

Wellness in Words

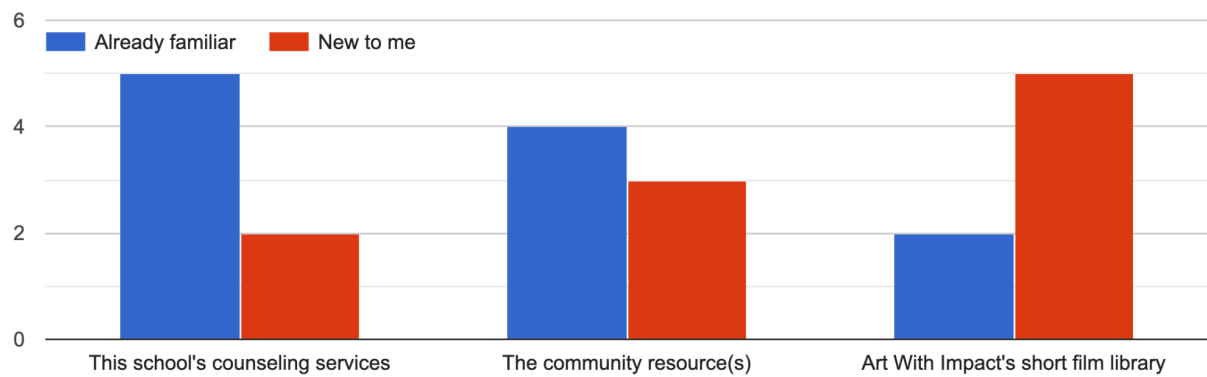
Post-Workshop Surveys

NYU Steinhardt Applied Psychology
Date: 10/3/23

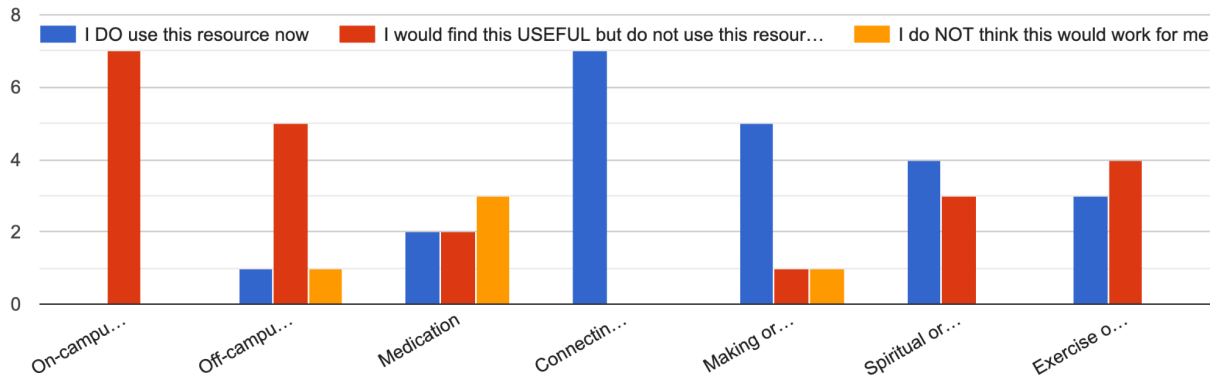
Number of attendees: 11
Number of surveys: 7

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?



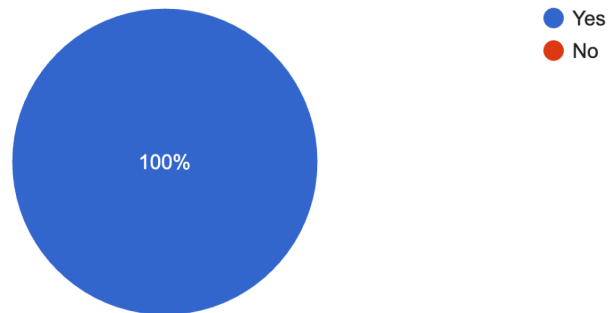
I would find this USEFUL but do not use this resource now:

1. On-campus mental health support (counseling center) = **7 or 100%**
2. Off-campus mental health support (therapist or group therapy) = **5 or 71%**
3. Exercise or other physical activities = **4 or 57%**

Workshop Impact

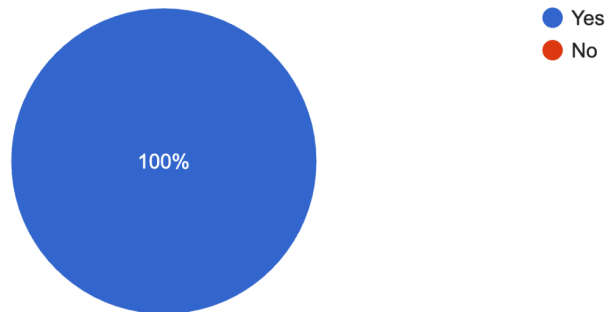
Did this workshop help you confront and address stigma related to mental illness?

7 responses



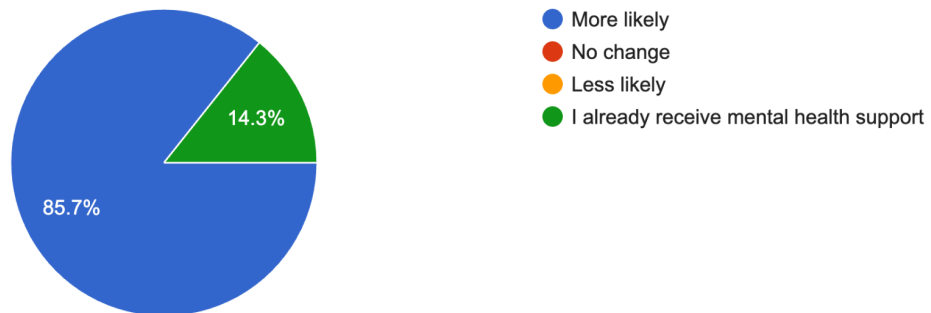
Did you learn something new about mental health?

7 responses



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

7 responses



What was the most impactful thing about this workshop?

- I think I learned a lot about myself. I could find a channel for everything I had been feeling all day and actually would love to use the immerse, explore and express technique in my everyday life.
- It is my first time to notice that film and poetry can release pressure and can be considered as a kind of therapy.
- It was really pleasant to see the way people have turned their mental health into art and made it less daunting. It was also really nice to let myself be even a little vulnerable in front of people I don't really know.

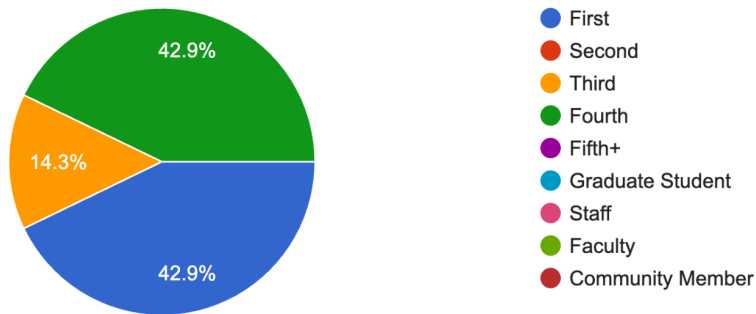
How can we improve this event in the future?

- Holding more workshops like this to make more people who need help to know that there are many strategies they can use to address their mental problems.
- Make it shorter.

A Bit About You (optional)

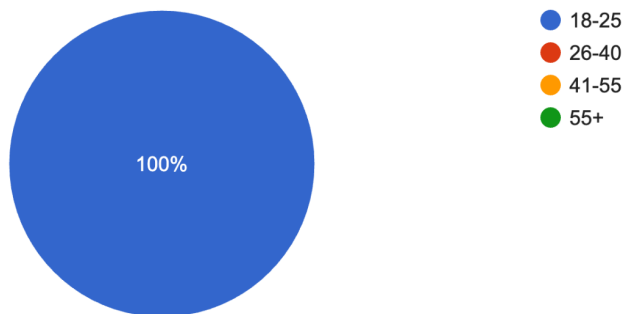
What year are you?

7 responses



How old are you?

7 responses



What is your gender?

Female	100%
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What is your ethnicity? (Select all that apply.)

7 responses

