

Wellness in Words (Online)

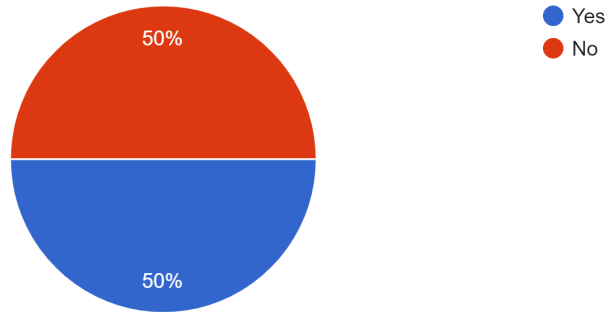
Post-Workshop Evaluations

Los Medanos College
March 22, 2022

Number of attendees: 11
Number of evaluations: 2

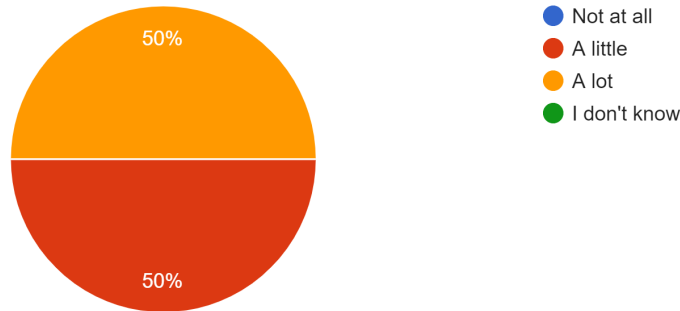
Did you know about the the Mental Health Services Act before this event?

2 responses



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

2 responses



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

2 responses



What was your main takeaway?

Anyone can still have different opinions on a similar topic and inspire people.

Writing and bringing thought to paper is a big release

How might you use what you learned today?

Use the tools I learned and put it towards my writing

use it in my journey in mental health assistance

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

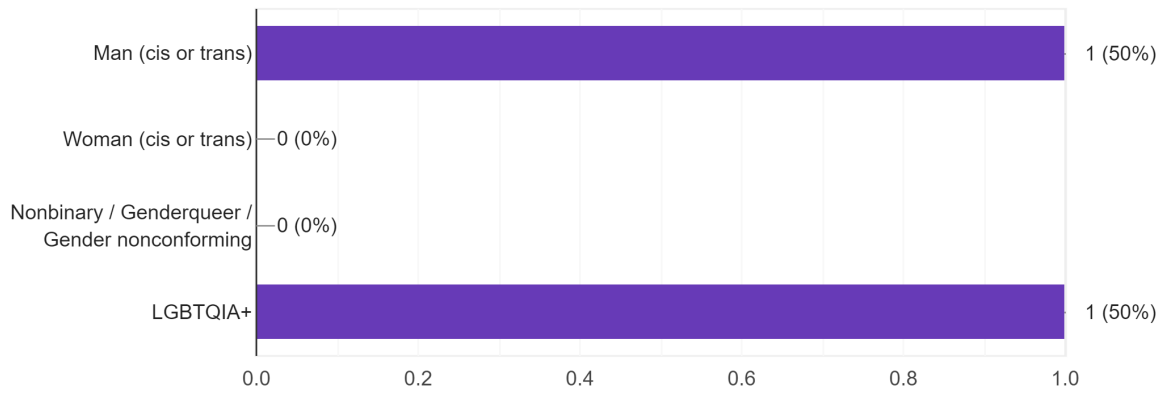
(Highlights: see raw data for full list)

A zoom meeting about the affects of mental health and how we can channel that through poetry.

using words to describe your thoughts not to write a poem

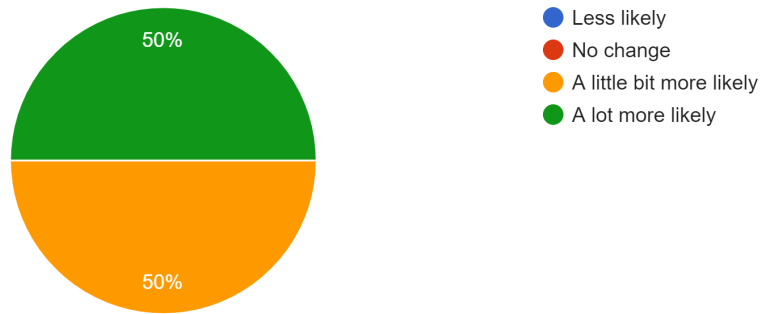
How do you identify? (Check all that apply)

2 responses



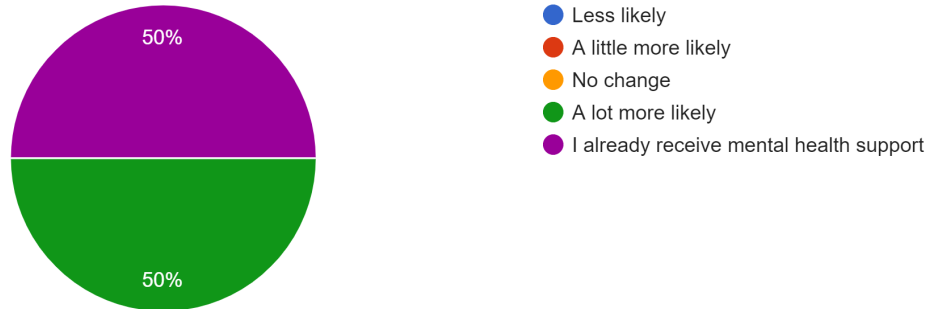
After this workshop, are you more or less likely to take action to support the mental health of people in your life?

2 responses



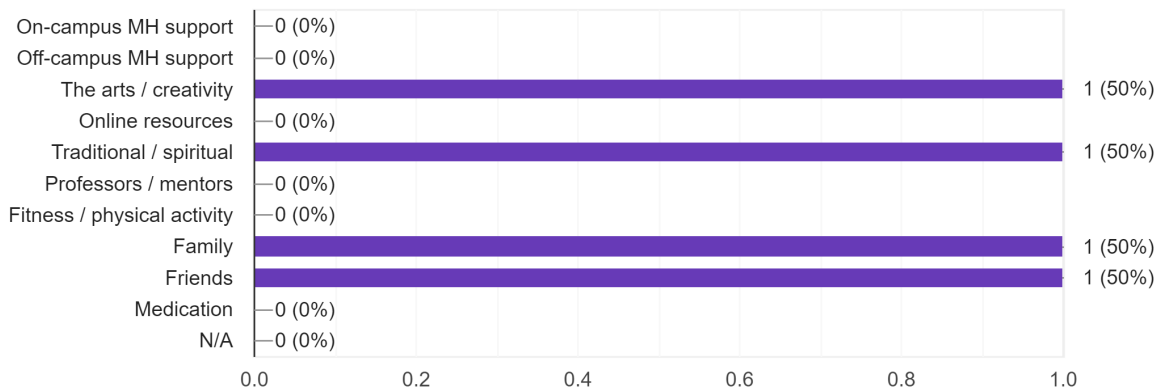
After this event, are you more or less likely to seek support for your own mental health?

2 responses



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

2 responses



What are the biggest barriers to your mental wellness and/or receiving mental health support?
(Highlights: see raw data for full list)

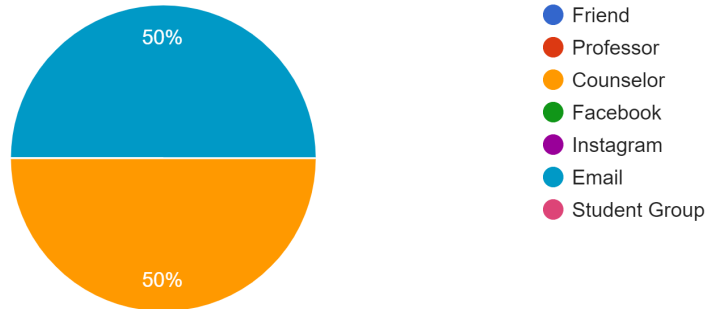
- Not having knowledge on where to look
- Language barriers even through translator

How can we improve this event in the future?

- Get ideas from other students before hand like a survey
- More short movies

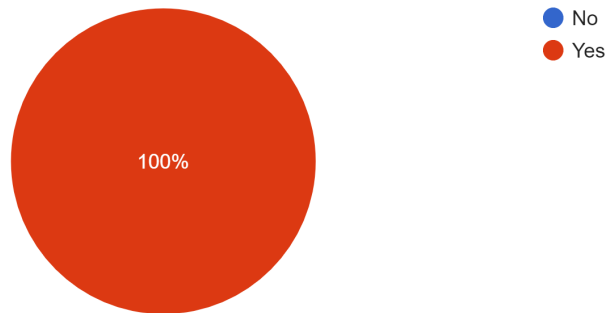
How did you hear about this event?

2 responses



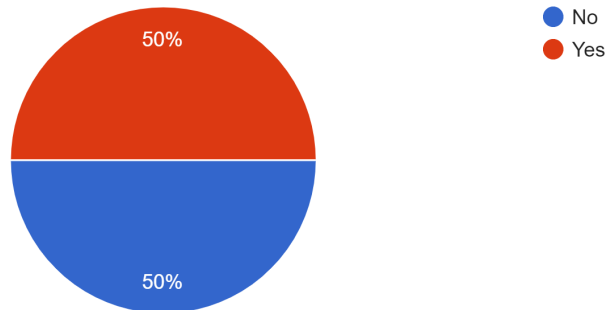
Before this event, did you know about your school's counseling services?

2 responses



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

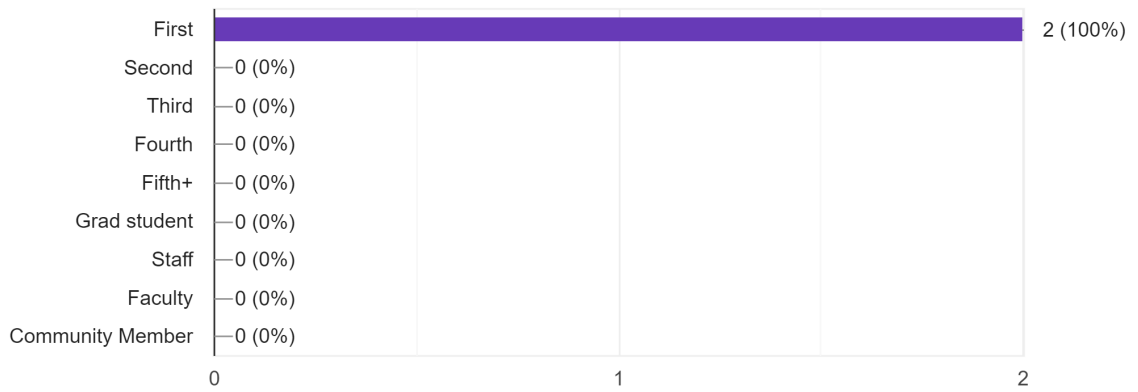
2 responses



Major	
Journalism	1
SPIRIT student	1

Year

2 responses



Ethnicity

2 responses

