

Wellness in Words (Online)

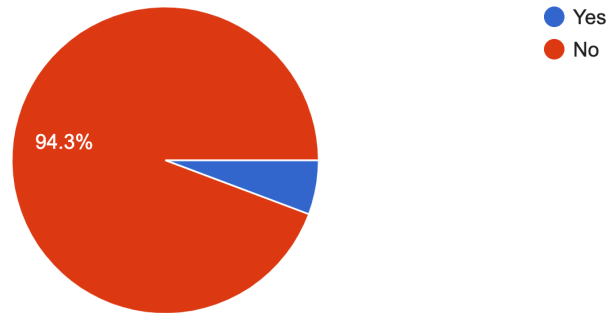
Post-Workshop Evaluations

College of Marin
March 3, 2022 + March 7, 2022

Number of attendees: 48
Number of evaluations: 35

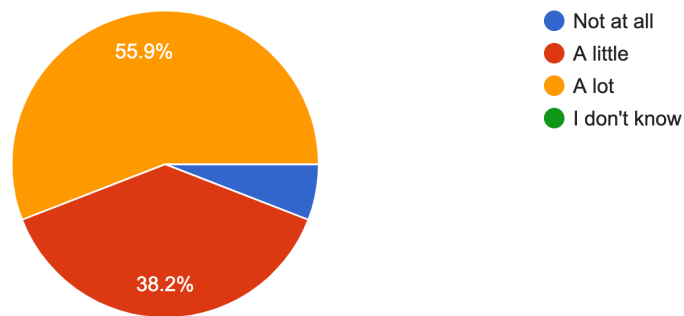
Did you know about the the Mental Health Services Act before this event?

35 responses



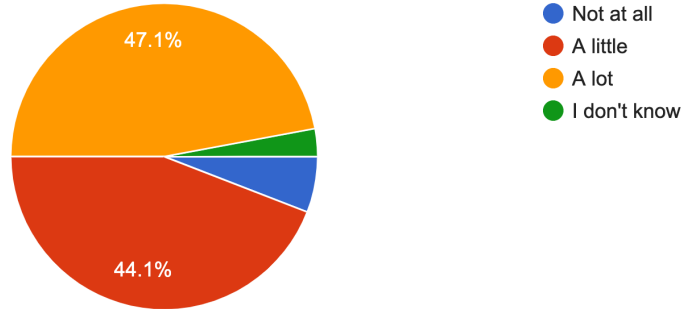
Did this workshop increase your awareness of mental health issues related to hope and resilience?

34 responses



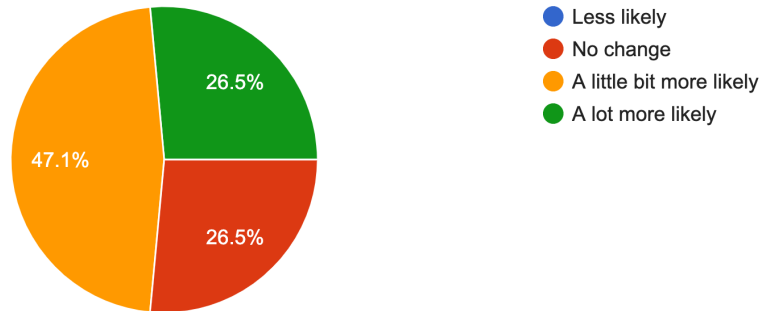
Did this workshop help you name and see examples of stigma related to mental health issues surrounding hope and resilience?

34 responses



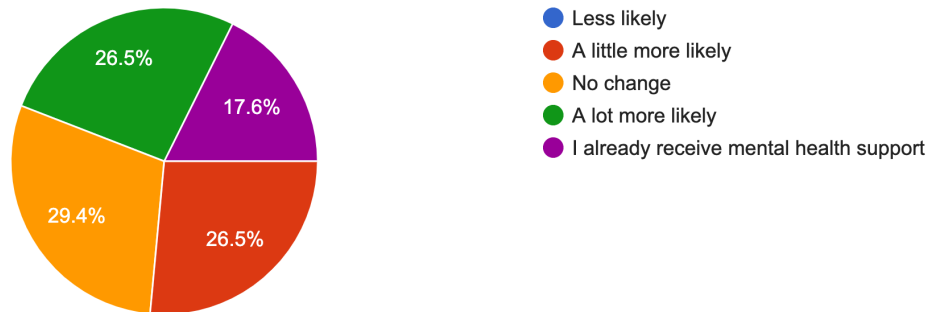
After this workshop, are you more or less likely to take action to support the mental health of people in your life?

34 responses



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

34 responses



What was your main takeaway?

- I learned to always believe in myself when I feel self-doubt, because it all starts with myself and whatever thoughts I think can affect my life outcome.
- Art (writing/cinematography) can be intertwined with mental health and can help relieve any mental burden you had but never acknowledged.
- I learned to be gentle with myself, do some reflecting and convey my thoughts through poetry.
- Mental health is important.
- There are a lot of mental illness resources at College of Marin.
- There are creative ways to try and navigate your mental health issues.
- I was left feeling more confident and inspired to take control of my mental health.
- Hope and self-love.
- I liked the love letter to a younger me and have more insight as to what I may be struggling with.
- Other people go through what I go through.
- Your mental health should be number one.
- I liked that we learned more about mental health.
- Taking care of yourself is important, and there are many resources out there.
- It provided me with new perspectives that I hope to apply to the way I deal with my mental health.
- My main takeaway is resources on/off campus that are related to mental health. Also, opening up the conversation about what mental health is.
- The way many things that can help you mentally and throughout your life.
- There are a lot of mental health resources on campus.
- Mental wellness is such an important topic that looks different for everybody
- You are not alone in figuring out your life. There are many people, students and there is help for every situation you are dealing with.
- "A love letter to your younger you."
- Being aware of how to take care of my mental health
- That I need to write more poetry
- To be aware of my feelings and find ways to help myself.

How might you use what you learned today?

- Apply it to my life.
- I might use the counseling service.
- I liked free writing with prompts
- To be more mindful of myself.
- Think about my past self differently
- Becoming more of an empathetic person
- Help people make sure they have the right support
- I can talk to my family about their opinions of mental health.
- I am going to check in with friends and see how they are doing
- I will be using what I learned today to improve me and the people around me
- I learned about mental health and mental wellness.
- I will use what I learned when either I or someone I know is struggling mentally
- I would use it to help me mentally and to be more positive on myself and not to be negative
- I can definitely use that mindset of always believing in myself can help me get through the tough times.
- Help me when I am struggling
- Tell others what I learned. Do some writing exercises that we did together.

If you were telling a friend about this workshop, you would describe it as:

(Highlights: see raw data for full list)

- A mental health workshop encouraging people to get help and be more open.
- A mental health awareness meeting and using creativity to navigate it
- It was mind-opening and relatable.
- A resource for help.
- A workshop that teaches you people struggle in mental health and you write poetry.
- Informative, eye-opening.
- This gives lots of insight into mental health and opportunities in the subject.
- This was a useful confidential space where you can feel free to ask questions, get helped, or get educated on mental wellness.
- Powerful, eye-opening, helpful, interactive.
- Something amazing and very interesting.
- A workshop about the importance of getting help for mental health.
- I would describe it as a way to learn about all the aspects mental health can affect one another and that there's always going up from there, never down.
- I would describe it as a way to learn how to use writing to improve mental health
- That how much it helped me put my thoughts on the paper and how it can help you too if they wish to attend.
- Mental health or thinking about ourselves is very important.
- Absolutely AMAZING, extremely interactive, question-inducing, and an absolutely amazing environment.
- It helps me to think about myself.
- A lengthy but relaxing workshop where you write about topics you either have ignored or never thought about.
- A creative way to learn about mental health.

What are the biggest barriers to your mental wellness and/or receiving mental health support?

(Highlights: see raw data for full list)

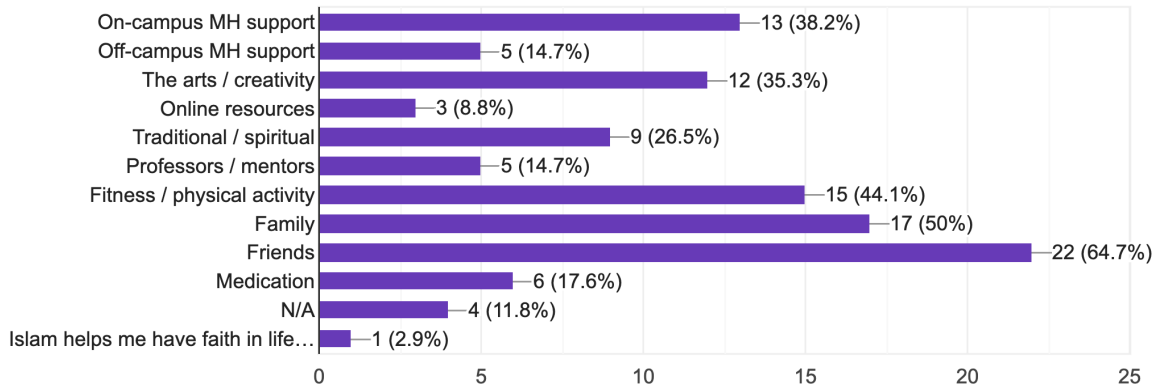
- It is sometimes embarrassing to me.
- Not knowing where to look.
- The act of seeking help and asking for help.
- I am in denial and feel that I can fix it myself.
- Self-reliance.
- Family involvement.
- Hard to open up to someone
- A good space with positive people to encourage each other
- I think being vulnerable and physically asking for help is hard and I need to work on being vulnerable.
- I think the biggest barrier is feeling like you are overthinking when wanting to reach out.
- Not getting enough time to reflect on myself and reaching out for help when needed.
- Taking the time for thinking.
- Myself and the thoughts that it is negative that others have put in my head.
- Fears and doubts about using my words.
- My negative thoughts, being afraid to try new things.

How can we improve this event in the future?

- More engaging.
- Make it a little shorter.
- Different films.
- Better prompts to respond to.
- Have the person be in person.
- Maybe more discussions.
- Be more positive.
- Use more videos, but your session is so good.
- I think if we can add some stories, or suggestions from college students who struggle with mental wellness.

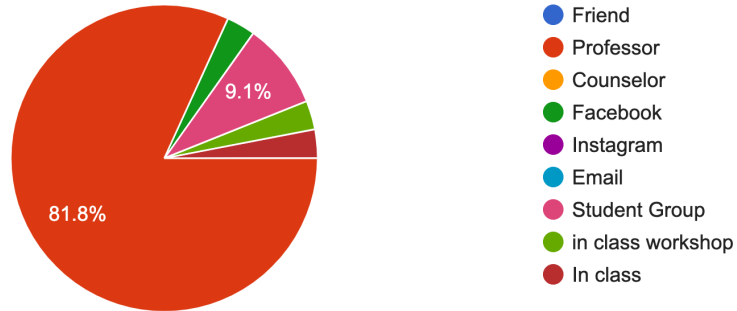
What type(s) of mental health support do you think would be most useful to you?

34 responses



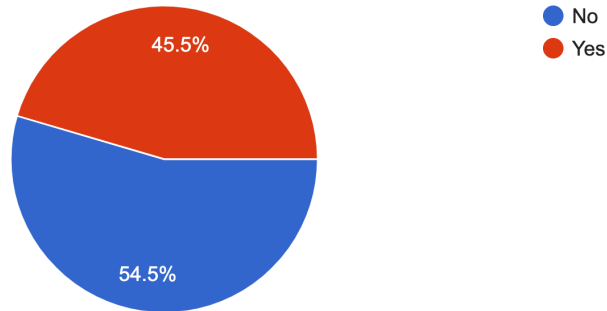
How did you hear about this event?

33 responses



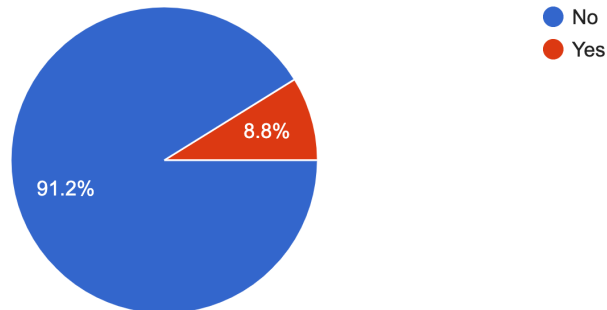
Before this event, did you know about your school's counseling services?

33 responses



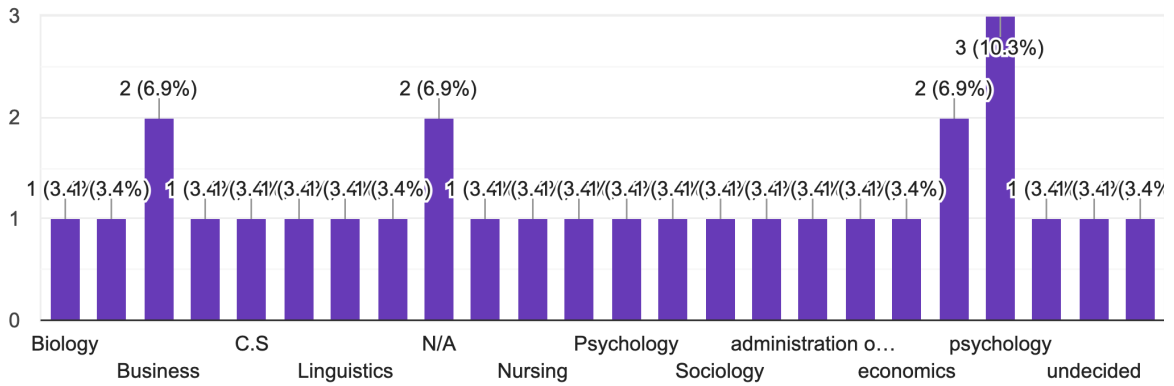
Before this event, did you know about the community resource(s) who presented on the panel?

34 responses



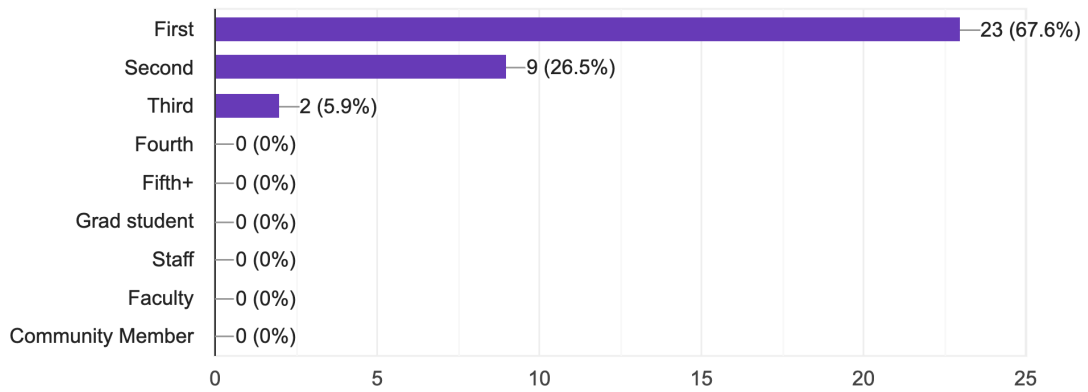
Major

29 responses



Year

34 responses



Ethnicity

33 responses

