

# Movies for Mental Health

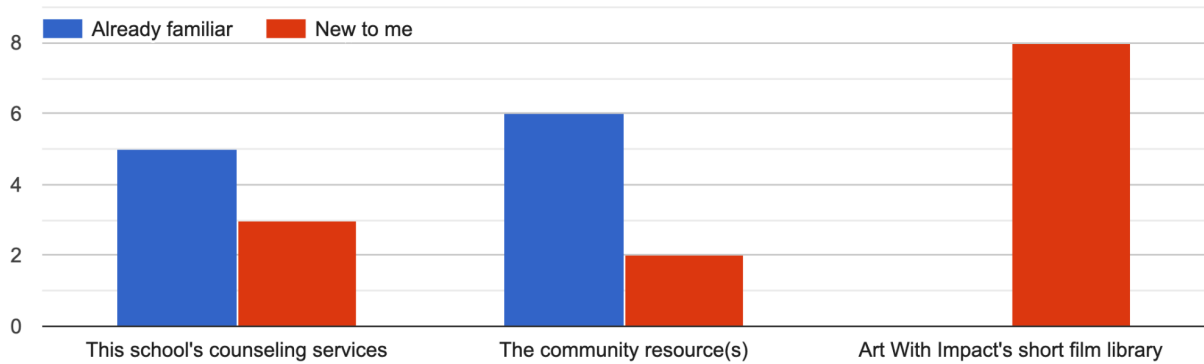
## Post-Workshop Surveys

School: College of the Sequoias  
Date: 4/16/24

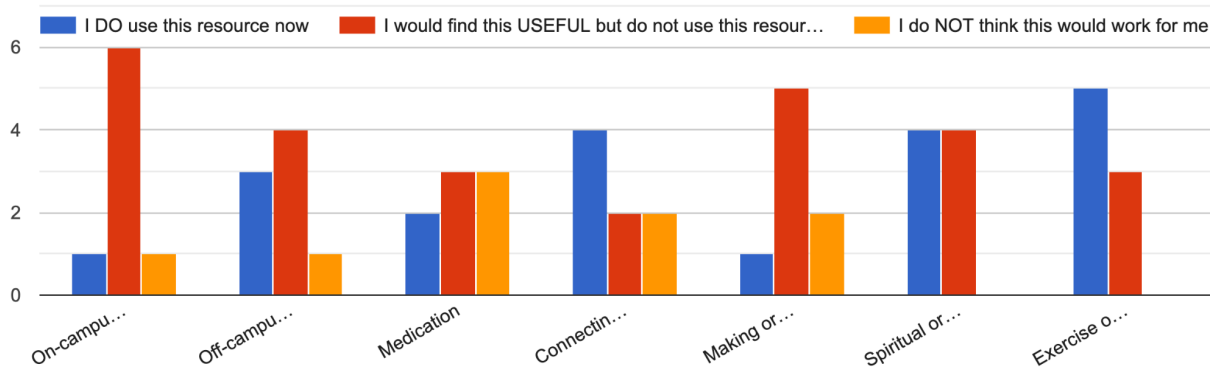
Number of attendees: 20  
Number of surveys: 8

### Resource Awareness and Access

Which of the following resources were new to you today?

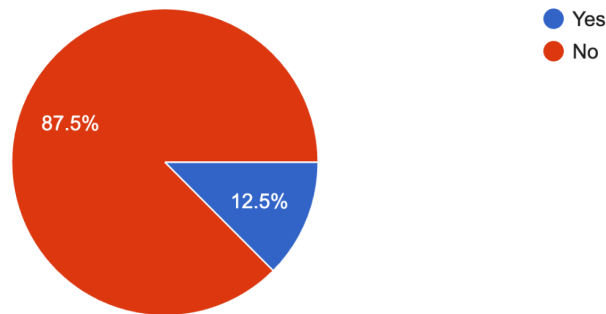


In this list of mental health resources, which do you use, and which might you find useful?



One of the supporters of this event that we talked about was California's Mental Health Commission. Had you heard of the Commission before you came to this event?

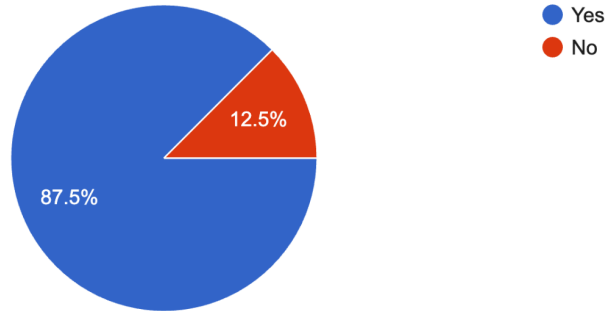
8 responses



**Workshop Impact**

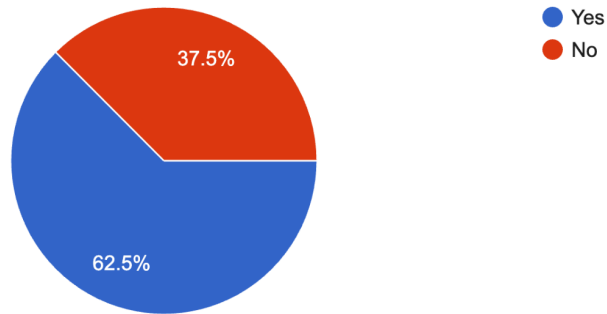
Did this workshop help you confront and address stigma related to mental illness?

8 responses



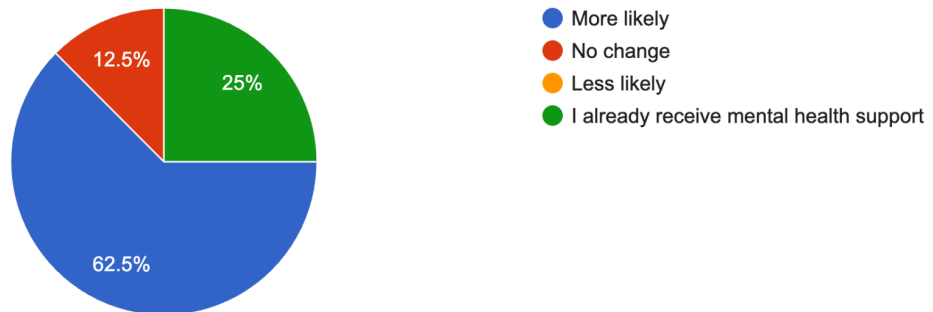
Did you learn something new about mental health?

8 responses



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

8 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?**

- you get to choose to be a victim or a survivor
- Being able to share my story.
- Hearing how vulnerable others are and sharing their heart and story
- The stories, and emotions people shared. They are important to me.
- The survivors' stories
- Hearing you're not alone.
- The honest, raw, respectful conversation that came forth when people shared their experiences.

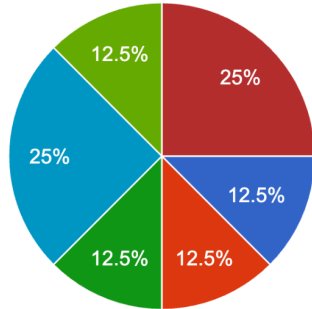
### **How can we improve this event in the future?**

- i don't believe anything
- Maybe more advertising! I wish more people came.. this was wonderful.
- Probably more discussion or pamphlet we can take with us so we have a physical copy of available resources
- I thought it was great. I think there should be more of these.
- I'm not sure. It felt important to address the feelings and triggers that came up, but I'm not sure of the best way to do this.
- It was great!

### **A Bit About You (optional)**

What year are you?

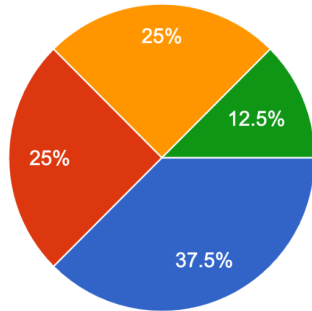
8 responses



- First
- Second
- Third
- Fourth
- Fifth+
- Graduate Student
- Staff
- Faculty
- Community Member

How old are you?

8 responses



- 18-25
- 26-40
- 41-55
- 55+

What is your gender?

Female	100%

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

8 responses

