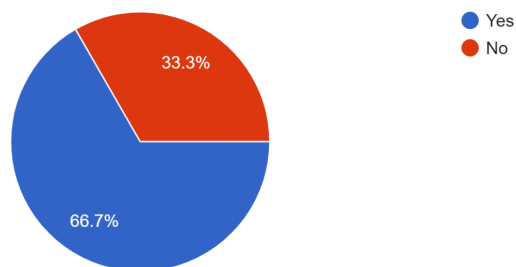
Did this workshop help you confront and address stigma related to mental illness?

6 responses



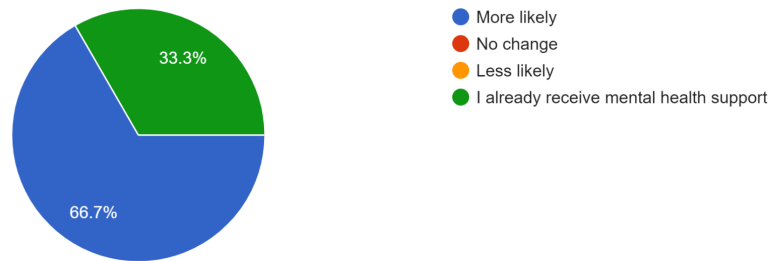
Did you learn something new about mental health?

6 responses



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

6 responses



**100%** 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?

- Participants sharing
- The talking
- just being with women and being able to be vulnerable
- Making the workshop interactive by allowing participants to write and share thoughts and feelings.
- Sharing poetry with others and the videos
- Videos and conversations

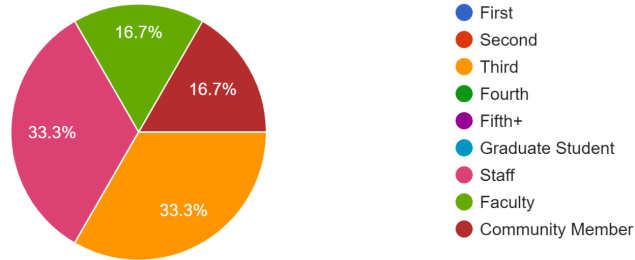
### How can we improve this event in the future?

- I don't really see how it could be improved
- it was beautiful how it was
- N/A
- I think it's beautiful the way it is
- Get the campus more involved

## A Bit About You (optional)

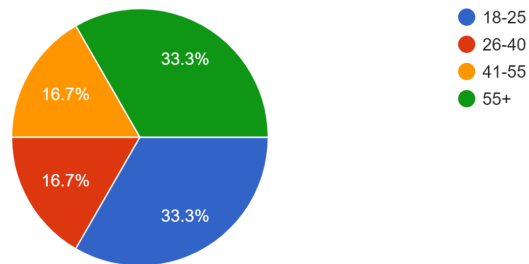
What year are you?

6 responses



How old are you?

6 responses



What is your gender?

Female	6
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What is your ethnicity? (Select all that apply.)

6 responses

