

Wellness in Words (Online)

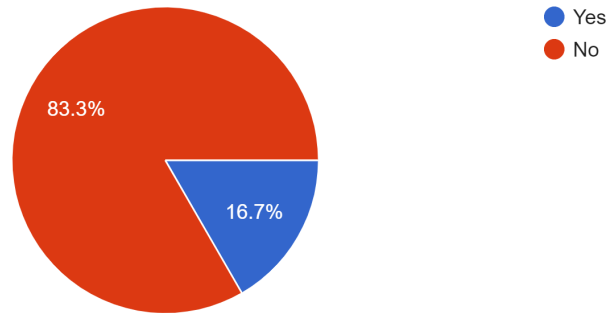
Post-Workshop Evaluations

College of Marin
September 13, 2021

Number of attendees: 28
Number of evaluations: 6

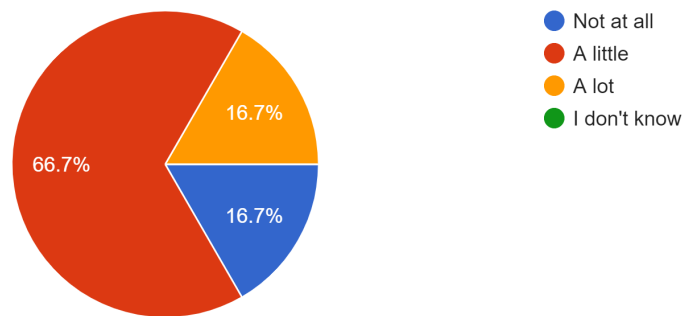
Did you know about the the Mental Health Services Act before this event?

6 responses



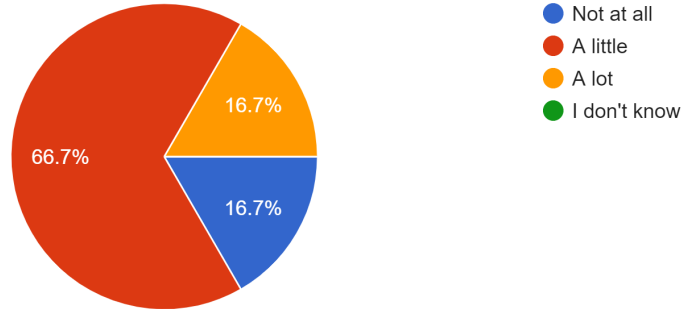
Did this workshop increase your awareness of mental health issues related to hope and resilience?

6 responses



Did this workshop help you name and see examples of stigma related to mental health issues surrounding hope and resilience?

6 responses



What was your main takeaway?

- The videos
- It was interesting
- How we can utilize mental health impacts in our writing
- Mental illness turned into art

How might you use what you learned today?

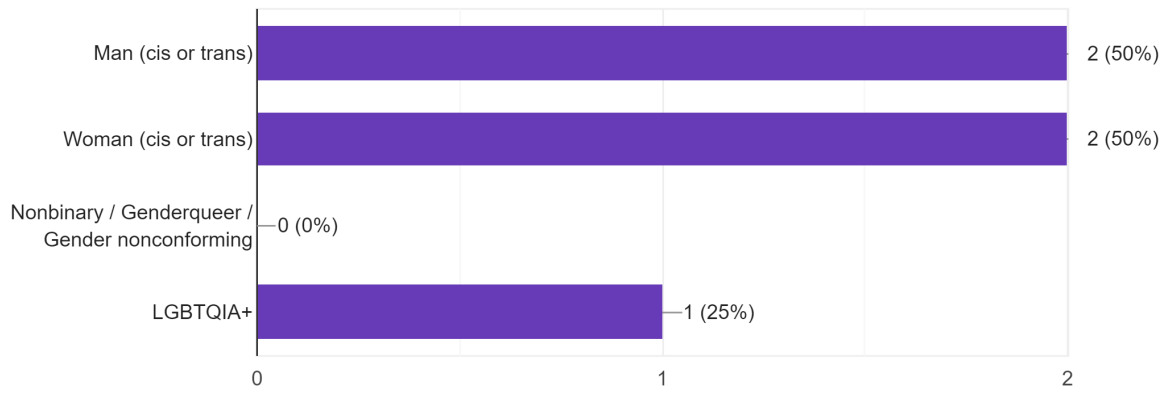
- Use it when I feel anxious
- Skills for poetry writing - first writing everything that comes to mind and then formulating the poem!
- Write when feeling some type of way

If you were telling a friend about this workshop, you would describe it as: (Highlights: see raw data for full list)

- Amazing
- Super cool mental health vibes!
- Informative

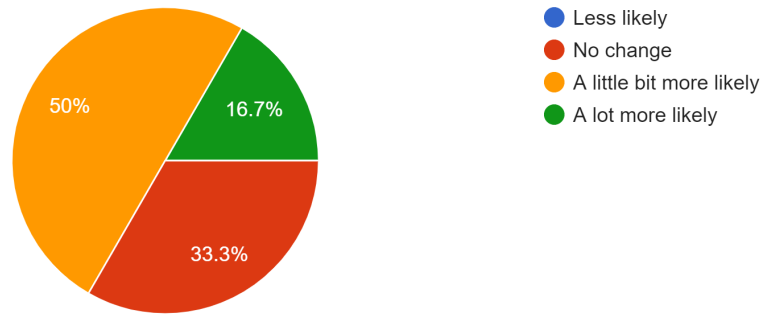
How do you identify? (Check all that apply)

4 responses



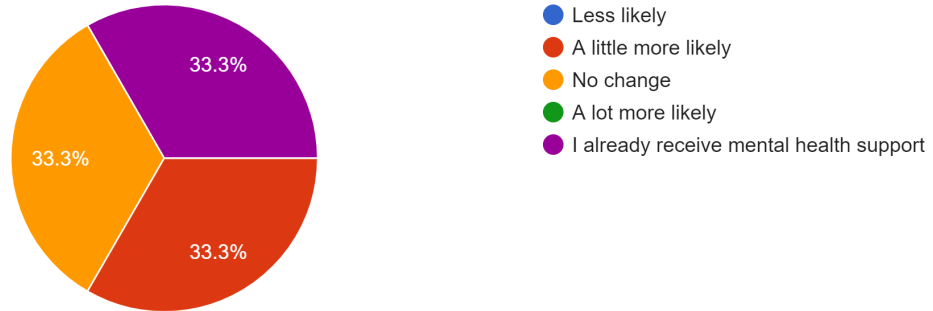
After this workshop, are you more or less likely to take action to support the mental health of people in your life?

6 responses



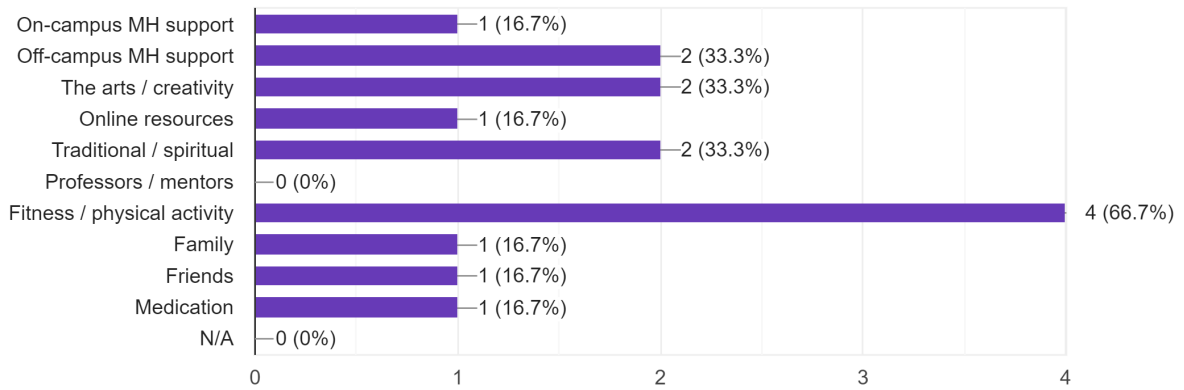
After this event, are you more or less likely to seek support for your own mental health?

6 responses



What type(s) of mental health support do you think would be most useful to you?

6 responses



What are the biggest barriers to your mental wellness and/or receiving mental health support?
(Highlights: see raw data for full list)

Support

Time

Not finding people who understand me

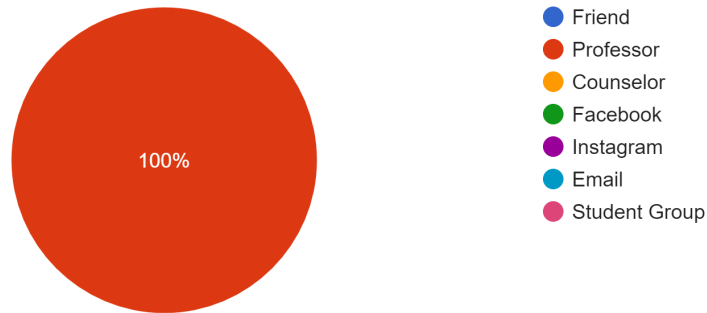
Me

How can we improve this event in the future?

It was great
I think it was really well done!
It's honestly pretty great, as is

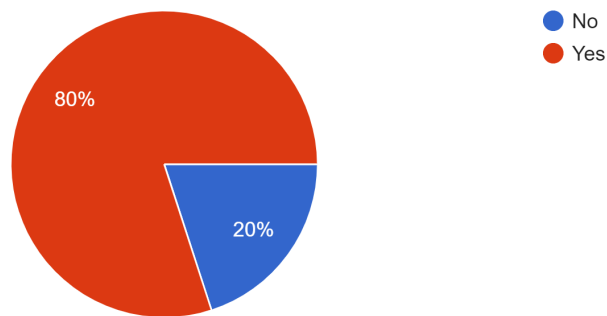
How did you hear about this event?

6 responses



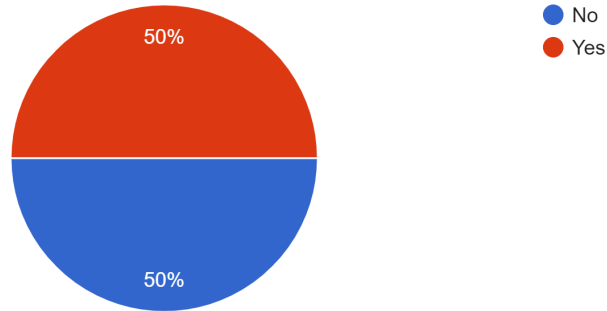
Before this event, did you know about your school's counseling services?

5 responses



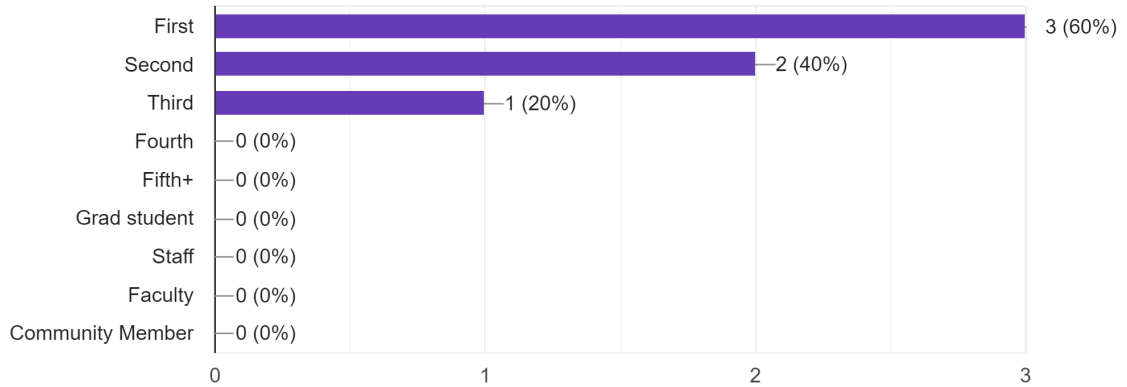
Before this event, did you know about the community resource(s) who presented on the panel?

6 responses



Major	
Kinesiology	1
math	1
psychology	1
Communications	1
architecture	1

Year
5 responses



Ethnicity

5 responses

