

Wellness In Words

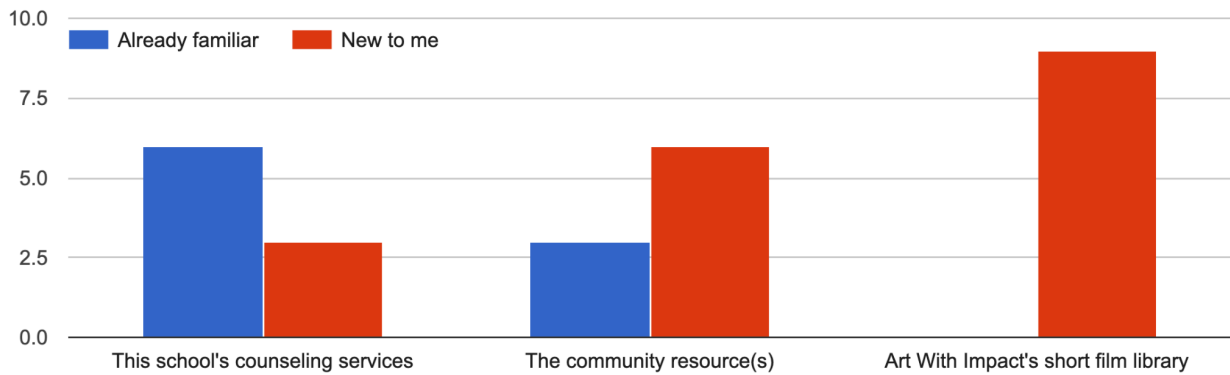
Post-Workshop Surveys

San José State University
Date: 5/8/2024

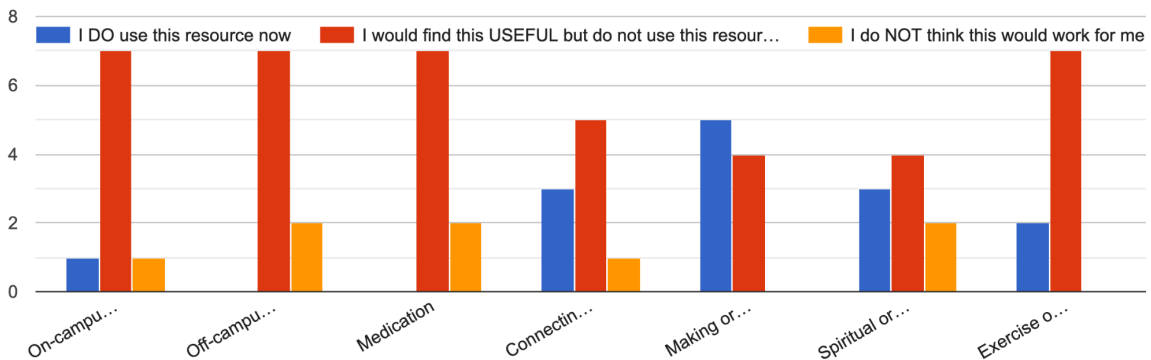
Number of attendees: 11
Number of surveys: 9

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?

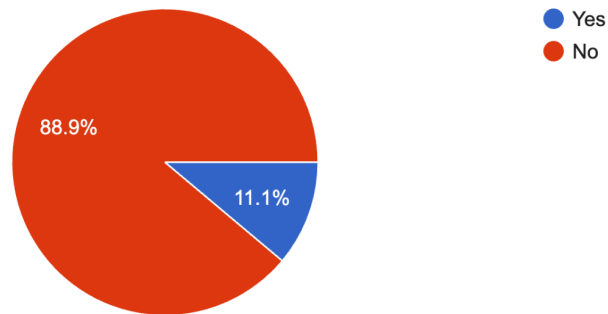


I would find this USEFUL but do not use this resource now:

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

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?

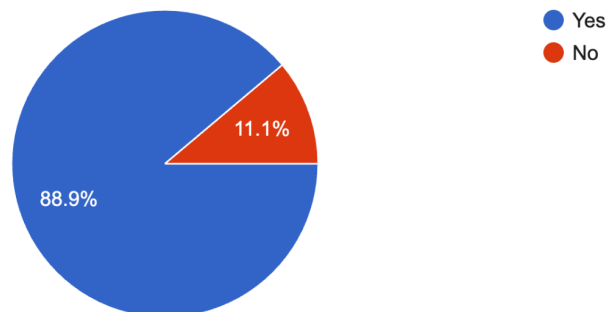
9 responses



Workshop Impact

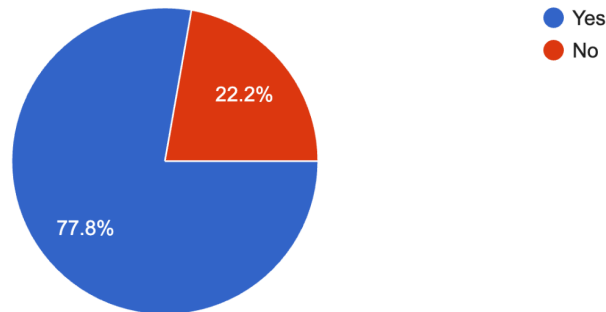
Did this workshop help you confront and address stigma related to mental illness?

9 responses



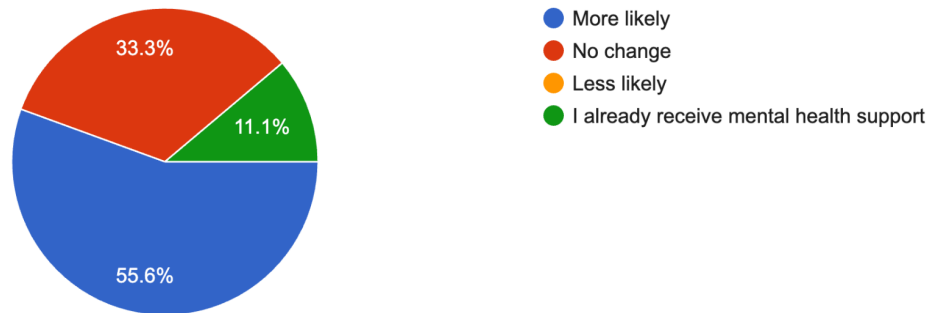
Did you learn something new about mental health?

9 responses



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

9 responses



63% 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?
<ul style="list-style-type: none"> ● I really thought the letter to my past self was impactful. ● Knowing there are resources available ● Being asked to talk to the person next to me ● The writing exercises ● The letter to self.

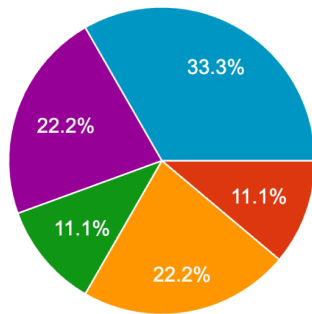
How can we improve this event in the future?

- Maybe change up the timing, there was a lot for 90 minutes
- More writing time would be nice!
- A longer and different process to write about some prompt
- diabetes accessibility

A Bit About You (optional)

What year are you?

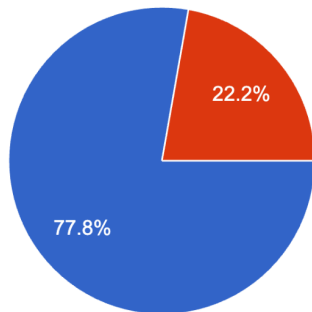
9 responses



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

How old are you?

9 responses



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

What is your gender?

Nonbinary Man	1
Female	7
Male	1

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

9 responses

