

Movies for Mental Health

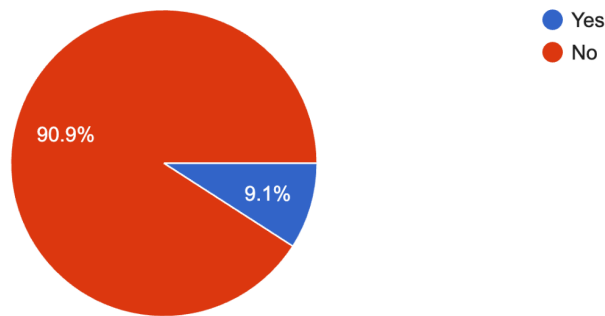
Post-Workshop Surveys

Norco College Date: 04/30/24	Number of registrants: 44 Number of surveys: 11
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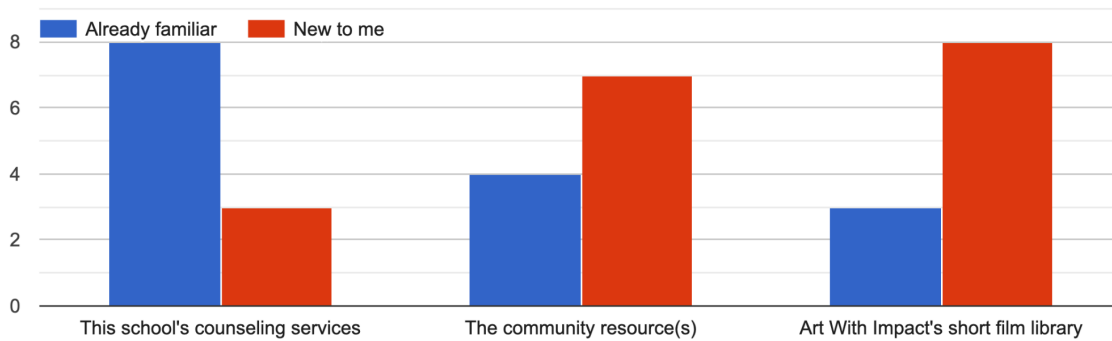
Resource Awareness and Access

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?

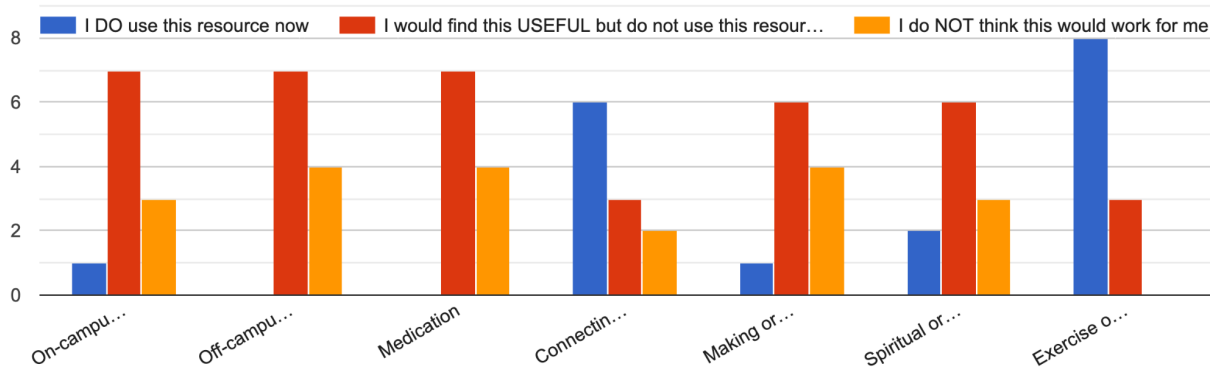
11 responses



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?



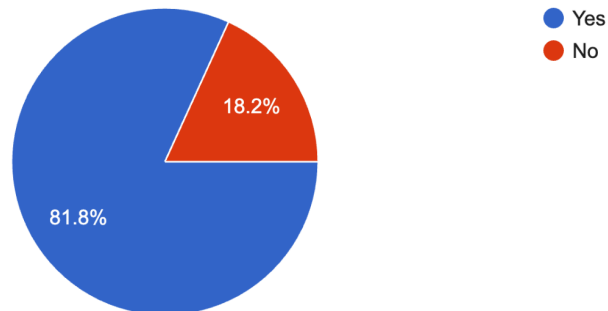
I would find this USEFUL but do not use this resource now:

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

Workshop Impact

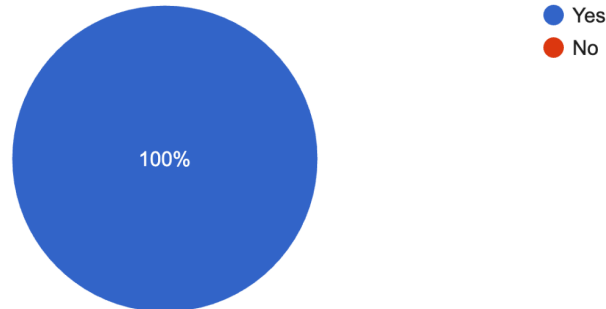
Did this workshop help you confront and address stigma related to mental illness?

11 responses



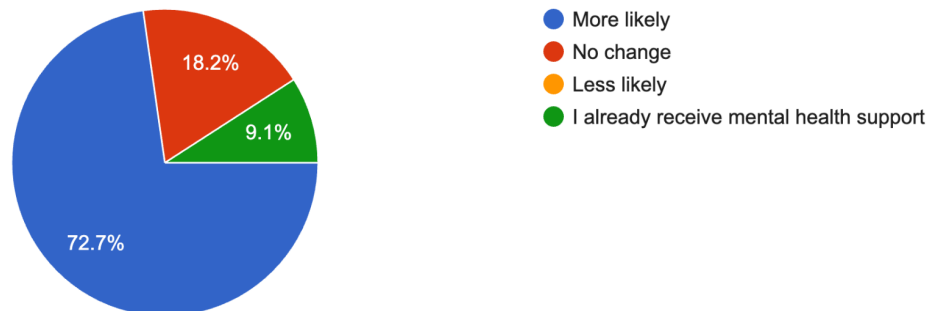
Did you learn something new about mental health?

11 responses



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

11 responses



80% 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?

- Something impactful from this workshop was being able to see the different perspectives of mental health in different scenarios. I'm also grateful for the breathing exercises. I can see it helping me in the future.
- I think the videos really helped me understand how to help someone or reach out for help when there's depression, anxiety, etc.
- The ability the workshop had to make personal connections, whether it was between myself and the presenter or myself and the examples.

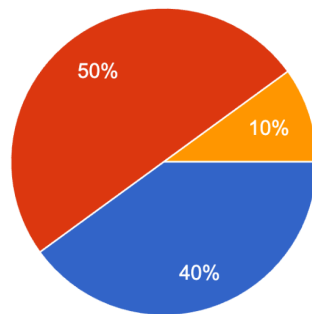
How can we improve this event in the future?

- I think having more examples of stigmas and how they are presented in everyday life such as portrayals in the media.
- Maybe a live speaker with some experience of an issue
- I think there could be more information on the resources

A Bit About You (optional)

What year are you?

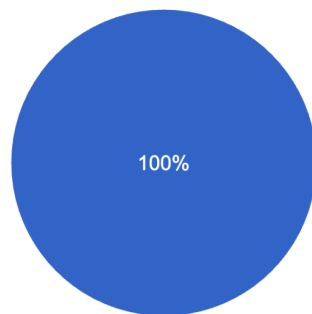
10 responses



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

How old are you?

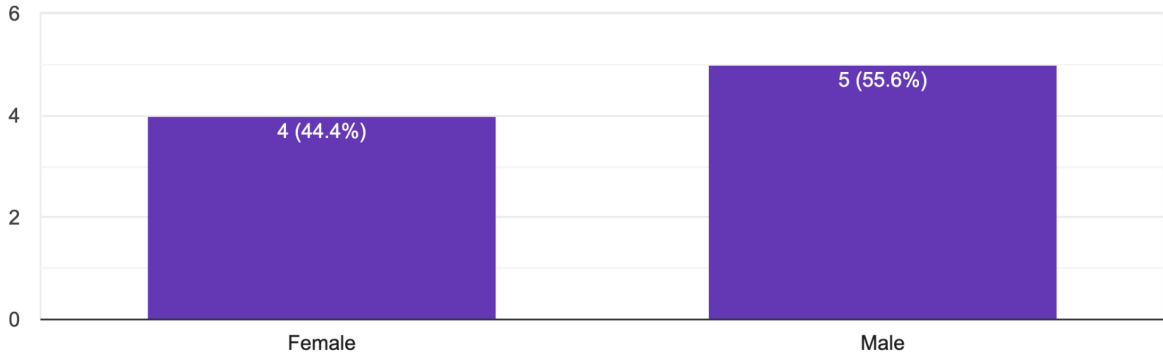
10 responses



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

What is your gender?

9 responses



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

9 responses

