

Movies for Mental Health

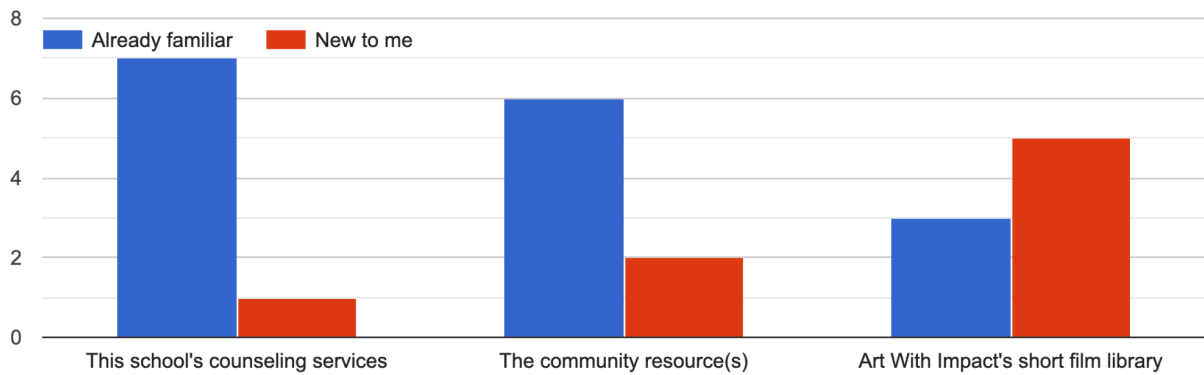
Post-Workshop Surveys

Centennial College - Downsview
Date: 10/03/23

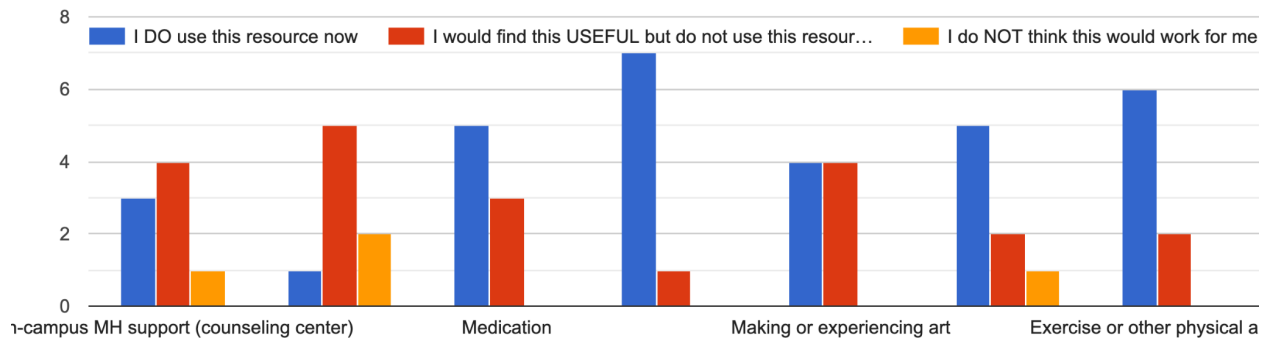
Number of attendees: 21
Number of surveys: 8

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?



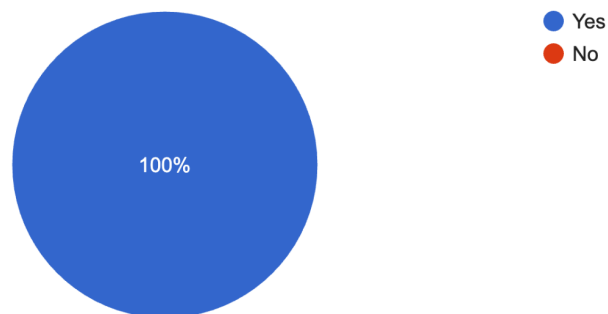
I would find this USEFUL but do not use this resource now:

1. Off-campus mental health support (therapist or group therapy) = **5 or 63%**
2. On-campus mental health support (counseling center) = **4 or 50%**
3. Making or experiencing art = **4 or 50%**

Workshop Impact

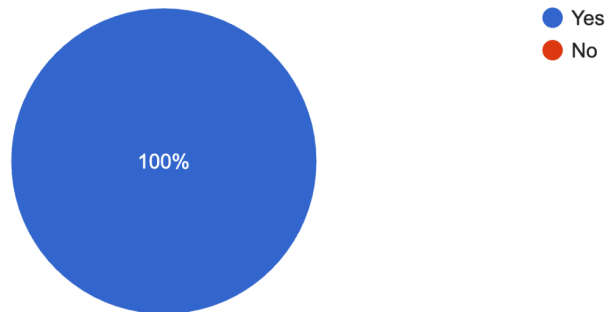
Did this workshop help you confront and address stigma related to mental illness?

8 responses



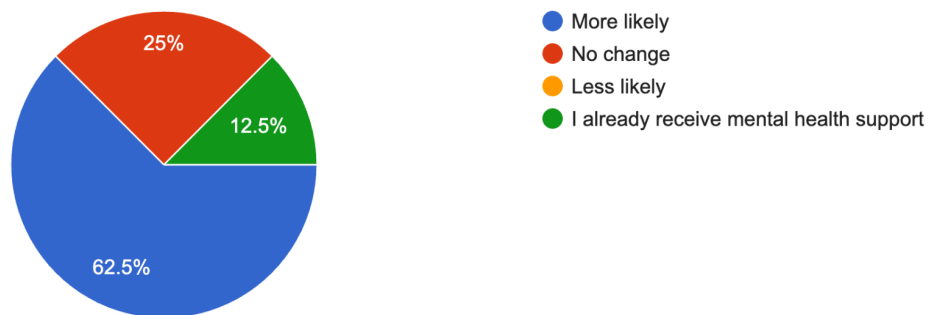
Did you learn something new about mental health?

8 responses



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

8 responses



71% 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 most impactful about the workshop was, I was able to be aware of stereotypes and mental issues
- The ability to learn more about mental health and discuss about it
- Talking about stigma

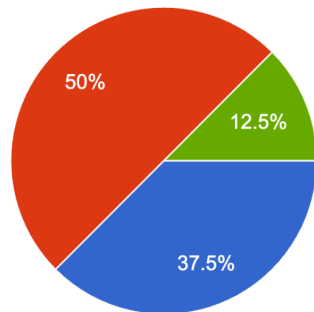
How can we improve this event in the future?

- You can add more stuff like small games to play also for the dogs can you add cats too
- To improve this event, definitely create more events on the campus

A Bit About You (optional)

What year are you?

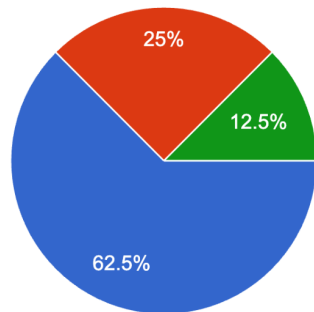
8 responses



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

How old are you?

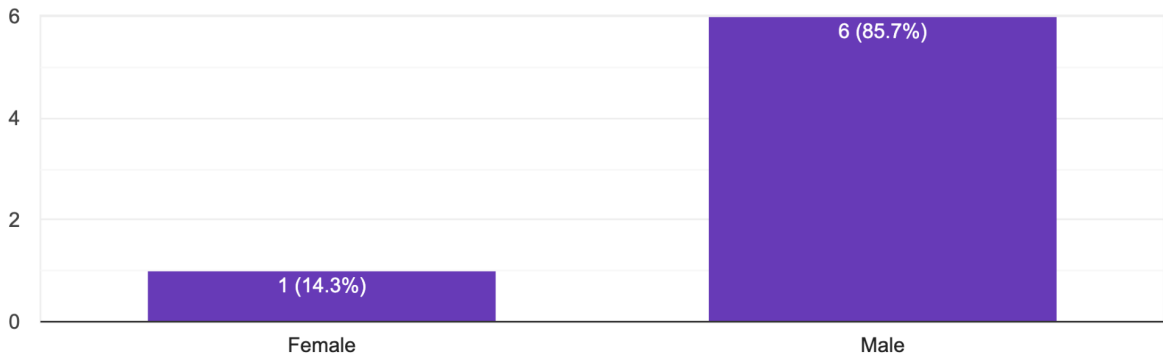
8 responses



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

What is your gender?

7 responses



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

8 responses

