

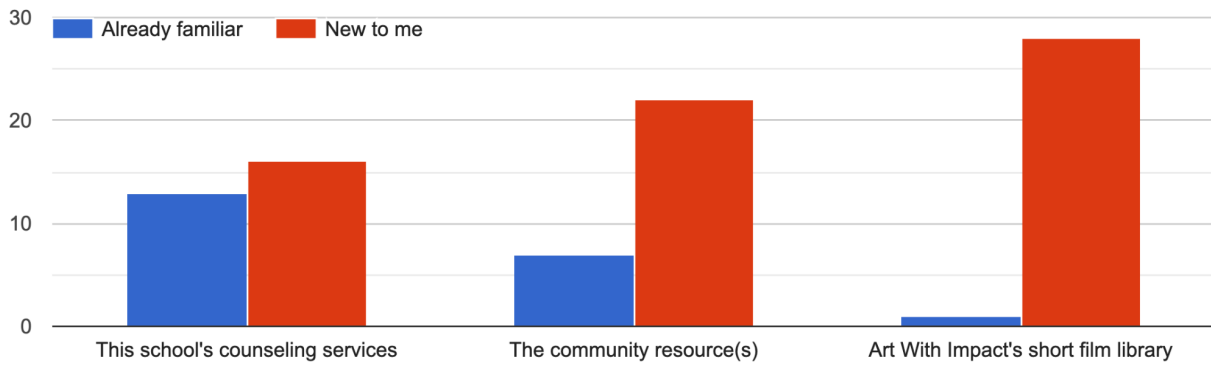
Movies for Mental Health

Post-Workshop Surveys

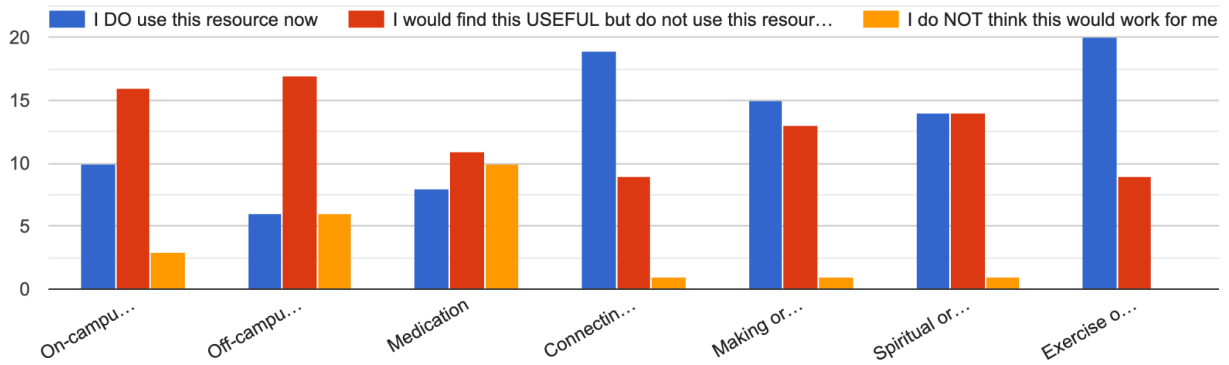
Centennial College - Progress Date: 10/5/23	Number of attendees: 35 Number of surveys: 29
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Resource Awareness and Access

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?



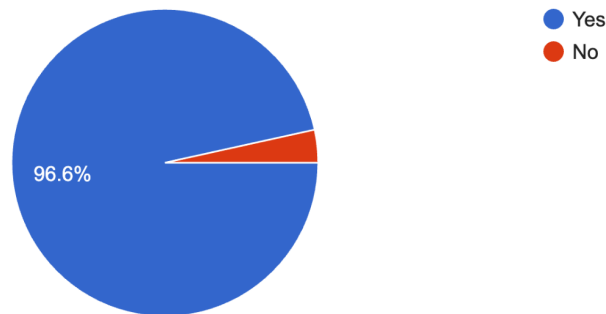
I would find this USEFUL but do not use this resource now:

1. Off-campus mental health support (therapist or group therapy) = **17 or 59%**
2. On-campus mental health support (counseling center) = **16 or 55%**
3. Spiritual or traditional practices = **14 or 48%**

Workshop Impact

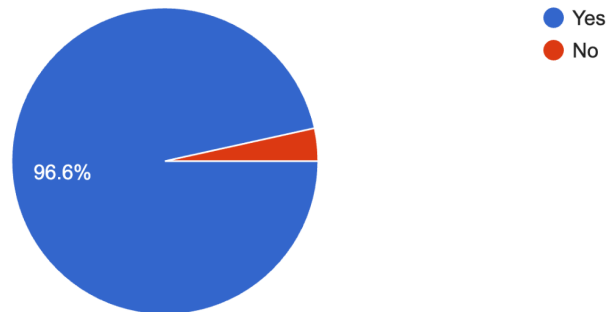
Did this workshop help you confront and address stigma related to mental illness?

29 responses



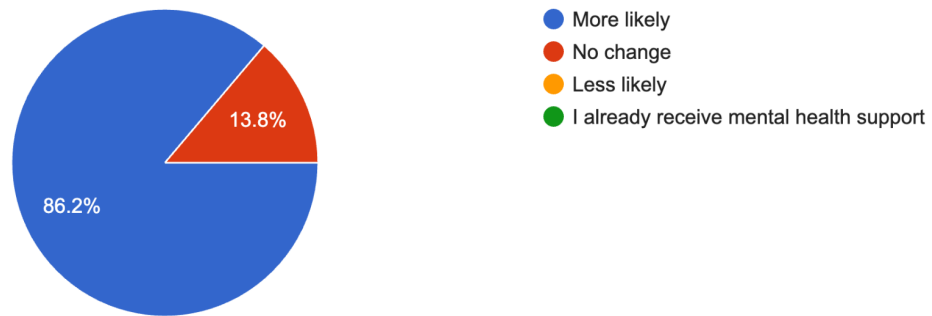
Did you learn something new about mental health?

29 responses



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

29 responses



What was the most impactful thing about this workshop?

- Presenter was very open, compassionate and engaging. Enjoyed the dialog with others about films
- All the mental health resources, they are becoming more and more important with today's mental health issues that we are all dealing with.
- It was cathartic and felt like a safe space.
- After attending this workshop I think that I can now talk about my mental state openly.
- It was an awesome supportive and healing space. I liked connecting with others and hearing people's stories.

- The community of like minded people I have come across and who make me feel like i am not alone and then reaching out for support can be really beneficial.

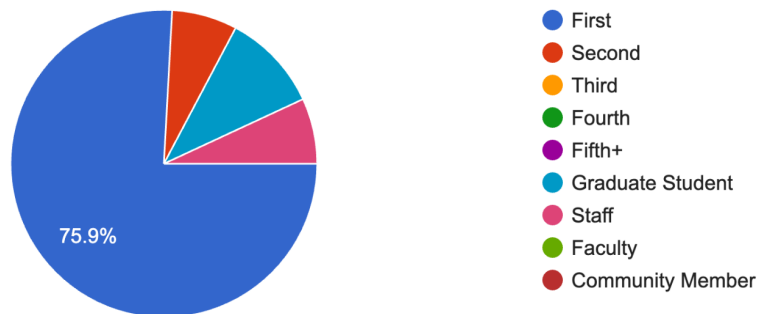
How can we improve this event in the future?

- Maybe make it a mandate for all courses
- More films. Less pre video discussions.
- I believe more advertisement because the program was impactful but there were lesser audience
- From my point of view we can bring more physical stuffs which could help to tackle mental health
- I think more advertisement because the event was very impactful to me but I found the number of participants very low. I believe everyone would benefit from this or any other mental wellness event.

A Bit About You (optional)

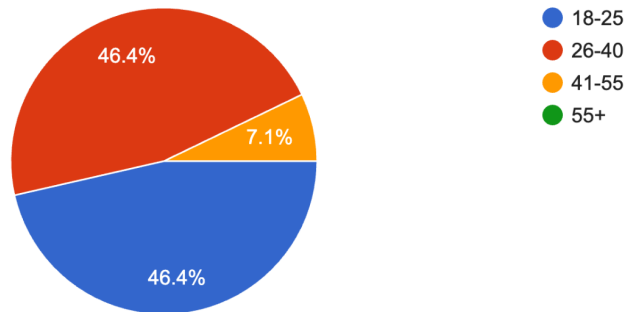
What year are you?

29 responses



How old are you?

28 responses



What is your gender?

Female	18 or 62%
Male	10 or 34%

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

29 responses

