

# Movies for Mental Health

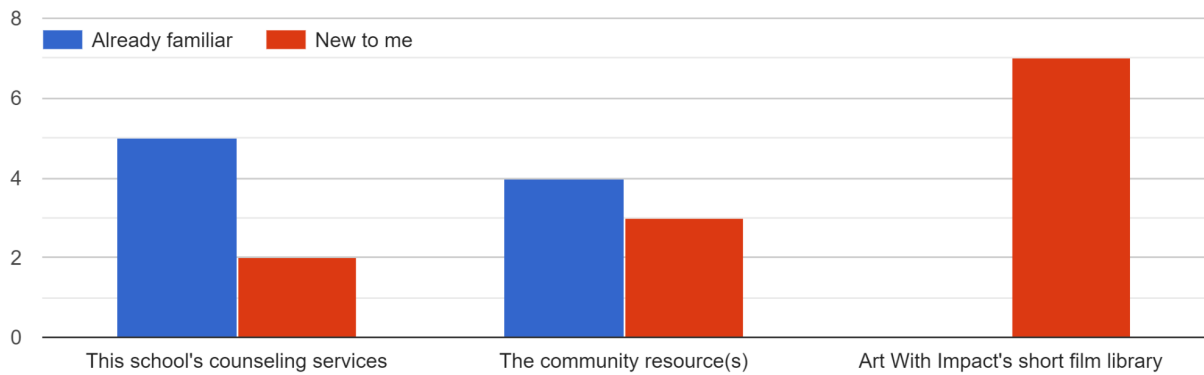
## Post-Workshop Surveys

School: COLlege of San Mateo  
Date: 11/1/23

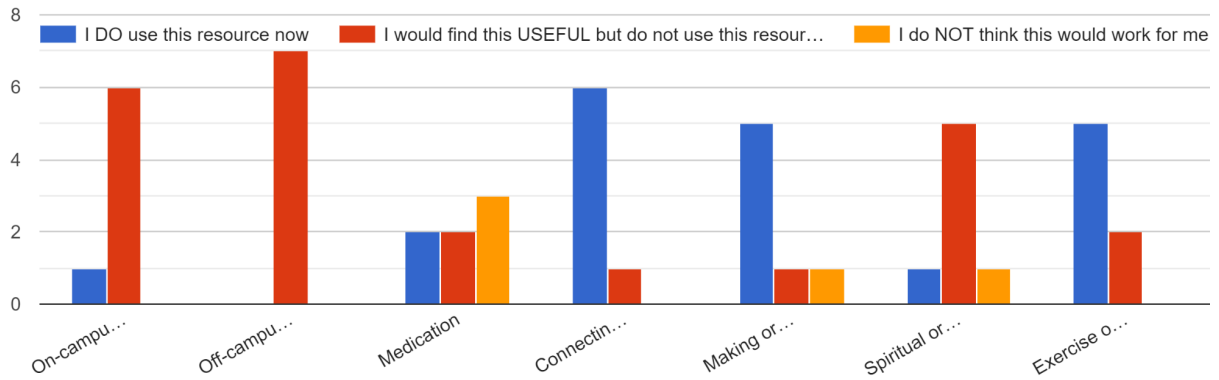
Number of attendees: 35  
Number of surveys: 7

### 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?

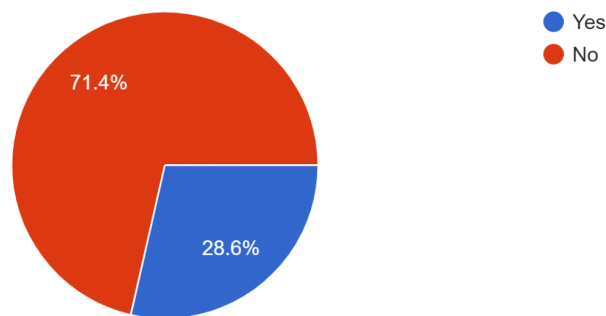


I would find this USEFUL but do not use this resource now:

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

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?

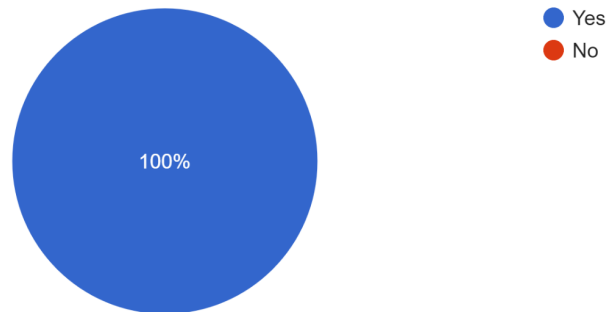
7 responses



**Workshop Impact**

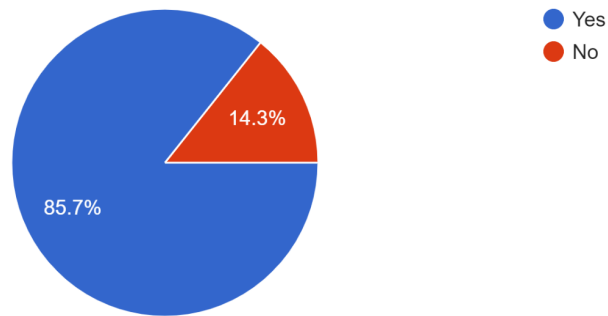
Did this workshop help you confront and address stigma related to mental illness?

7 responses



Did you learn something new about mental health?

7 responses



### Seek support

67% 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?

- Student Panel
- Understanding that everyone goes through mental health issues and it isn't always easy to help but being there is helpful
- There are always be some people there who want to help you.
- Films and Discussion with Audience Afterwards
- Mental health is just as important as physical health

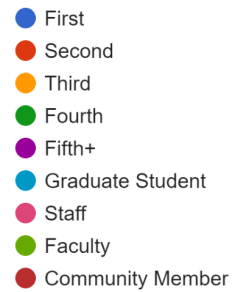
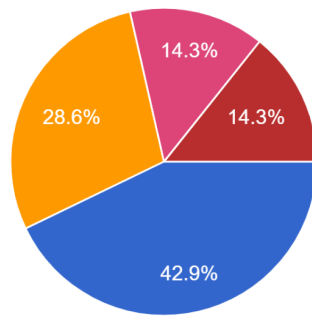
### How can we improve this event in the future?

- I think this work shop was great!
- Tell the people around you.
- A different way to type in audience responses- doing so with the PP was a bit distracting from the slideshow itself
- Hope there are more events like this

### A Bit About You (optional)

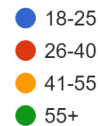
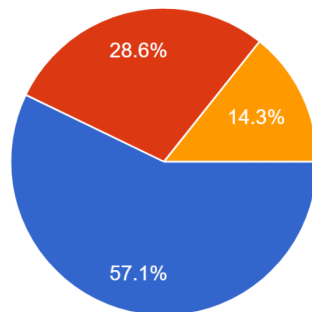
What year are you?

7 responses



How old are you?

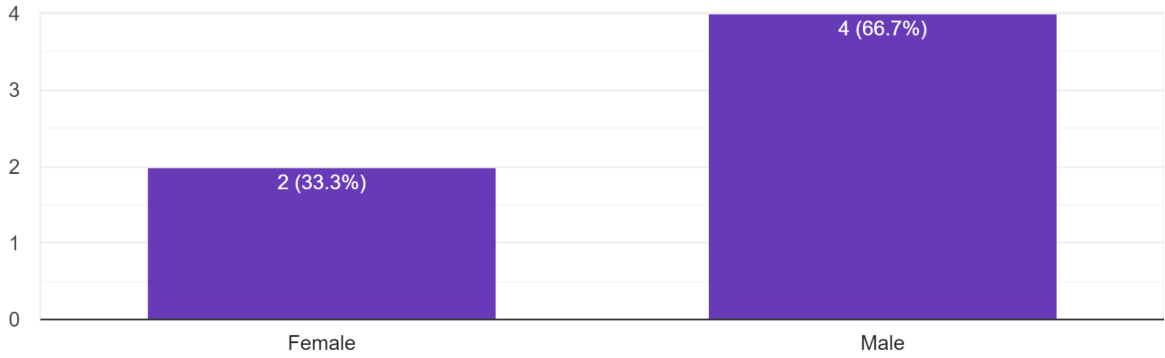
7 responses



What is your gender?

What is your gender?

6 responses



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

7 responses

