

Movies for Mental Health

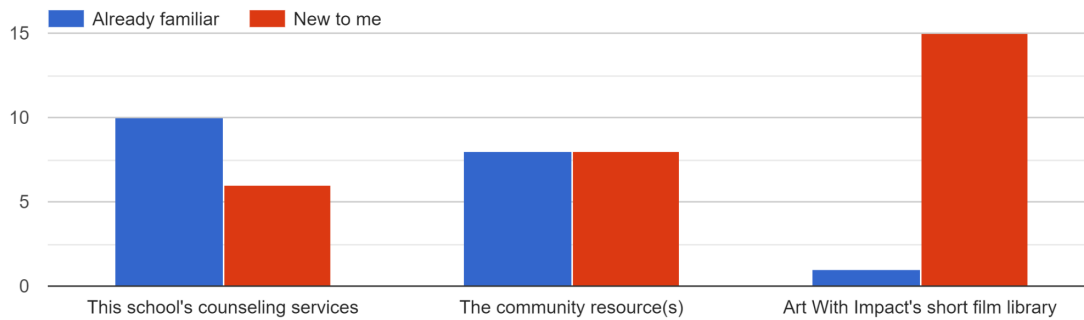
Post-Workshop Surveys

Lake Tahoe Community College
Date: 10/10/23

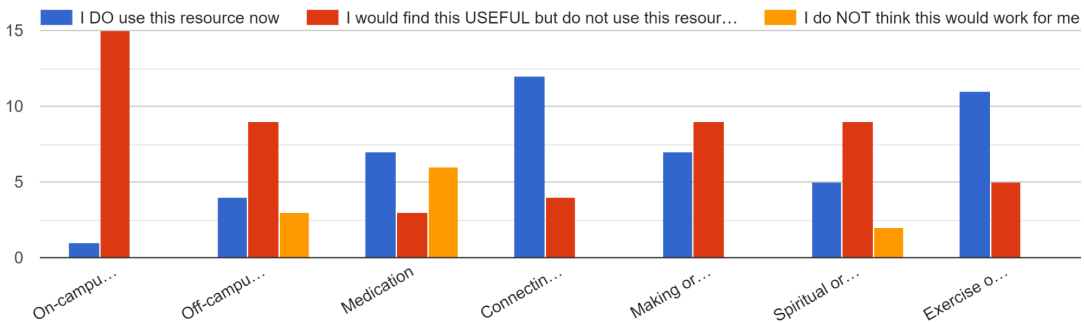
Number of attendees: 39
Number of surveys: 16

Resource Awareness and Access

Which of the following resources were new to you today?

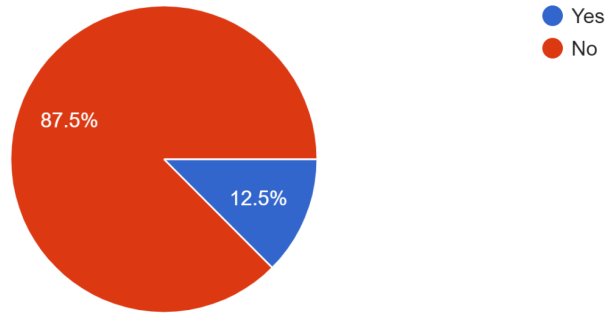


In this list of mental health resources, which do you use, and which might you find useful?



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?

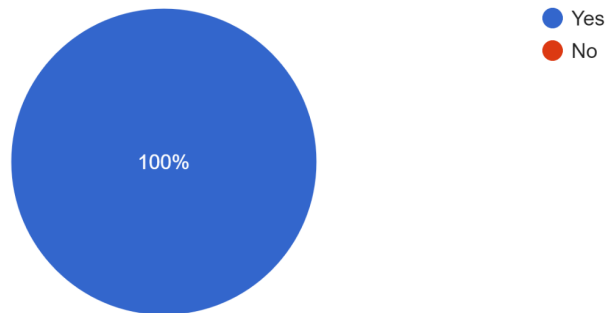
16 responses



Workshop Impact

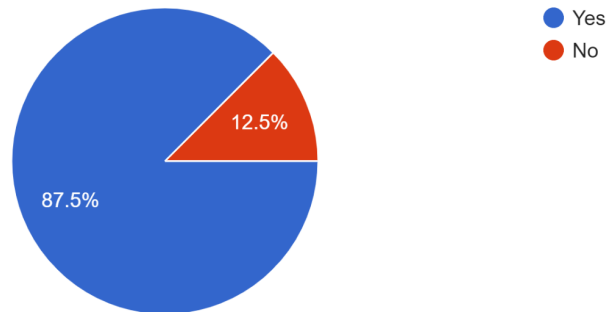
Did this workshop help you confront and address stigma related to mental illness?

16 responses



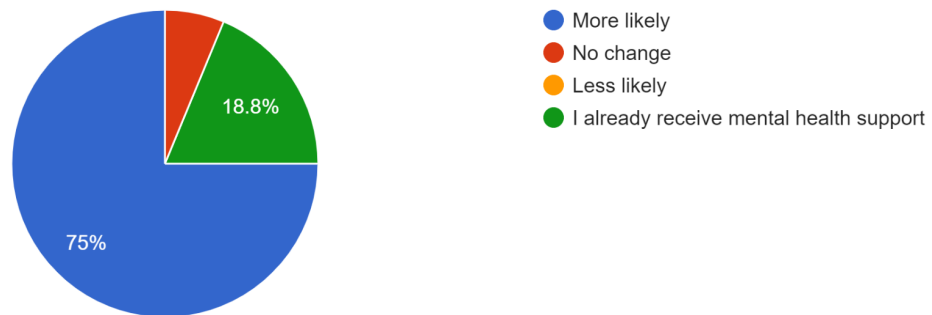
Did you learn something new about mental health?

16 responses



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

16 responses



What was the most impactful thing about this workshop?

- The short films
- It was wonderful
- Learning that even small things I live through.. that other people experience them. And also that they are valid and that there may be a medical diagnosis of my experiences
- Community
- Information
- How much support is available for us. It makes me feel good.
- Panel members

- Good mental vibe and health sources to students
- The education around new ideas.
- I think the films were the most impactful. They were really good at presenting mental illnesses.
- The most impactful thing about this workshop is the way it made me realize that i don't talk about my issue because of the stigma around metal health. It made me aware of how many people go through the same things I do and are open about it.
- Learning its ok to speak out and ask for help
- Information on how others experience mental illness
- The films! Amazing to see how powerful the short films can be
- Mental illness and mental wellness are two separate entities and have different spectrums. Understanding the awareness of people just doing their best.

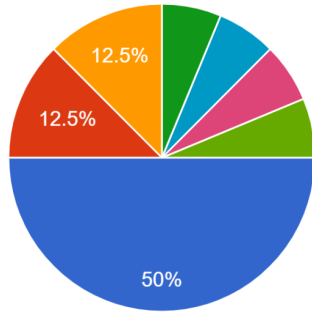
How can we improve this event in the future?

- Not sure
- Not sure, it was really well organized and provided a lot of insight
- more engagement
- I really enjoyed everything
- More Information about event before hand
- Maybe use a bigger room, more seating etc
- I think it was a great.
- Gather a survey to people outside about mental health
- Loved it
- Smaller groups.. and discuss personal battles or challenges. It's easier to share infront of 3-4 people and not 30. Thank you!
- I don't really know. The event was really good already
- Well-done. The facilitation and timing was perfect.
- Host in the theatre for more space and ease of accommodating people coming and going

A Bit About You (optional)

What year are you?

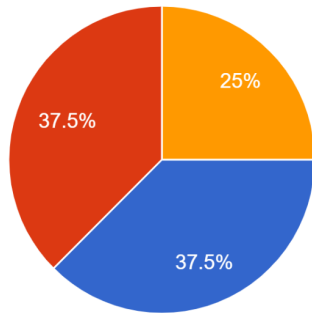
16 responses



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

How old are you?

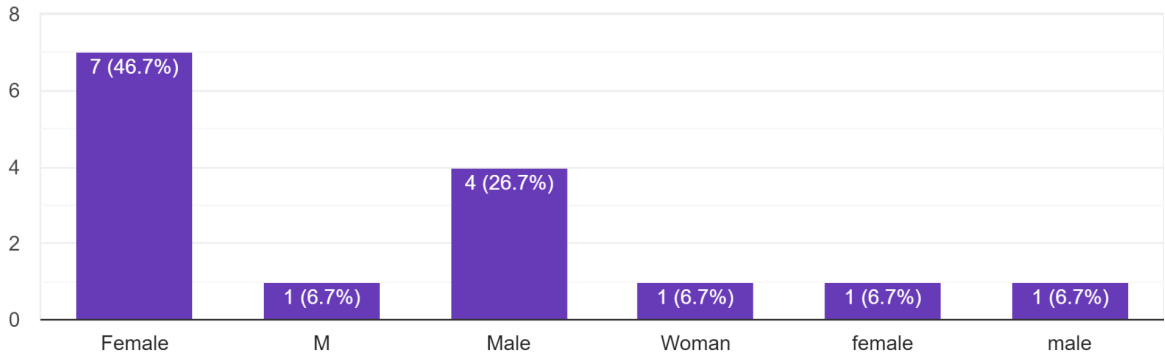
16 responses



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

What is your gender?

15 responses



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

15 responses

