

Movies for Mental Health (Online)

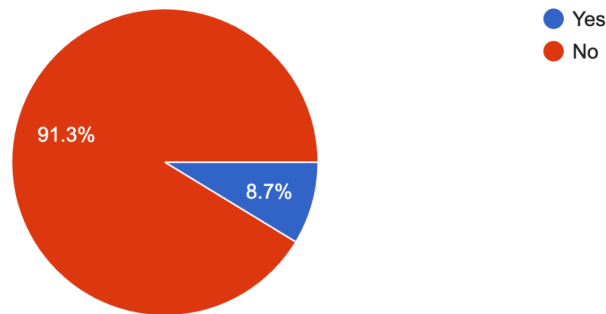
Post-Workshop Surveys

Merced College Date: 05/15/24	Number of attendees: 21 AM, 17 PM (38) Number of surveys: 23
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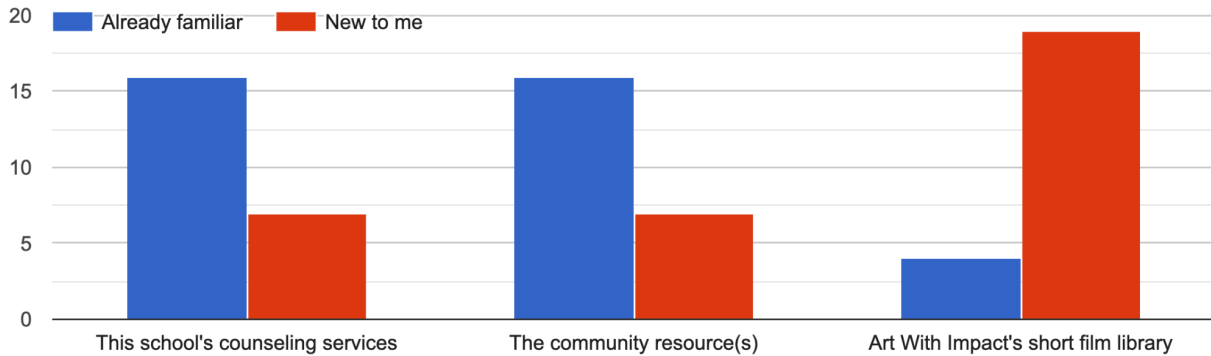
Resource Awareness and Access

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?

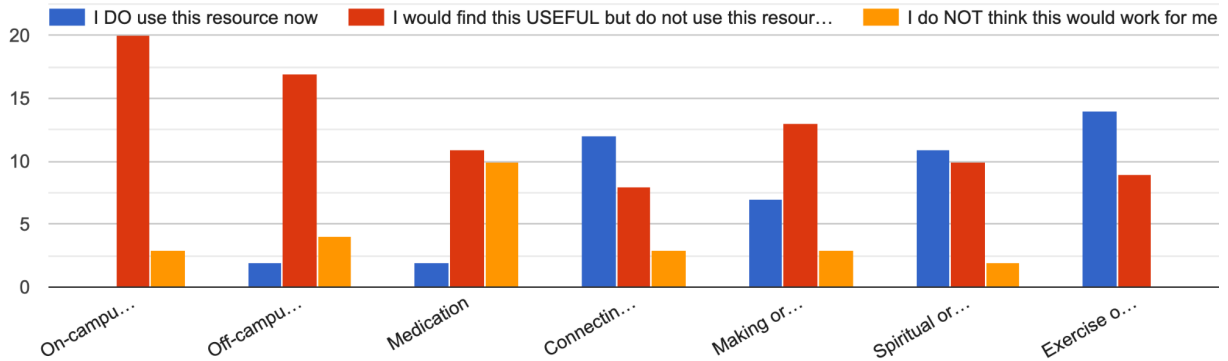
23 responses



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?



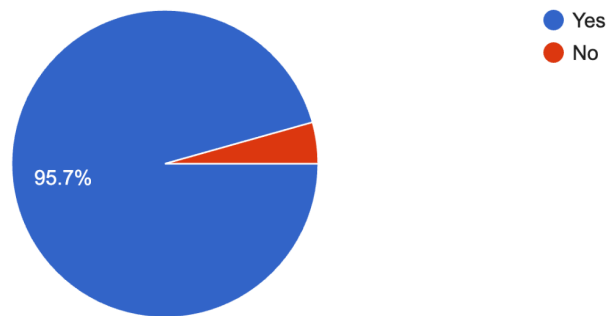
I would find this USEFUL but do not use this resource now:

1. On-campus mental health support (counseling center) = 20
2. Off-campus mental health support (therapist or group therapy) = 17
3. Medication = 11
4. Connecting with family and friends = 8
5. Making or experiencing art = 13
6. Spiritual or traditional practices = 10
7. Exercise or other physical activities = 9

Workshop Impact

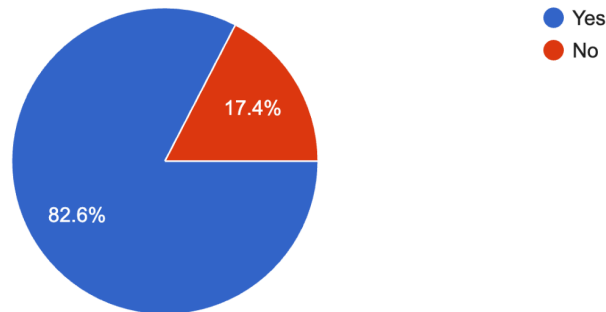
Did this workshop help you confront and address stigma related to mental illness?

23 responses



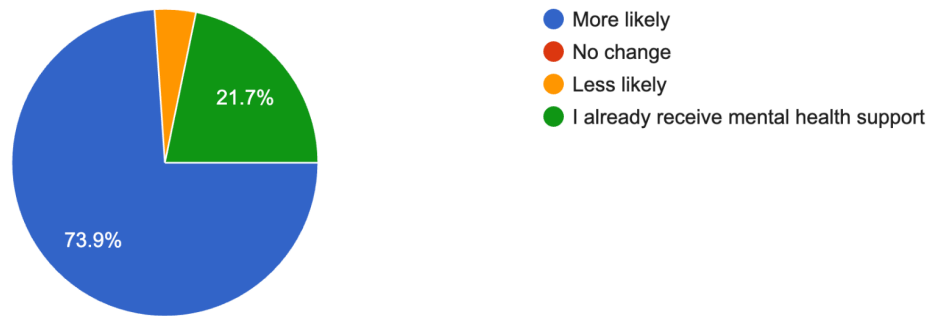
Did you learn something new about mental health?

23 responses



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

23 responses



94% 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?

- I would say the fact of being able to see more and more people who deal with mental health as well
- Feeling not so isolated in speaking on the topic of mental health.
- Feeling seen. There were so many others who thought the way I did and I thought I was the only one who felt like this prior.
- I thought the most impactful thing about this workshop was how everyone felt the same as me. I wasn't alone. I learned techniques on how to self care and breathing techniques as well.

- Learning more about mental health. I feel like I was lacking knowledge on how much mental health affects people and how many resources are available

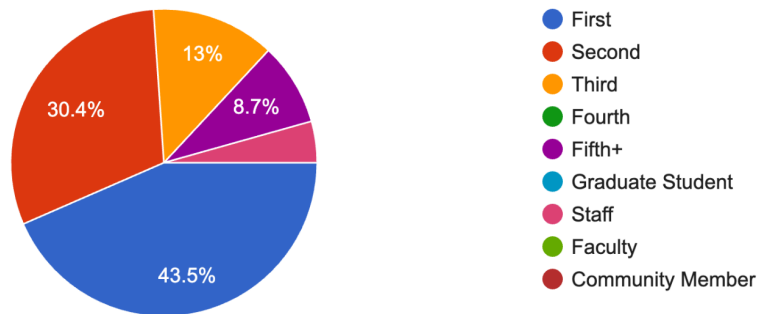
How can we improve this event in the future?

- in person event
- Optional video so people can see each other's faces if they wish
- By promoting it more.

A Bit About You (optional)

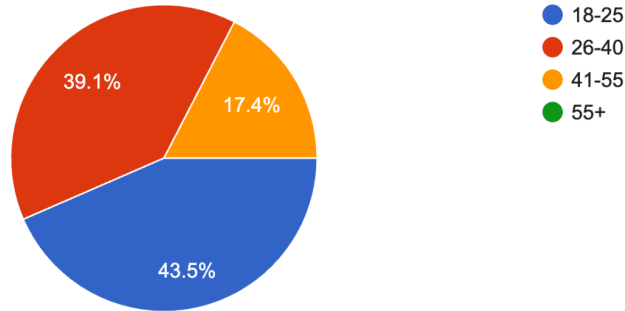
What year are you?

23 responses



How old are you?

23 responses



What is your gender?

Female	16
Male	5
Nonbinary	1

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

23 responses

