

Wellness In Words

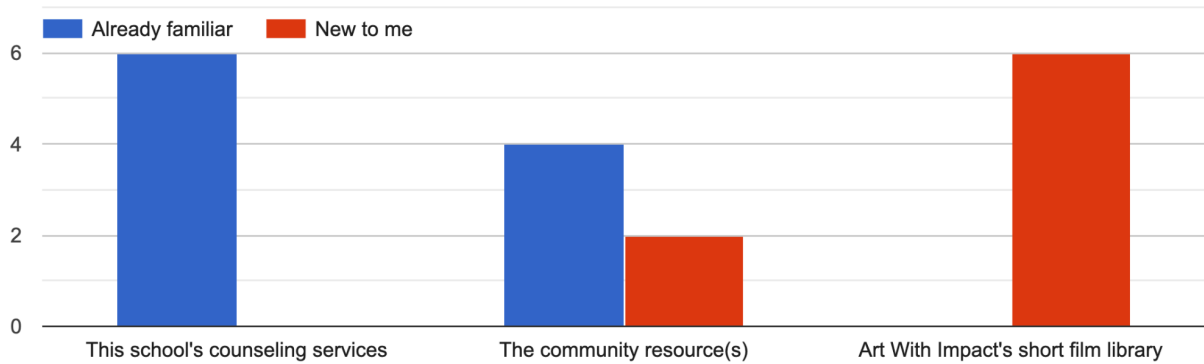
Post-Workshop Surveys

School: North Seattle College
Date: 5/14/24

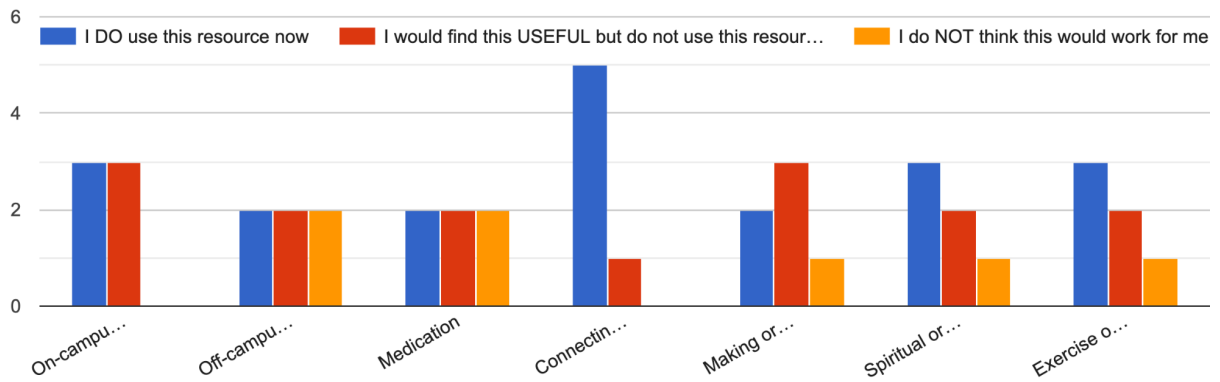
Number of attendees: 14
Number of surveys: 6

Resource Awareness and Access

Which of the following resources were new to you today?



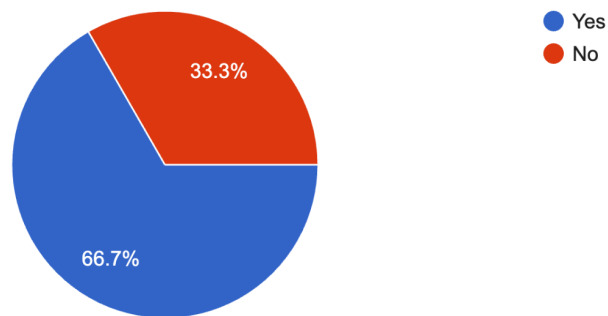
In this list of mental health resources, which do you use, and which might you find useful?



Workshop Impact

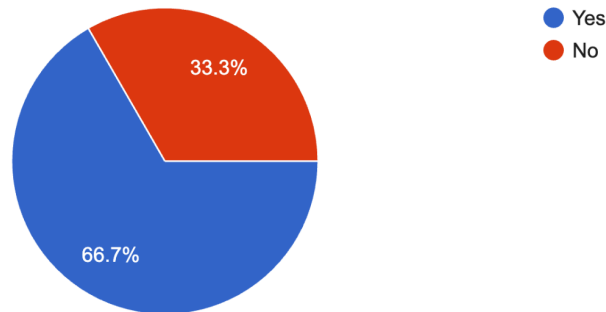
Did this workshop help you confront and address stigma related to mental illness?

6 responses



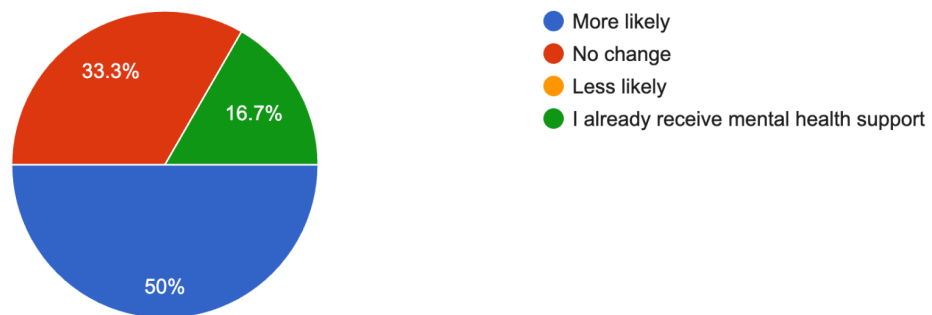
Did you learn something new about mental health?

6 responses



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

6 responses



60% 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?
Learning about resources
Writing to your younger self
Transtape
Transtape
For me it was nothing new since I already do therapy and know a lot about the topic. But I really appreciate the insights and information about the campus resources.
The most impactful thing about this workshop was the panel of 3 counseling representatives, having our

questions answered, and other resources being present.

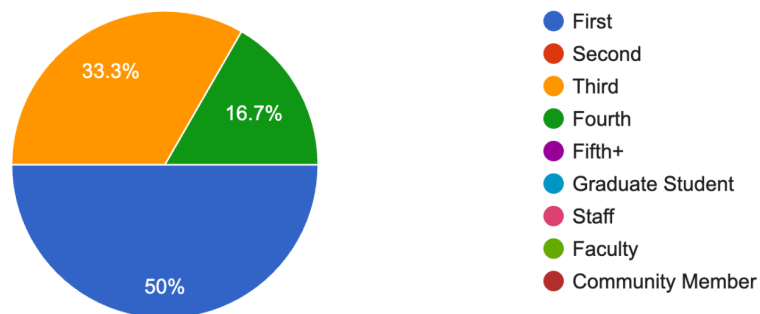
How can we improve this event in the future?

- It went well.
- More tool suggestions to help with what people are dealing with
- I think it was too bright for the presentation and the place was too big. A smaller place would be more welcoming for people to speak more, in my opinion.
- It was great, only a little sound problem. I wish I heard 100% of what was said. I mean the mic was good, but I think sometimes the speakers need to be told to be a bit louder. However, the discussion was so good.

A Bit About You (optional)

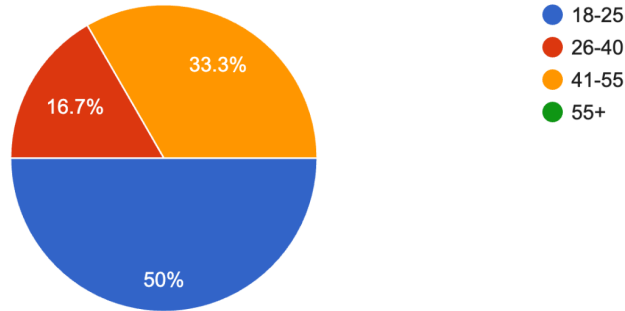
What year are you?

6 responses



How old are you?

6 responses



What is your gender?

Female	50%
Gender-Fluid	16%
Androgynous	16%
Male	16%

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

6 responses

