

# Movies for Mental Health

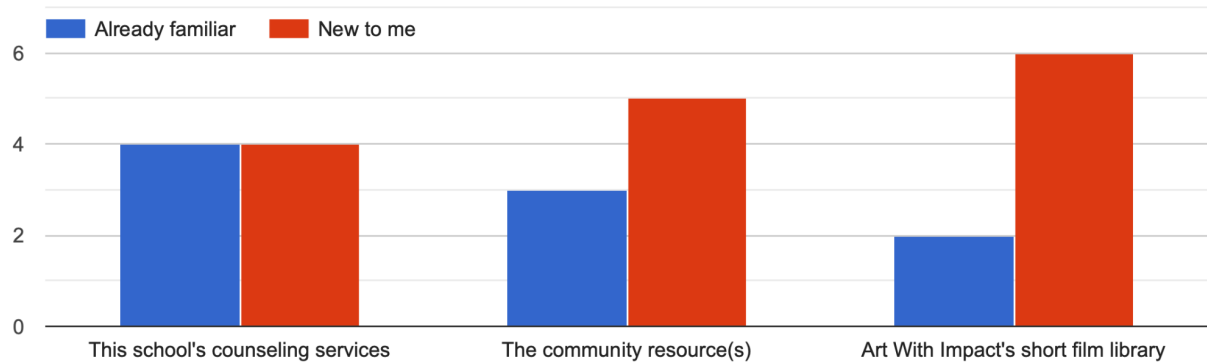
## Post-Workshop Surveys

School: Coastline College  
Date: 10/10/23

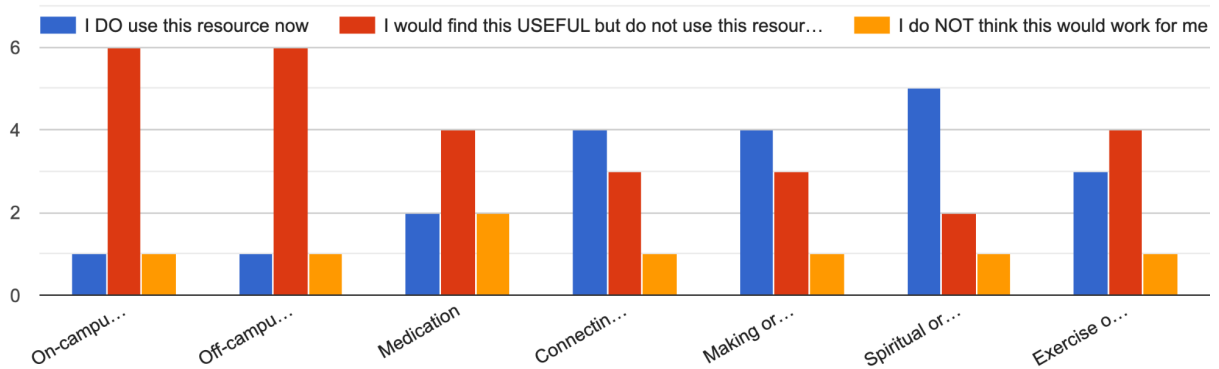
Number of attendees: 14  
Number of surveys: 8

### 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?

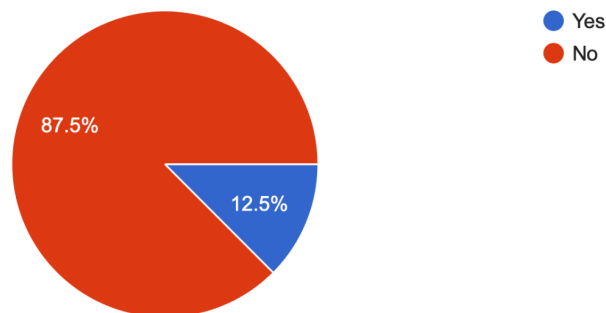


I would find this USEFUL but do not use this resource now:

1. On-campus mental health support (counseling center) = **6 or 75%**
2. Off-campus mental health support (therapist or group therapy) = **6 or 75%**
3. Medication = **5 or 63%**
4. Exercise or other physical activities = **5 or 63%**

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?

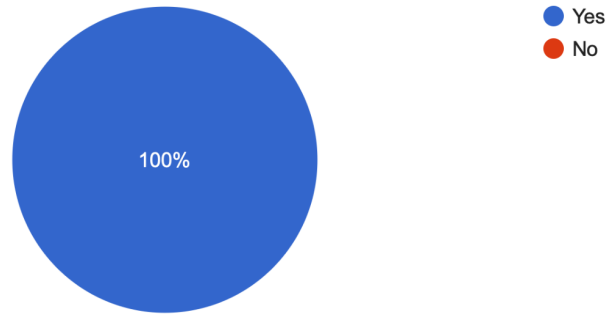
8 responses



## Workshop Impact

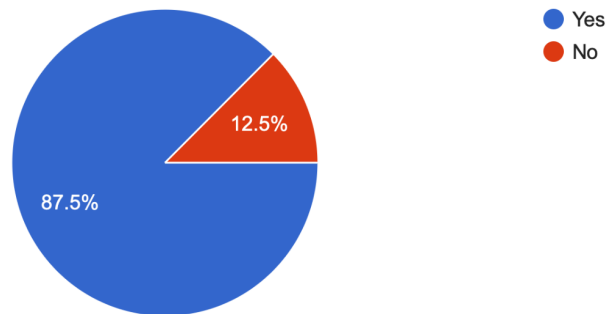
Did this workshop help you confront and address stigma related to mental illness?

8 responses



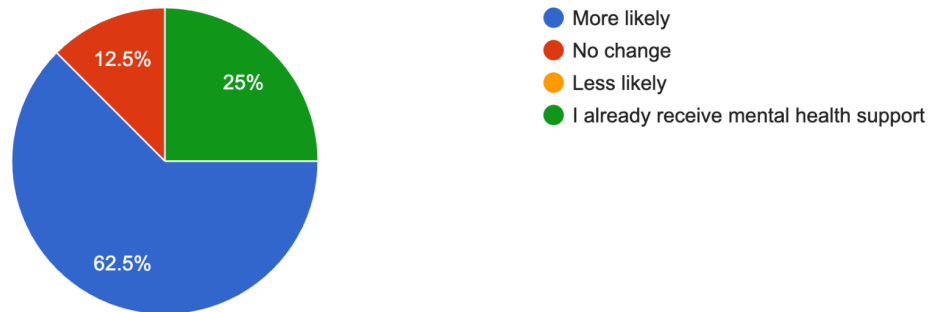
Did you learn something new about mental health?

8 responses



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

8 responses



83% 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 workshop itself, the space
- Personally, it was hearing stories and films from others that were so relatable to myself and my own experiences with mental health, it's nice to feel like you're not alone and that other people understand what you're going through.
- Hearing others' input
- Our host Natalie Cook was very informative, kind and caring.
- The video shorts
- I enjoyed it all. The short films were a fantastic approach to help us to identify and understand the pain we are experiencing.

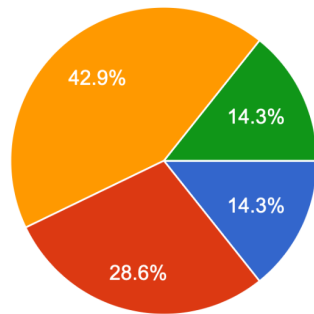
### How can we improve this event in the future?

- Continuing it
- I really enjoyed this workshop. I can't think of anything I would have changed, however, having more mental health related workshops in the future would be great.
- Providing ways for students to help with family issues.
- Do it in person

**A Bit About You (optional)**

What year are you?

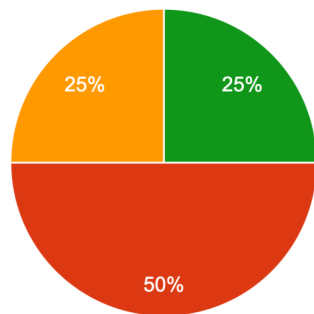
7 responses



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

How old are you?

8 responses



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

What is your gender?

Female	100%
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### What is your ethnicity? (Select all that apply.)

8 responses

