

# Movies for Mental Health

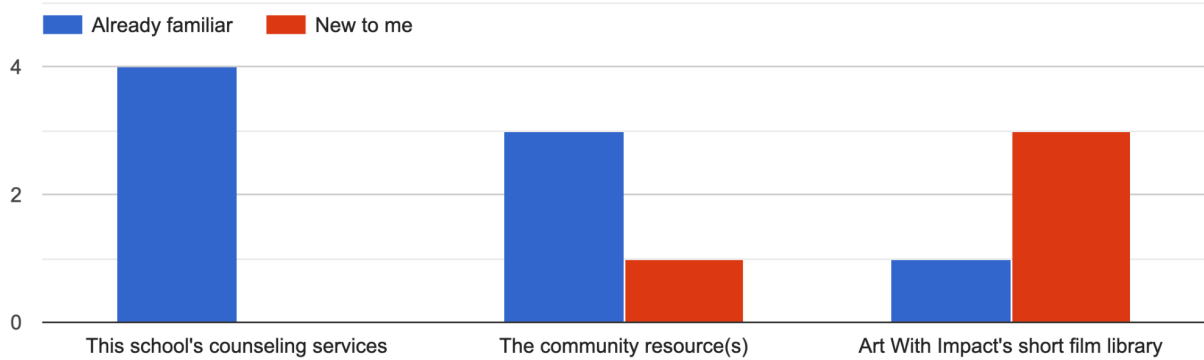
## Post-Workshop Surveys

Centennial College - Story Arts  
Date: 10/4/23

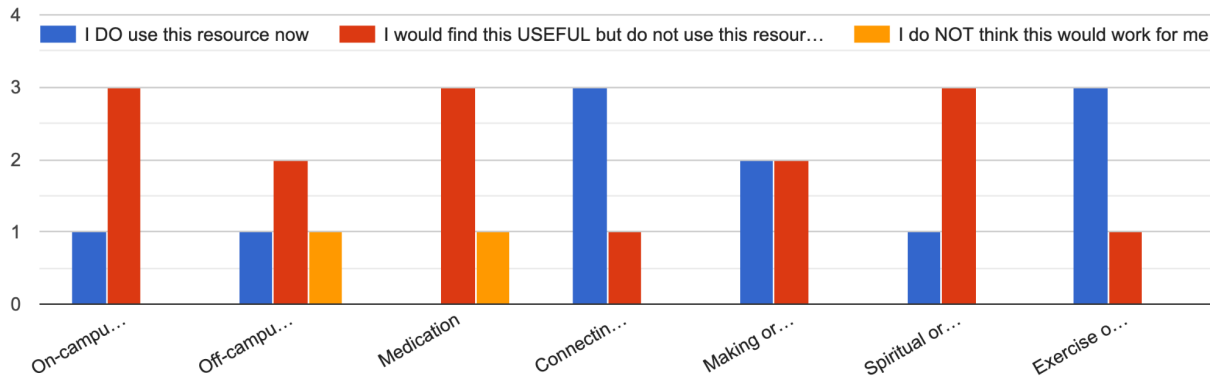
Number of attendees: 11  
Number of surveys: 4

### 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?



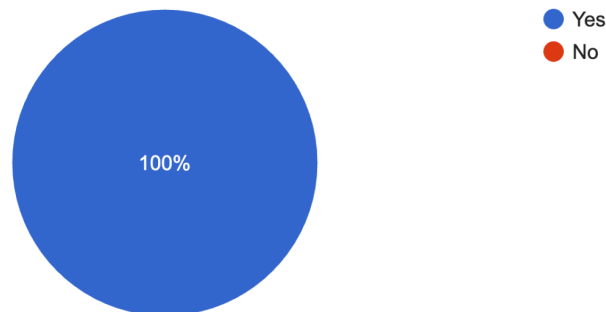
I would find this USEFUL but do not use this resource now:

1. On-campus mental health support (counseling center) = **3 or 75%**
2. Medication = **3 or 75%**
3. Spiritual or traditional practices = **3 or 75%**

## Workshop Impact

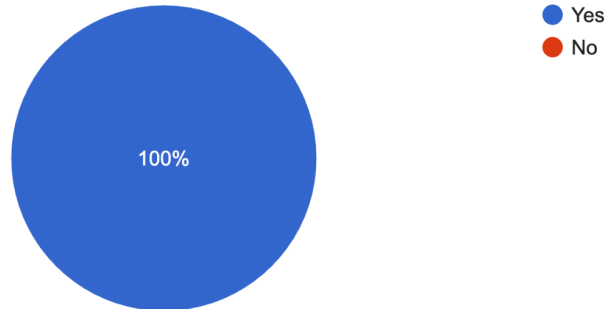
Did this workshop help you confront and address stigma related to mental illness?

4 responses



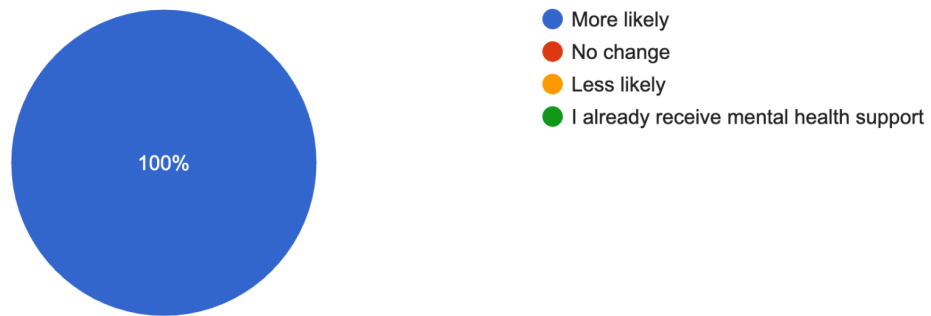
Did you learn something new about mental health?

4 responses



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

4 responses



### What was the most impactful thing about this workshop?

- Breakdown on different aspects of mental health and what it means
- Hearing different perspectives of mental health from peers
- Others personal experiences
- The short movies. They sparked conversations about mental health naturally.

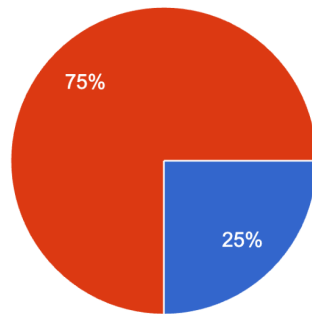
### How can we improve this event in the future?

- Making the event longer so there is enough time to cover all the videos/discussions
- Make it more often
- Time management

## A Bit About You (*optional*)

What year are you?

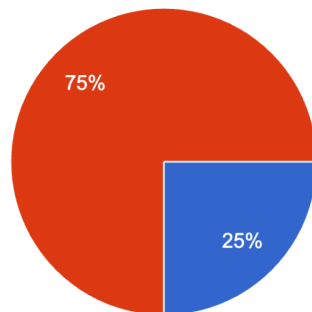
4 responses



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

How old are you?

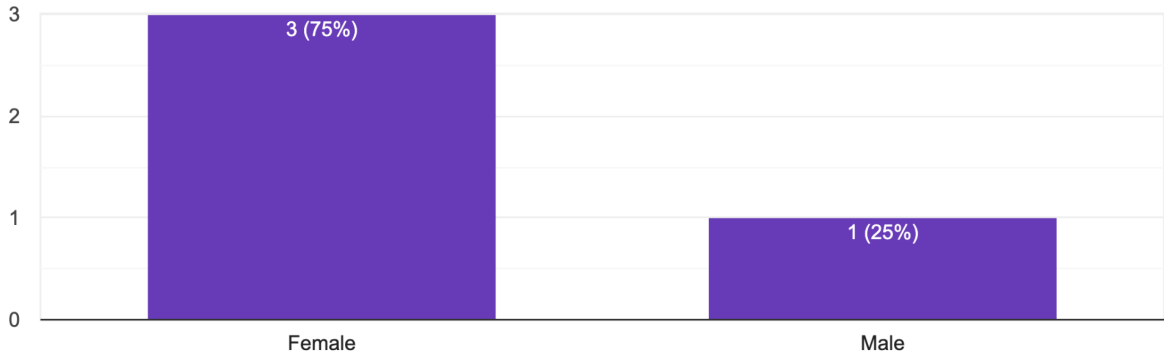
4 responses



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

What is your gender?

4 responses



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

4 responses

