

Movies for Mental Health

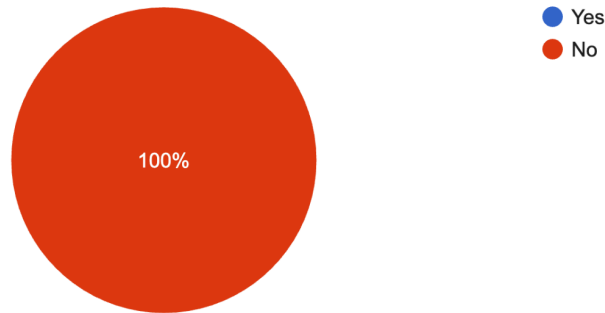
Post-Workshop Surveys

| | |
|--|---|
| Santa Monica College Date: 05/13/2024 | Number of attendees: 25 Number of surveys: 8 |
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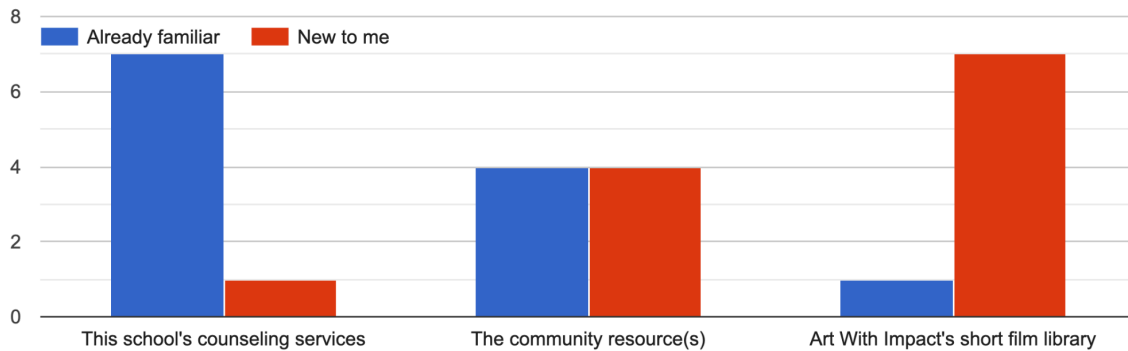
Resource Awareness and Access

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?

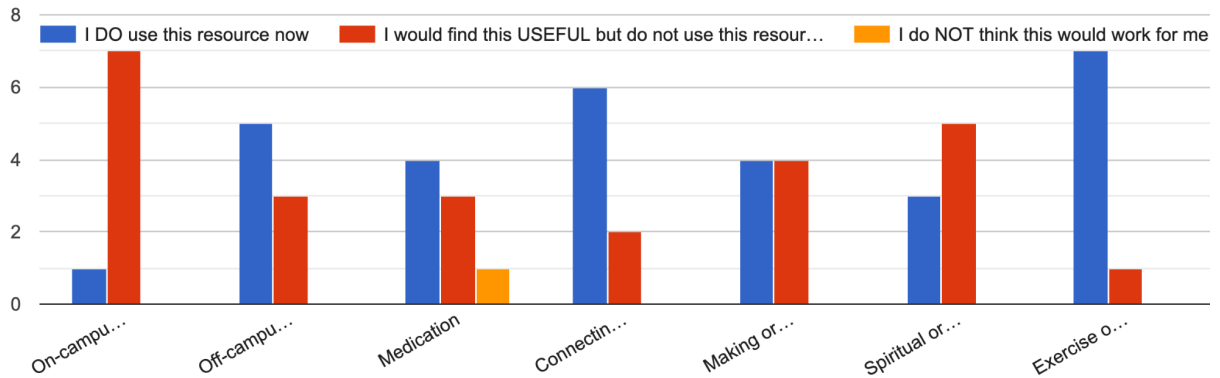
8 responses



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?



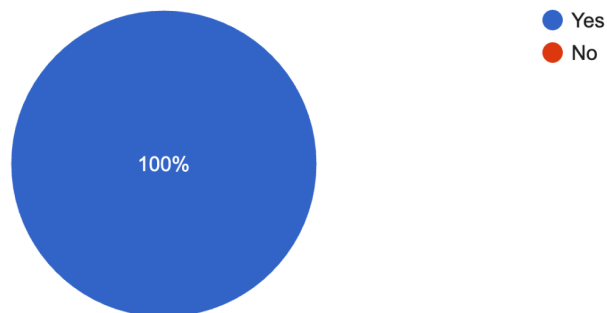
I would find this USEFUL but do not use this resource now:

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

Workshop Impact

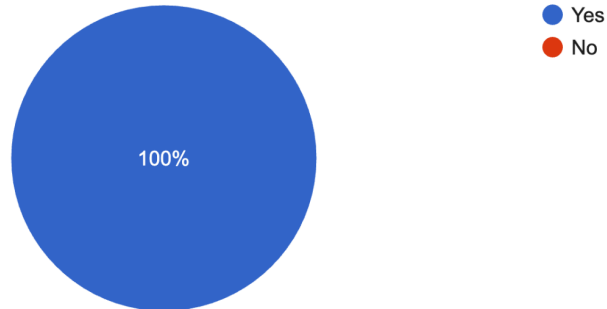
Did this workshop help you confront and address stigma related to mental illness?

8 responses



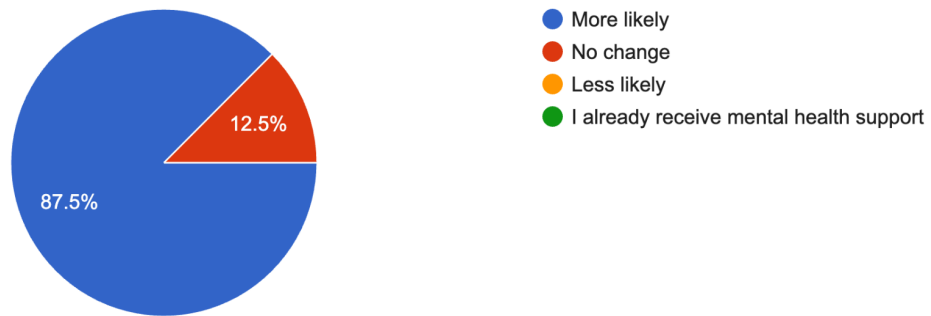
Did you learn something new about mental health?

8 responses



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

8 responses



What was the most impactful thing about this workshop?

- Connecting art and creativity to managing and speaking about mental health
- Hearing other people talking about this
- Outreach
- Panel
- Attending

How can we improve this event in the future?

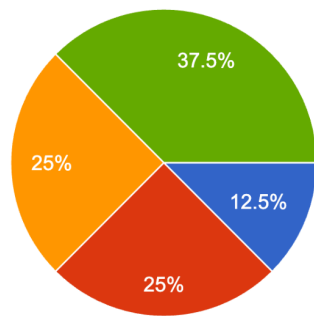
- I loved it! I think it was great!
- More information that this is on campus

- Collaborate with all teachers
- Let's have more events like this

A Bit About You (optional)

What year are you?

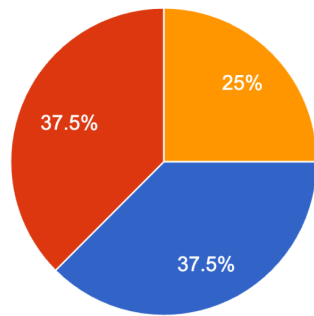
8 responses



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

How old are you?

8 responses



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

| | |
|------------|---|
| Female | 4 |
| Male | 2 |
| Non-binary | 2 |

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

8 responses

