

# Movies for Mental Health for Student Athletes

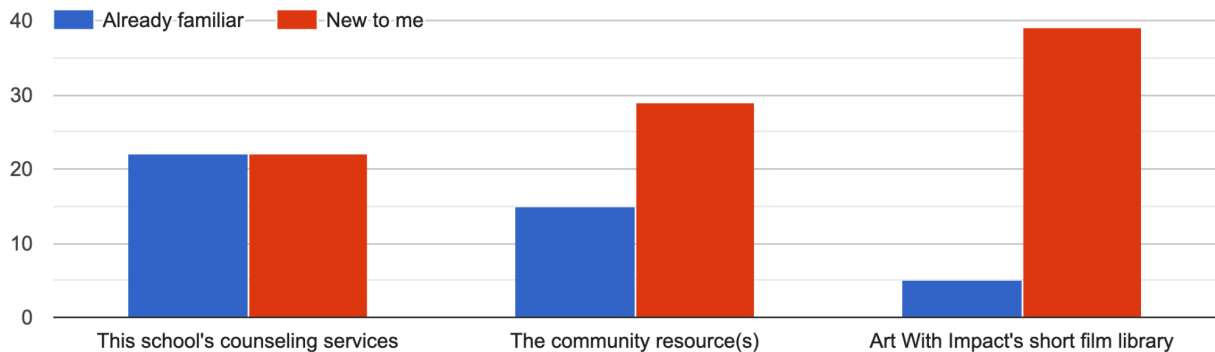
## Post-Workshop Surveys

College of San Mateo  
August 13, 2024

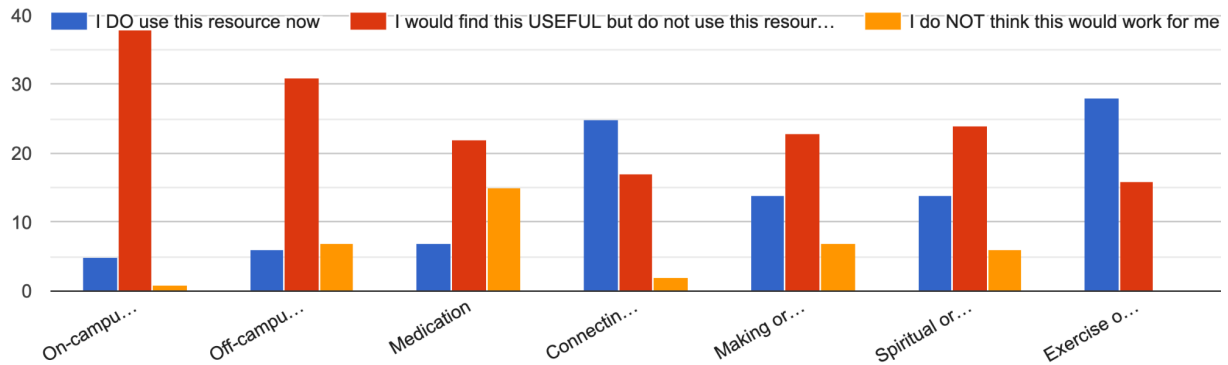
Number of attendees: ~300  
Number of surveys: 44

### 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?

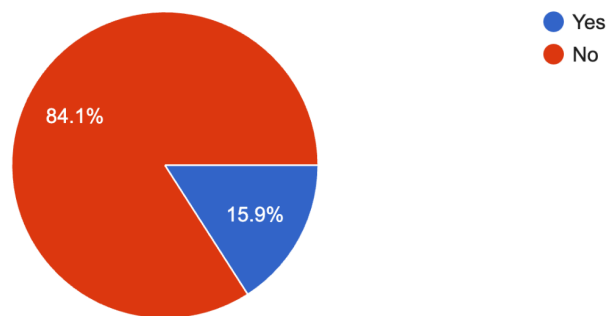


I would find this USEFUL but do not use this resource now:

1. On-campus mental health support (counseling center) = 86%
2. Off-campus mental health support (therapist or group therapy) = 70%
3. Medication = 50%
4. Connecting with family and friends = 39%
5. Making or experiencing art = 52%
6. Spiritual or traditional practices = 55%
7. Exercise or other physical activities = 36%

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?

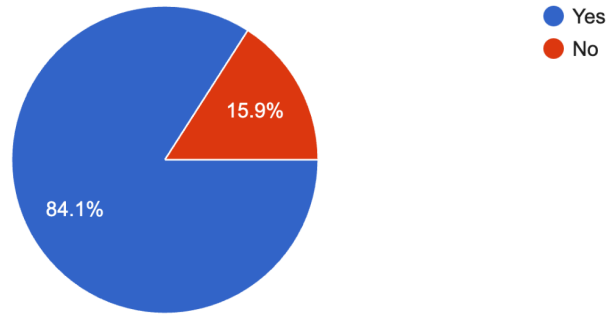
44 responses



## Workshop Impact

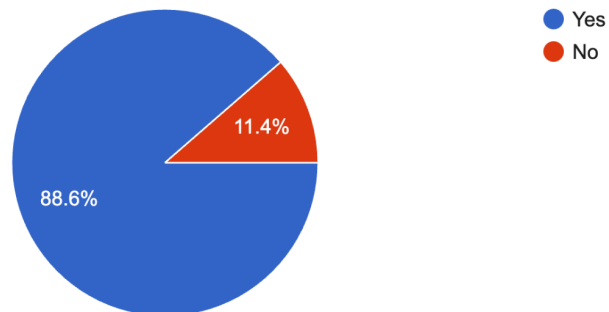
Did you learn something new about mental health during this workshop?

44 responses



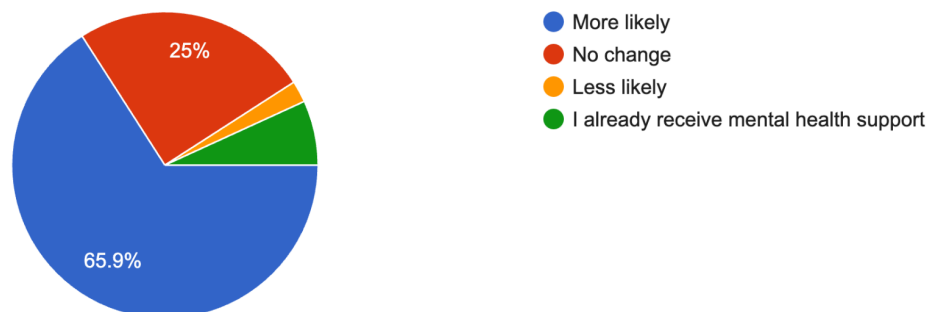
Did this workshop help you confront and address stigma related to mental illness?

44 responses



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

44 responses



**71% 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?

- How much help you could be able to get and all the assistance is amazing.
- I think addressing difficult topics was helpful in reducing the stigma.
- I would say the exercise of shaking off emotions. That was truly awesome. Thank you so much!
- Seeing the All Meat Diet video and seeing somebody else struggle with eating.
- I think the videos and the exercises were the most impactful.

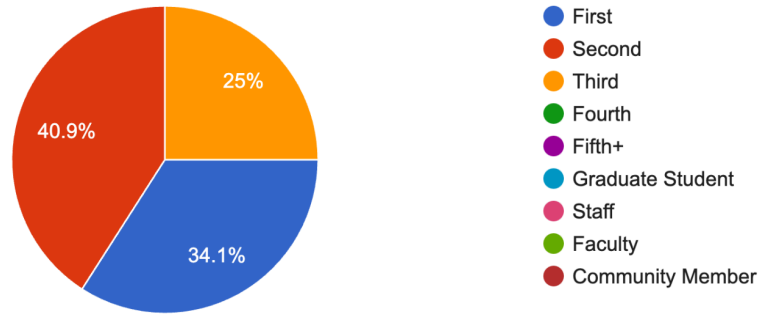
### How can we improve this event in the future?

- Have the coaches participate more, since they also affect our mental health.
- More interaction with students
- Bigger screen. I was able to see but it was still small, otherwise everything was fine.
- More active participation
- More tactics to focus on mental health

## A Bit About You (optional)

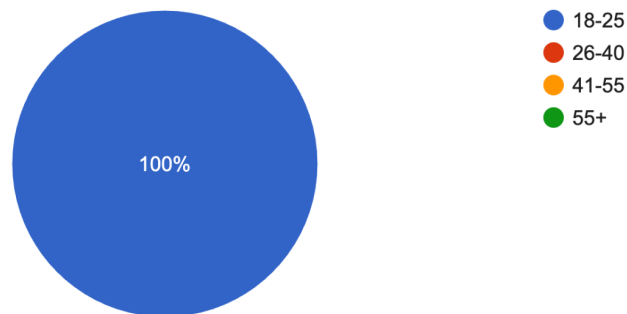
What year are you?

44 responses



How old are you?

44 responses



What is your gender? (Self-reported by students)

Gender-fluid	1
Female	20
Male	20
Blank	3

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

42 responses

