# Movies for Mental Health
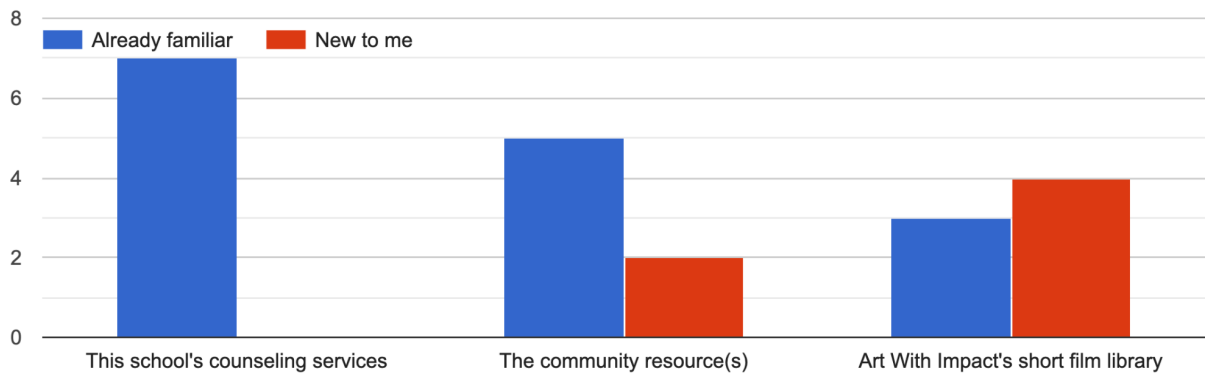
*Post-Workshop Surveys*
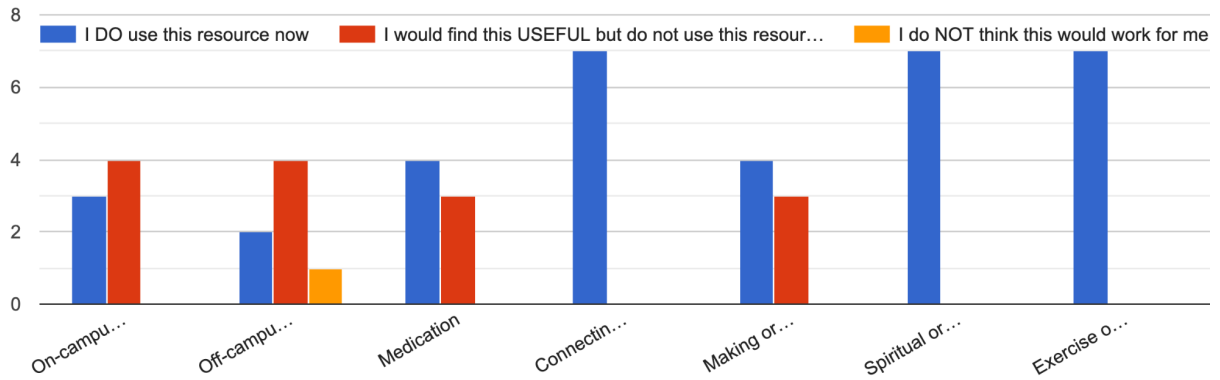
| Centennial College<br>Date: 10/6/23 | Number of attendees: 11<br>Number of surveys: 7 |
|---|---|

**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?
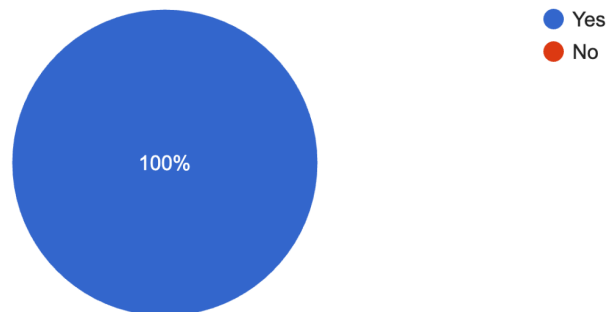


I would find this USEFUL but do not use this resource now:
1. On-campus mental health support (counseling center) = **4 or 57%**
2. Off-campus mental health support (therapist or group therapy) = **4 or 57%**
3. Medication = **3 or 43%**
4. Making or experiencing art = **3 or 43%**
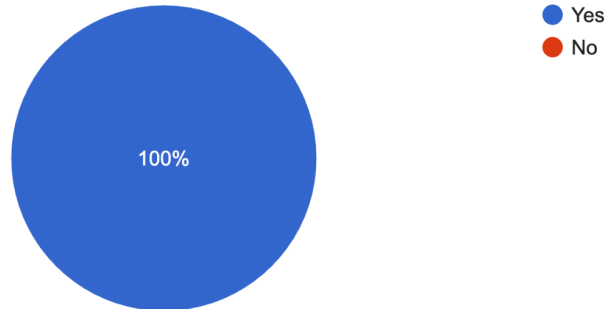
## Workshop Impact

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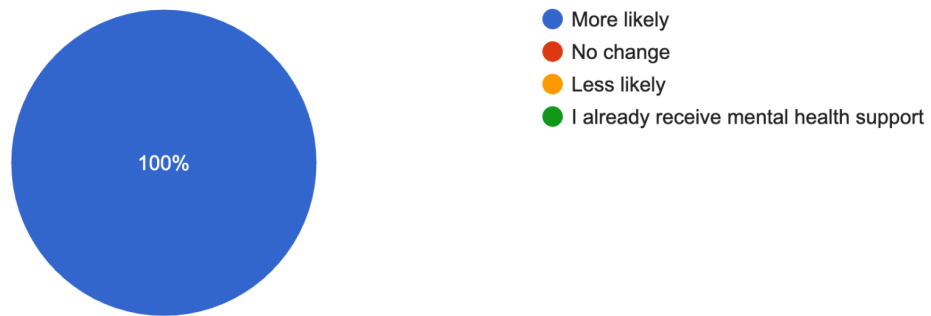7 responses

Did you learn something new about mental health?

7 responses



- Yes
- No

100%

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

7 responses



- More likely
- No change
- Less likely
- I already receive mental health support

100%

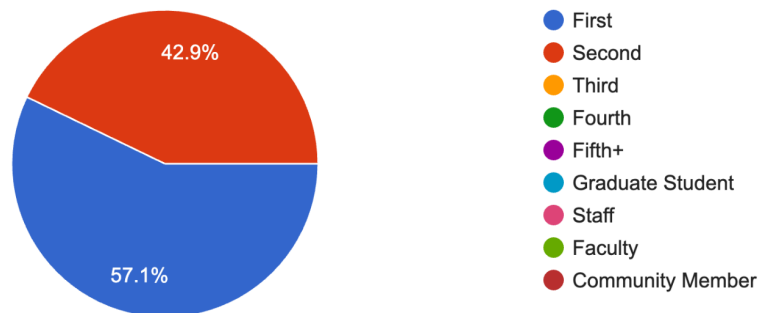| What was the most impactful thing about this workshop? |
|---|
| ● Getting to know about mental health |
| ● The way she was sharing and telling us, the girl was awesome. I like her way of sharing. |
| ● It educative and an avenue to know information that will be benefits to me |
| ● More awareness about mental health and how to resolve it |
| ● It has empowered me to take an active step towards better mental health. |
| ● Self awareness and the ability to talk to someone cause of the confidence I now have |
| ● Familiarize myself with more resources I can use. |

ART WITH IMPACT

| **How can we improve this event in the future?** |
|---|
| ● Promote it more to students so that students know about it |
| ● I want that the time will not collapse with my labs and they should tell before about it. |
| ● Try to work on awareness so more people can benefit from it |
| ● Informing more student about it at an earlier date |
| ● Public awareness isn't enough |
| ● Make more awareness about the event early enough |
| ● Explain the content after each video is possible. Actually, I don't understand the meaning of the third video. |

## A Bit About You *(optional)*
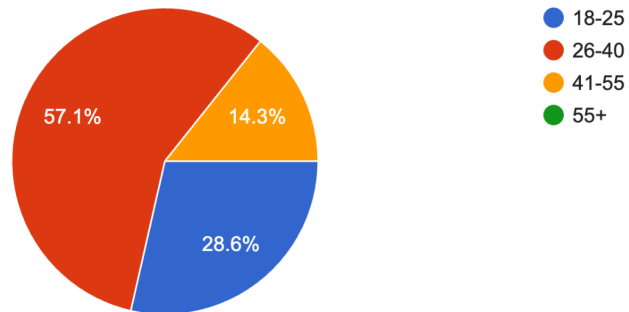
**What year are you?**
7 responses

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

57.1% First, 42.9% Second

## How old are you?
7 responses

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

57.1%

14.3%

28.6%

## What is your gender?
7 responses

3 (42.9%) — Female

4 (57.1%) — Male
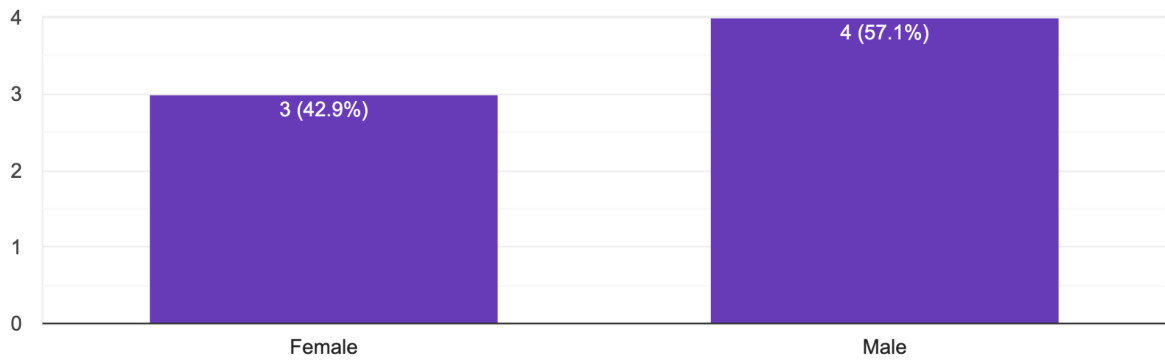
## What is your ethnicity? (Select all that apply.)

7 responses

| Ethnicity | Responses |
|---|---|
| Asian/Asian American | 2 (28.6%) |
| Black/African/African American | 4 (57.1%) |
| Indian/South Asian | 1 (14.3%) |
| Middle Eastern | 0 (0%) |
| Indigenous / Native American | 0 (0%) |
| White/Caucasian | 0 (0%) |
| Hispanic/Latinx | 0 (0%) |
| Pacific Islander | 0 (0%) |