

# Wellness in Words (Online)

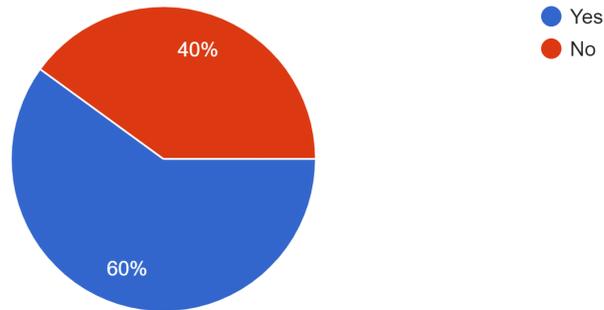
## Post-Workshop Evaluations

Diablo Valley College  
February 15, 2022

Number of attendees: 25  
Number of evaluations: 10

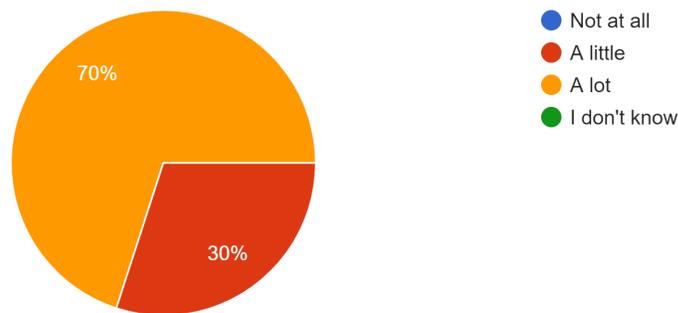
Did you know about the the Mental Health Services Act before this event?

10 responses



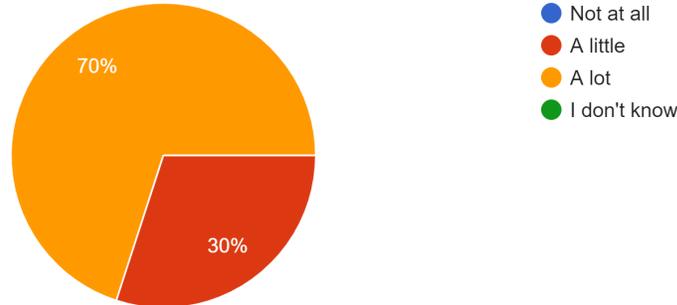
Did this workshop increase your awareness of mental health issues related to hope and resilience?

10 responses



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

10 responses



### What was your main takeaway?

- That writing is a wonderful way of expressing myself even if it is only for four minutes.
- This workshop gave us an insight of overcoming mental health struggles
- I am not alone and there's people who can help
- We're all in this together. You're not alone. There are many ways to take care of yourself for self care.
- That I am not alone. Mental health is so common.
- That there are many helpful readily available resources to those who are facing mental health challenges, and that I can express my own personal challenges through art. I was very inspired by the short films.

### How might you use what you learned today?

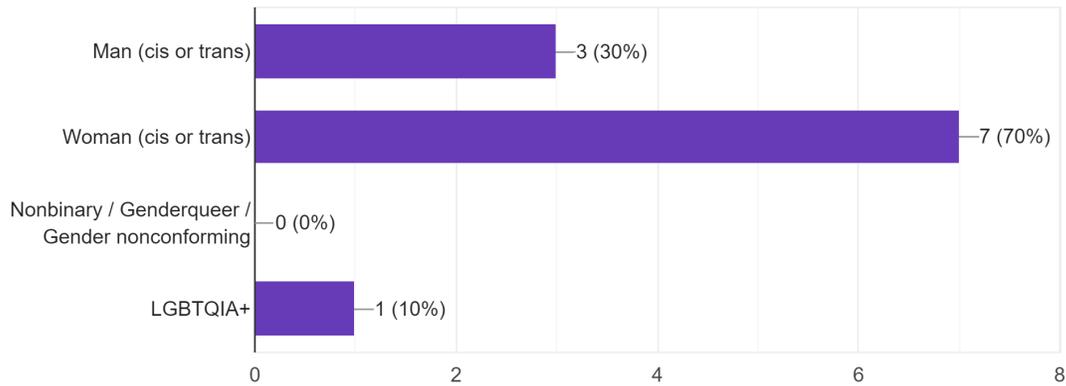
- I may go back to writing for helping my mental health.
- I will continue to write more.
- I'm going to get as much mental health help I need
- Create a positive attitude in a new lense
- I will try to write more often to practice poetry
- I might be kinder to myself and write another letter to my younger self. I might try to use writing more for self expression.
- Try to accept how I feel when I am having a bad mental health day instead of hating myself for it.
- I'm going to look further into the Art with Impact organization and similar organizations to see how I can help encourage people to seek out mental health resources and find healing creative outlets.

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

- It was slightly triggering but overall good to attend
- A wonderful place to use art, both written and in film form, to address mental illness/stigma.
- Connecting your feeling and writing words of expression
- It is a safe space to share out how you are feeling
- Helpful in digging in those buried feelings/emotions
- A safe space to share some of your thoughts on mental health with other understanding individuals, and also, to try cool exercises that encourage meaningful self-expression.

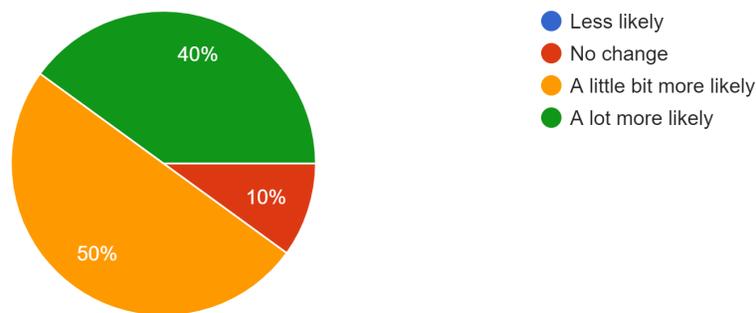
How do you identify? (Check all that apply)

10 responses



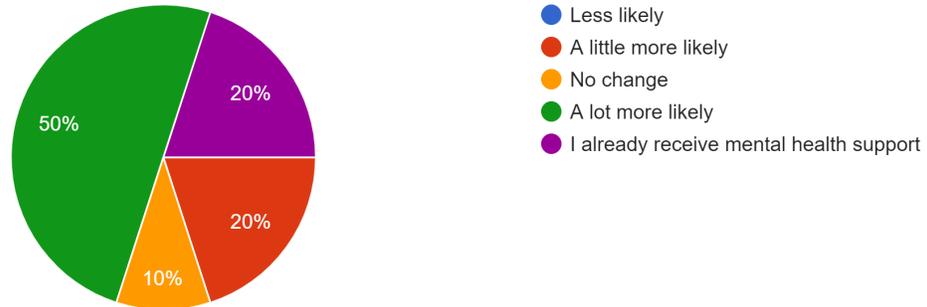
After this workshop, are you more or less likely to take action to support the mental health of people in your life?

10 responses



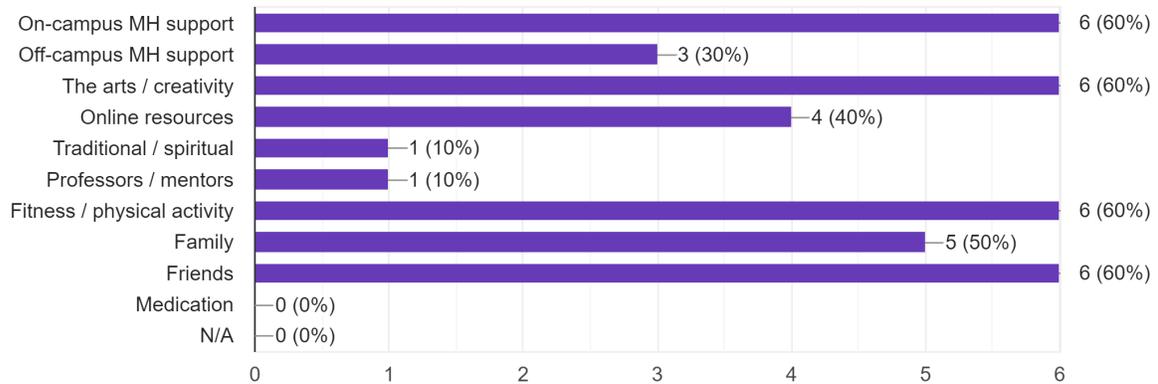
After this event, are you more or less likely to seek support for your own mental health?

10 responses



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

10 responses



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

(Highlights: see raw data for full list)

PTSD partially triggered by doctors

Stigma

Fear and anxiety

Time management

Therapy is so expensive and it stops me from seeking mental health help.

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

Trigger warnings before films are shown

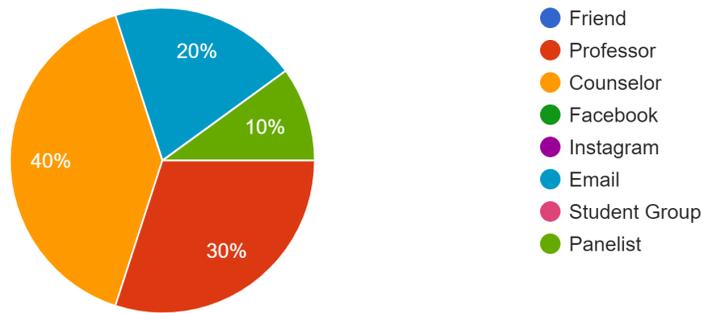
I would love to see this again with different topics such as anxiety.

I was distracted by the prompts during the journaling, but then I appreciated the invitation to mute if needed during the writing to concentrate.

The short films had such powerful messages and maybe adding a little more that touches other mental health

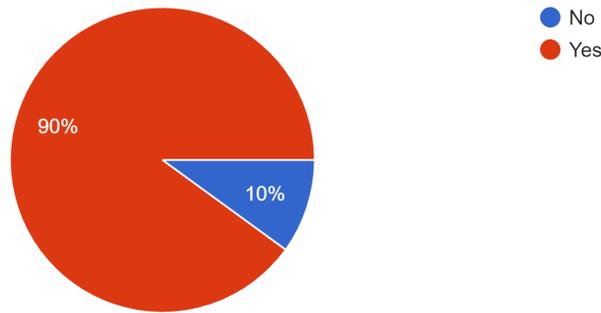
How did you hear about this event?

10 responses



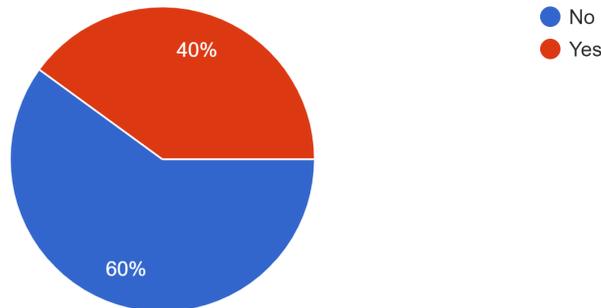
Before this event, did you know about your school's counseling services?

10 responses



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

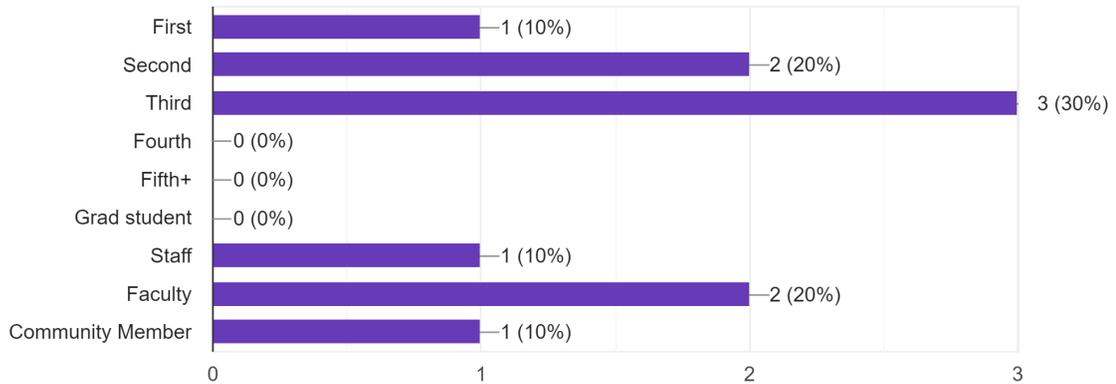
10 responses



Major	
Pre-law	1
Animation	1
Business Administration	1
Sociology	1
Biology	1
I am not a student; I am a member of the community.	1
Communication	1

### Year

10 responses



### Ethnicity

10 responses

