

Movies for Mental Health

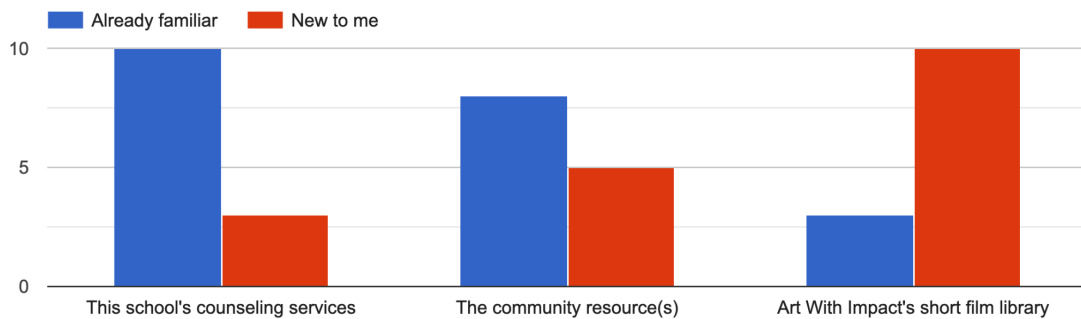
Post-Workshop Surveys

University of California, Davis
Date: 5/6/24

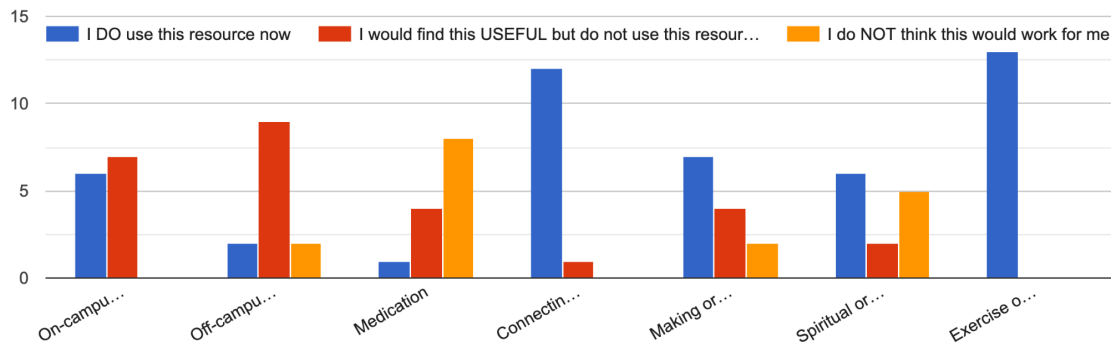
Number of attendees: 11
Number of surveys: 13

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?

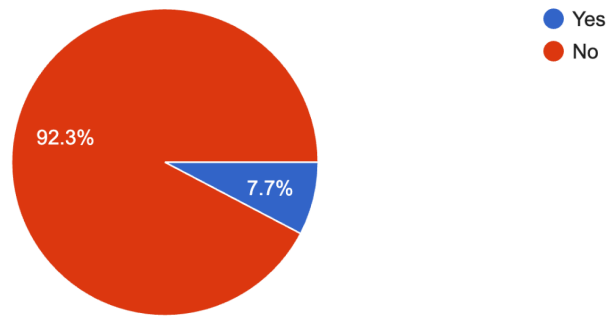


I would find this USEFUL but do not use this resource now:

1. On-campus mental health support (counseling center) = 7
2. Off-campus mental health support (therapist or group therapy) = 9
3. Medication = 4
4. Connecting with family and friends = 1
5. Making or experiencing art = 4
6. Spiritual or traditional practices = 2
7. Exercise or other physical activities = 0

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?

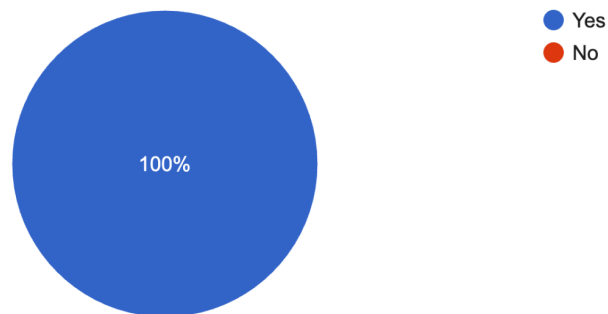
13 responses



Workshop Impact

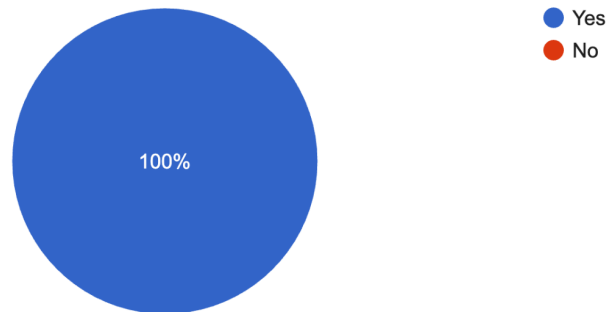
Did this workshop help you confront and address stigma related to mental illness?

13 responses



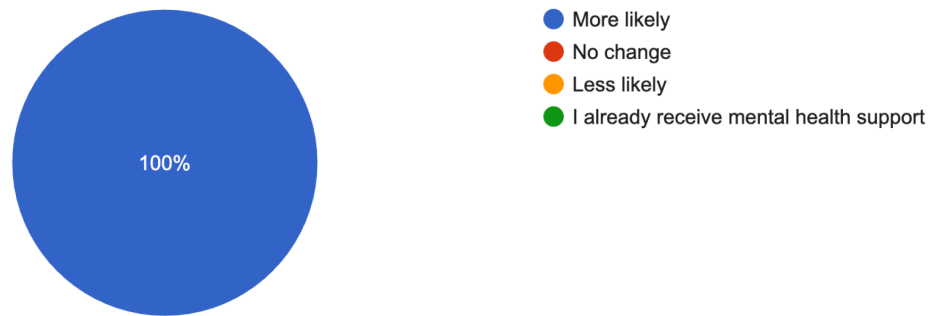
Did you learn something new about mental health?

13 responses



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

13 responses



What was the most impactful thing about this workshop?

- The welcoming community around athlete mental health
- The most impactful part for me was the breakdown of the movies and people sharing their stories.
- I think how vulnerable each of the people were in sharing their perspective and also the hosts validation
- I felt like the most impactful part of the workshop was hearing the panel talk about their stories
- The films and discussion, hearing my peers thoughts is always really powerful

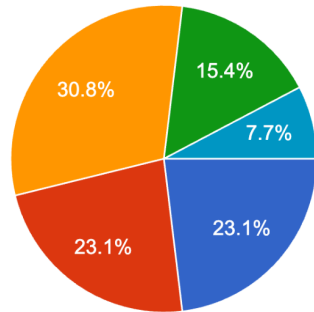
How can we improve this event in the future?

- I think the more people the more stories and perspectives.
- More group discussion
- Maybe condense it a little more

A Bit About You (optional)

What year are you?

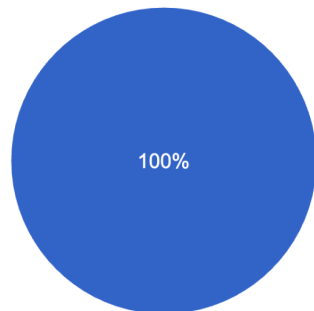
13 responses



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

How old are you?

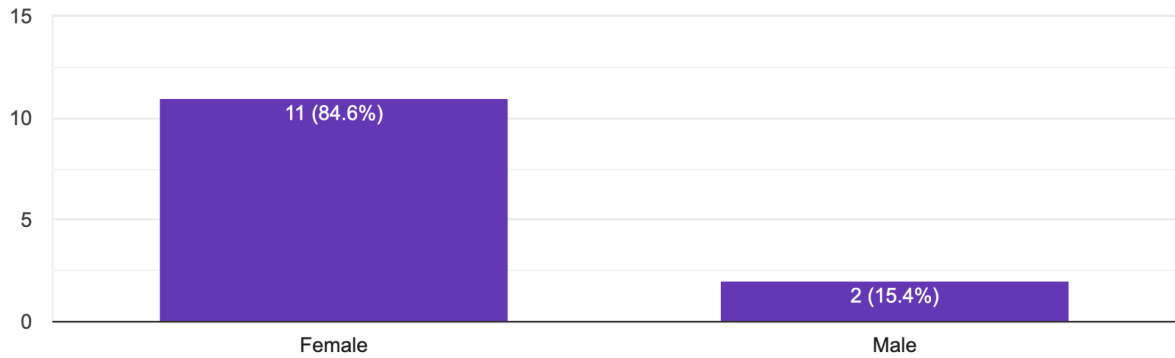
13 responses



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

What is your gender?

13 responses



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

13 responses

