

Movies for Mental Health

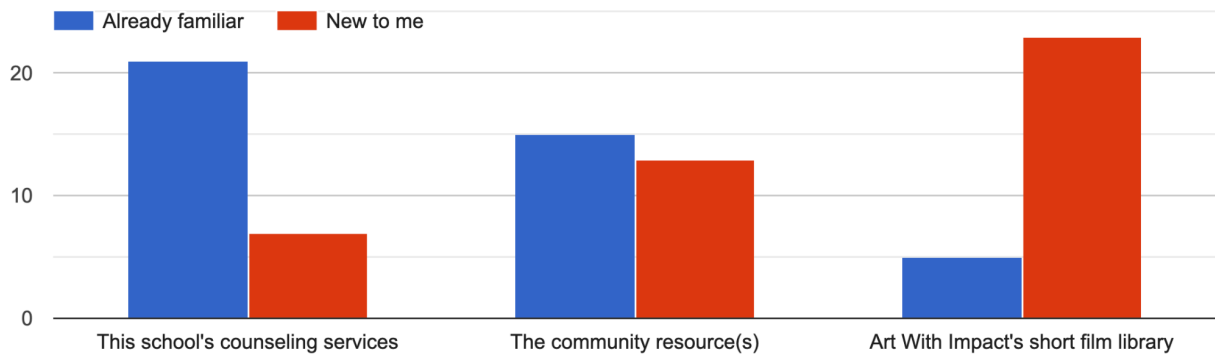
Post-Workshop Surveys

De Anza College
Date: 05/29/2024

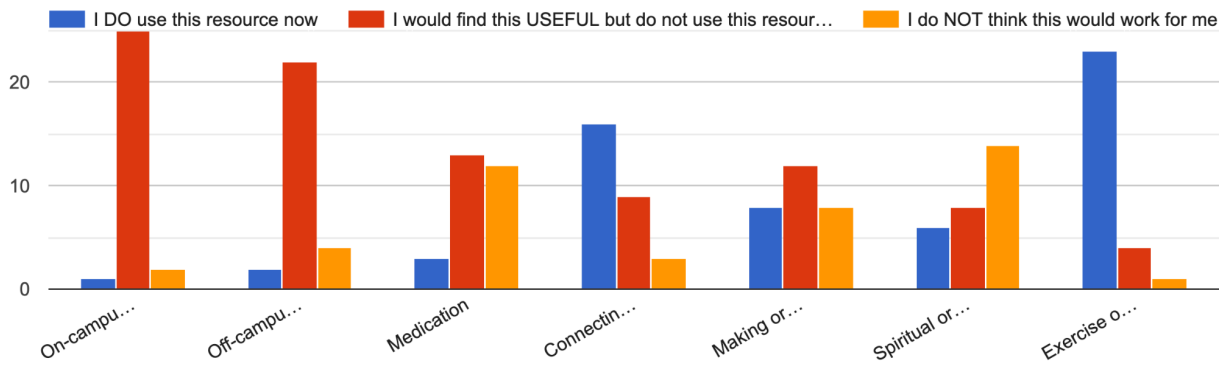
Number of attendees: 55
Number of surveys: 28

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?

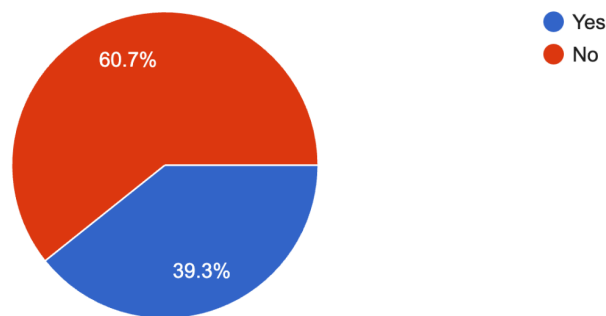


I would find this USEFUL but do not use this resource now:

1. On-campus mental health support (counseling center) = 25
2. Off-campus mental health support (therapist or group therapy) = 22
3. Medication = 13
4. Connecting with family and friends = 9
5. Making or experiencing art = 12
6. Spiritual or traditional practices = 8
7. Exercise or other physical activities = 4

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?

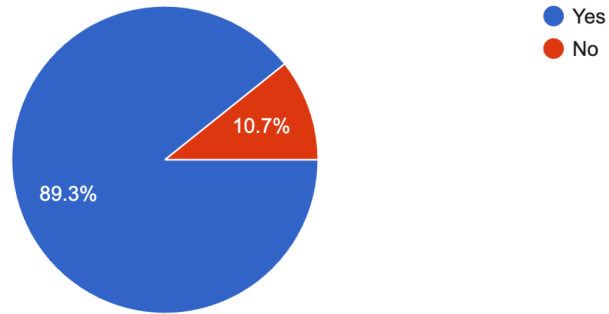
28 responses



Workshop Impact

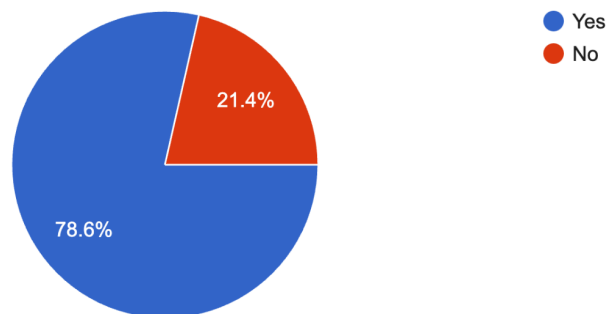
Did this workshop help you confront and address stigma related to mental illness?

28 responses



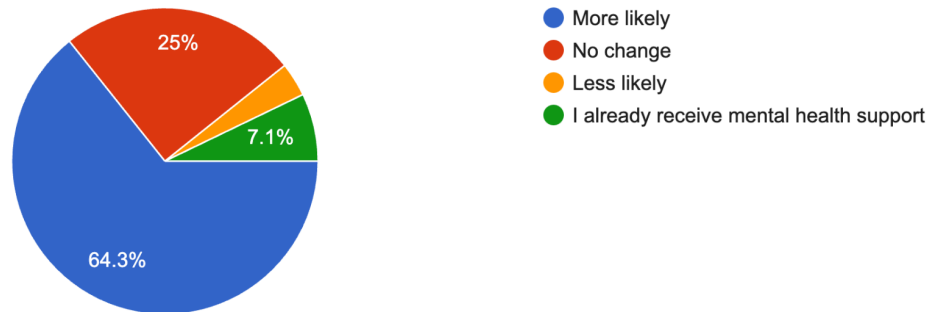
Did you learn something new about mental health?

28 responses



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

28 responses



69% 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?

- The most impactful thing was understanding that it is not looked down upon if I do try to reach out for help, coming from a harsher sports background with rougher coaches, mental health was always second to results
- Hearing my peers talk thoughtfully and provide their input on mental health and their own experiences
- If I had to choose one it would probably be hearing about the mental health journeys/experiences of some of my fellow athletes.
- Being able to share my experience

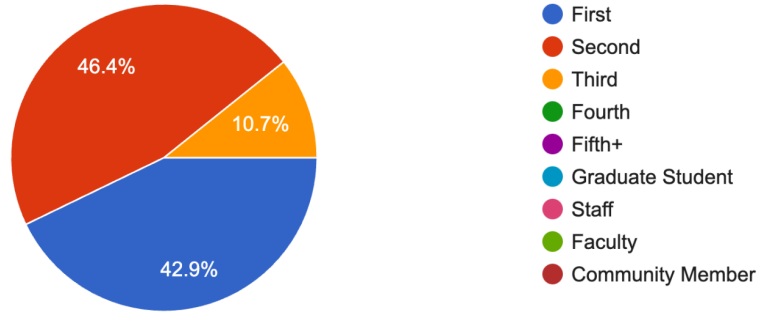
How can we improve this event in the future?

- Get some sports therapists that understand us more
- I think applying a more interactive feature and moving around might help especially when giving speeches to athletes, they need to move around.
- I think it would be nice to spend more time or have more questions for the panelists to answer and for there to be more discussion between the panel members.
- This might sound kind of silly, but I'm an athlete that constantly gets hungry, so maybe some sort of snack in the future lol.

A Bit About You (optional)

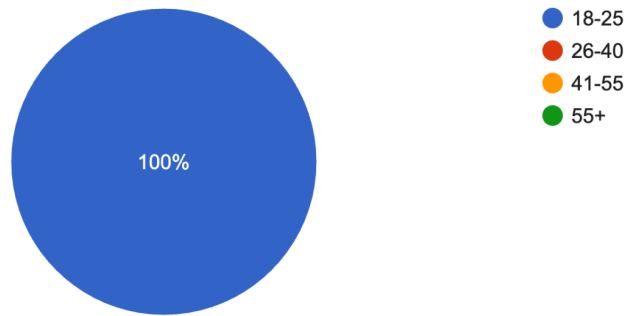
What year are you?

28 responses



How old are you?

28 responses



What is your gender?

Nonbinary	1
Female	8
Male	16

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

27 responses

