

Wellness In Words (Online)

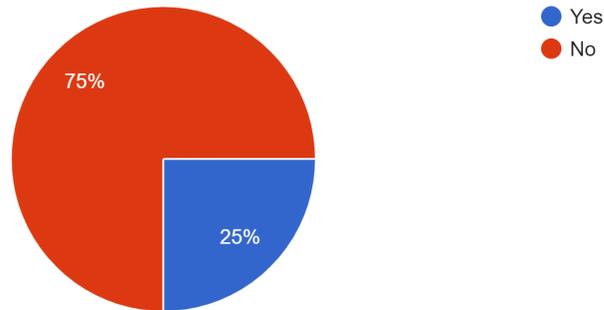
Post-Workshop Evaluations

Mt. San Jacinto College
October 20, 2021

Number of attendees: 34
Number of evaluations: 12

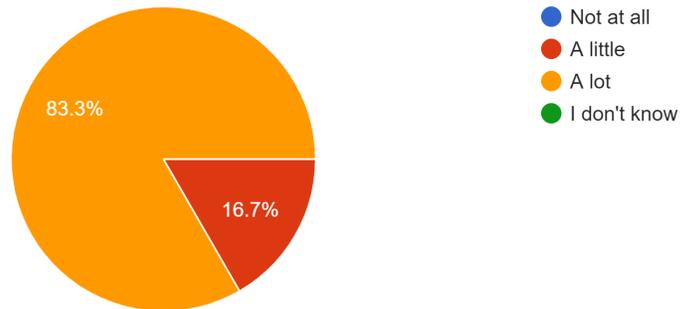
Did you know about the the Mental Health Services Act before this event?

12 responses



Did this workshop increase your awareness of mental health issues related to the culture of masculinity?

12 responses



Did this workshop help you name and see examples of stigma related to mental health issues caused by the culture of masculinity?

12 responses



What was your main takeaway?

- It was interesting.
- Universal understanding and kindness
- I learned a lot about mental health issues.
- We have resources and it's ok to not be ok.
- Be open minded to the topic of mental health and masculinity.
- Mental health issues are real and asking for help is nothing to be ashamed of.
- Poetry and speaking up is encouraged!
- I feel more open to men's pain.
- People have their own concept of what masculinity means to them. Respect it.

How might you use what you learned today?

- Be myself
- Try to make males feel safe to talk or discuss things
- To help me not be critical of others who might be struggling
- I will give myself some grace. I also know where to go if I need help.
- The information presented in the workshop will help me identify when myself or others are unknowingly following toxic masculinity traits, and open the conversation of masculinity in today's society.
- Opening up to people close to me and not bottling everything up.
- I am going to keep writing poetry!
- It helps me to understand the people I work with

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

Fun

Awesome.

Informative and helpful

Insightful

An introspective event that brings new ideas to one's perception of mental health and masculinity.

An enlightening interactive experience discussing mental health and toxic masculinity.

A workshop to reduce mental health stigma through creative expression

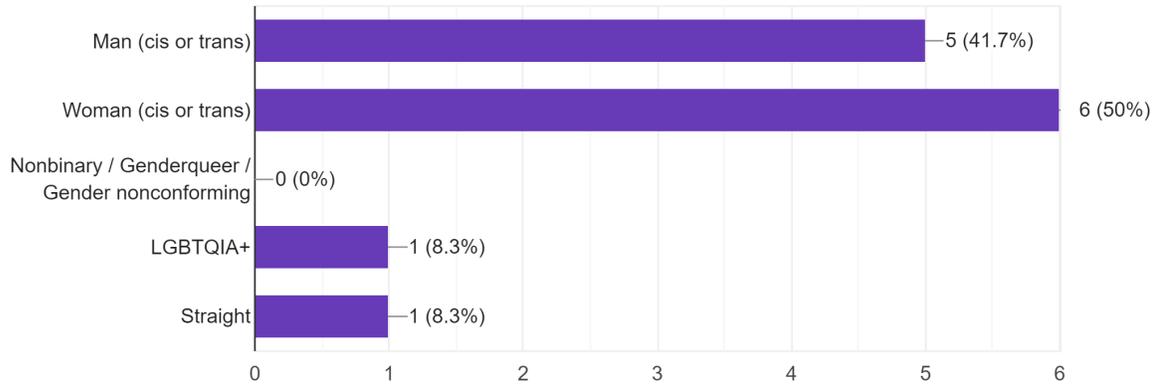
This workshop can help you identify if you have it and ways to fight the mental problems.

It was a chance to explore how limiting traditional gender roles can be.

An eye opening journey into mental health through art that expanded my understanding of gender.

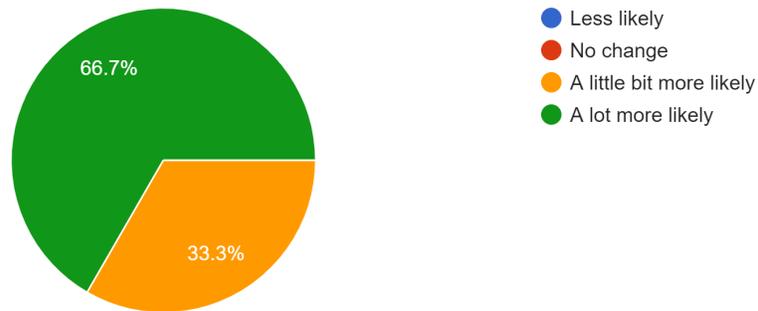
How do you identify? (Check all that apply)

12 responses



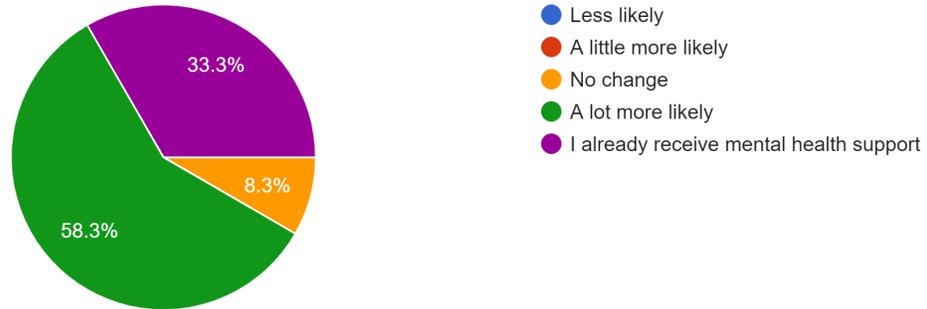
After this workshop, are you more or less likely to take action to support the mental health of men in your life?

12 responses



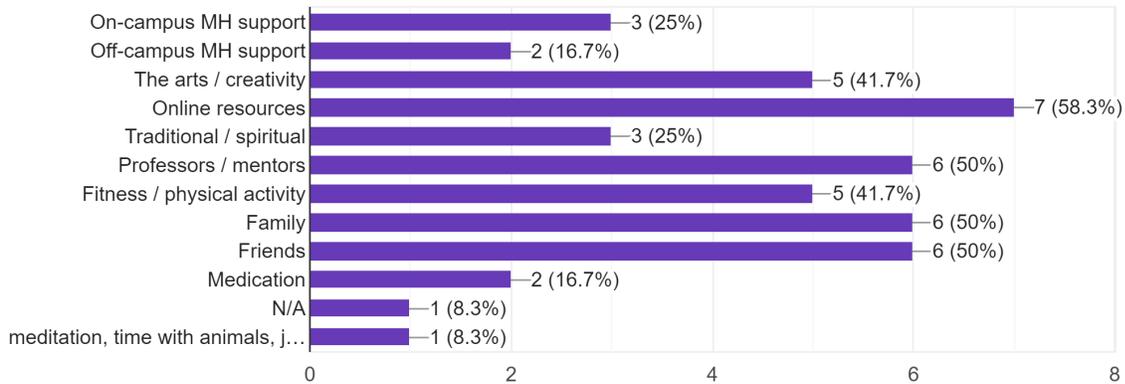
After this event, are you more or less likely to seek support for your own mental health?

12 responses



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

12 responses



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

(Highlights: see raw data for full list)

Stigma

Physical mobility limitations

Focusing, slower reaction

Recognizing I need help

The accessibility and quality of the resource.

My own fear of judgement.

Time

How can we improve this event in the future?

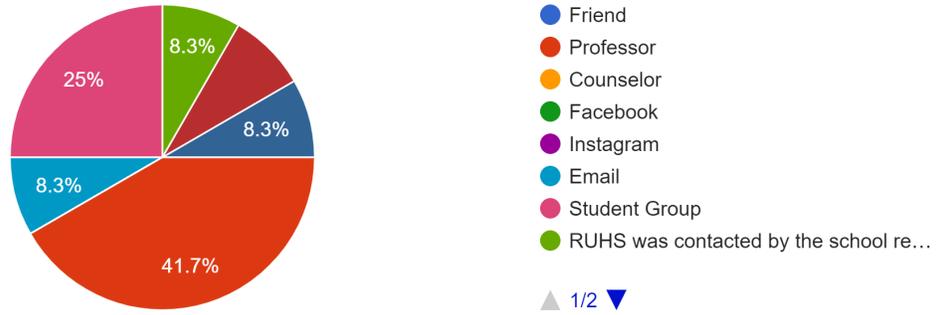
Break out sessions maybe

It was great. One less writing activity to deep dive into the first two?

I thought it was pretty damn good. A little more time for open discussion at the end would have been helpful.
Q&A with the panelists

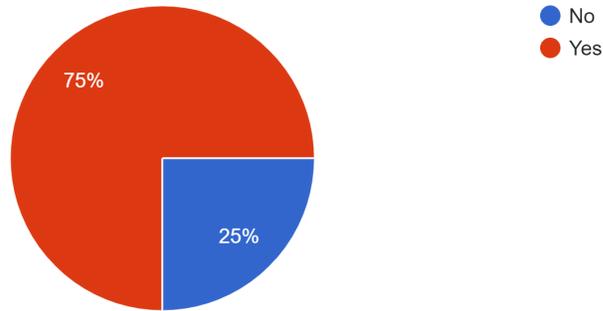
How did you hear about this event?

12 responses



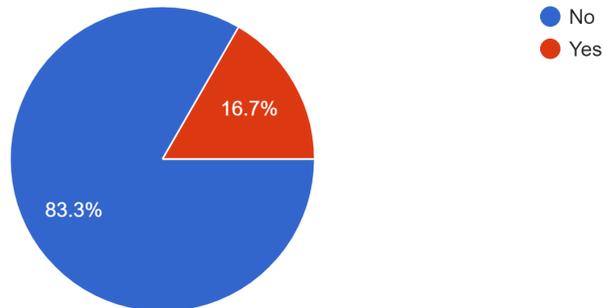
Before this event, did you know about your school's counseling services?

12 responses



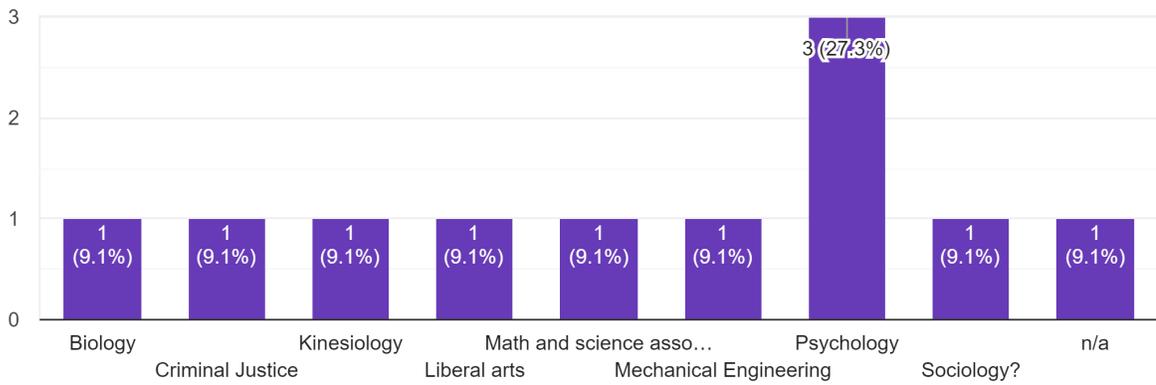
Before this event, did you know about the community resource(s) who presented on the panel?

12 responses



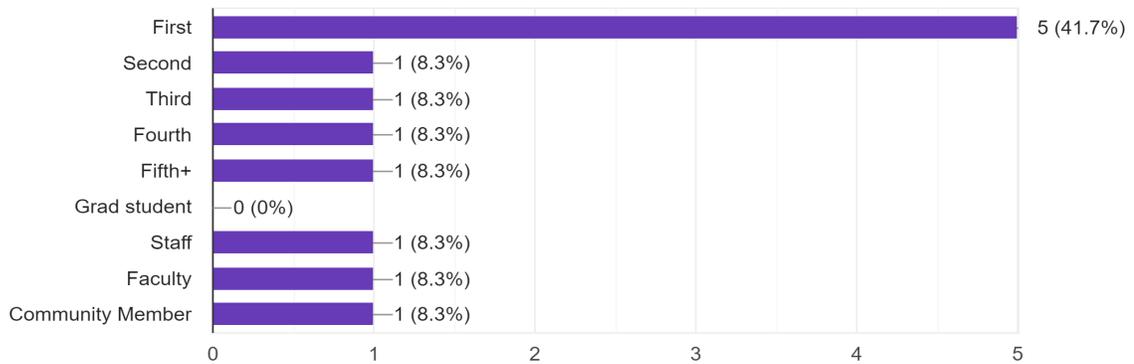
Major

11 responses



Year

12 responses



Ethnicity

12 responses

