

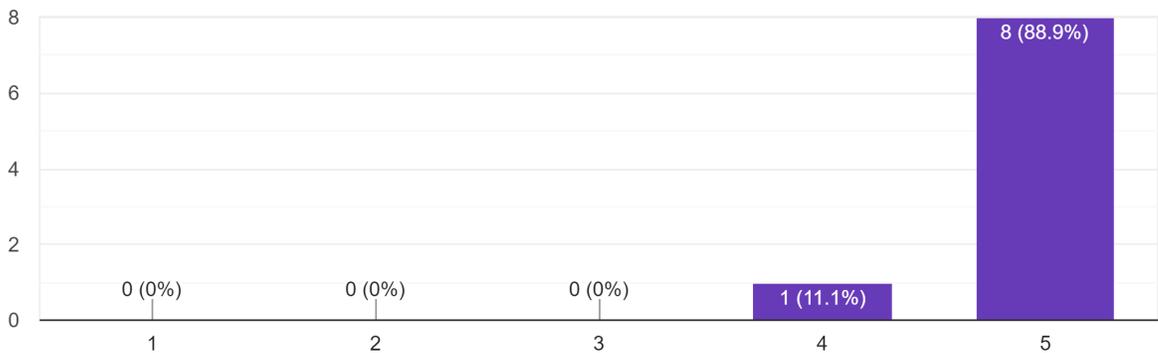
Wellness in Words (Online)

Post-Workshop Evaluations

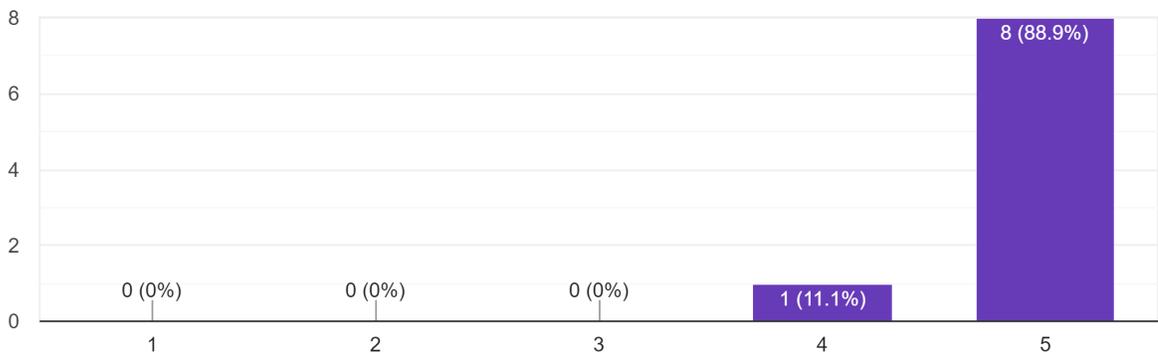
The Universities at Shady Grove
December 9, 2021

Number of attendees: 21
Number of evaluations: 9

This workshop increased your awareness of mental health issues related to hope and resilience
9 responses



This workshop helped you name and see examples of stigma related to mental health issues related to hope and resilience
9 responses



What was your main takeaway?

I really learned a lot about myself and the power of vulnerability
Everyone can have a story to tell, and anyone can write about it
We all matter and there is help for mental health needs
Being able to find peace and positivity in everyday struggles.
To use the resources available to help me.
My takeaway from the workshop is that in spite of mental health challenges there is hope.

How might you use what you learned today?

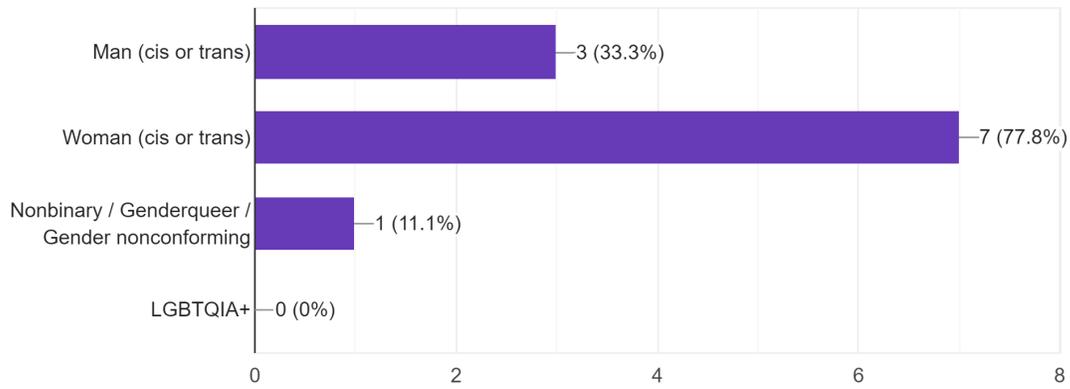
I will use it to change my mindset and way of thinking so that I can be happier in life with a better mental health
Using poetry as a tool for improving mental wellness
Continue to speak freely about mental health and trauma issues
Apply what I know to keep myself going through all the ups and downs as a student.
I would use the resources to help when I am in need
I will use what I learned by embracing myself and be passionate about helping others.

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

Refreshing, fulfilling, effective, useful, fantastic.
Fun, informative, emotionally moving, great resource!
An uplifting workshop to help mentally push us through this difficult last couple weeks.
An extremely useful mental health/behavioral workshop
Very insightful

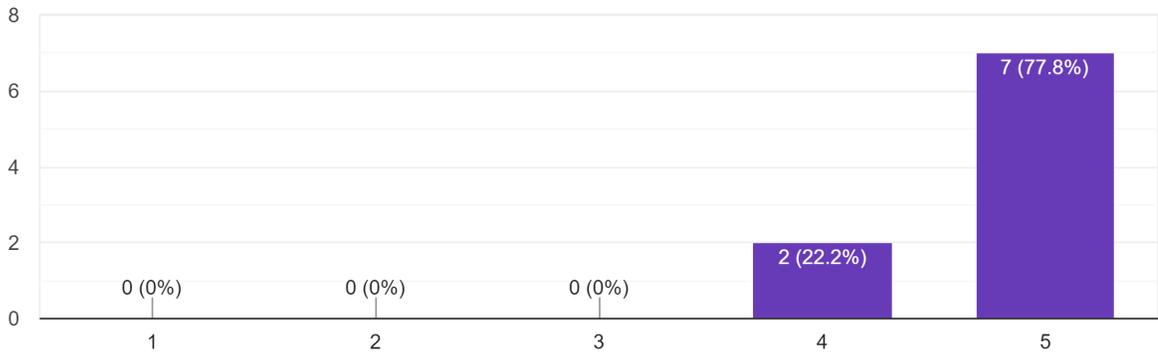
How do you identify? (Check all that apply)

9 responses



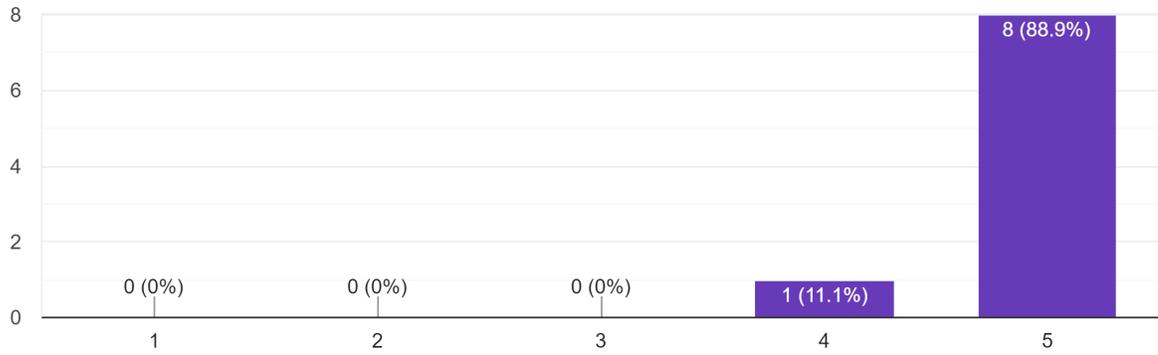
After this workshop, I am more likely to take action to support the mental health of people in your life

9 responses



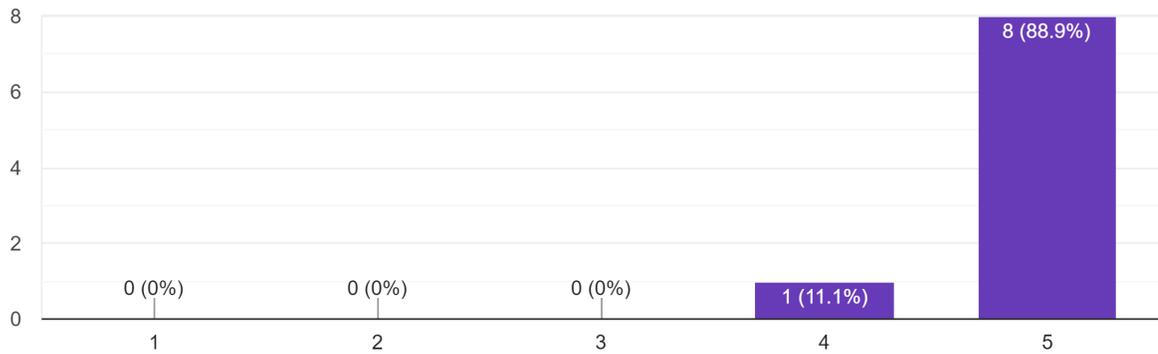
Participation in this program was a valuable use of my time.

9 responses



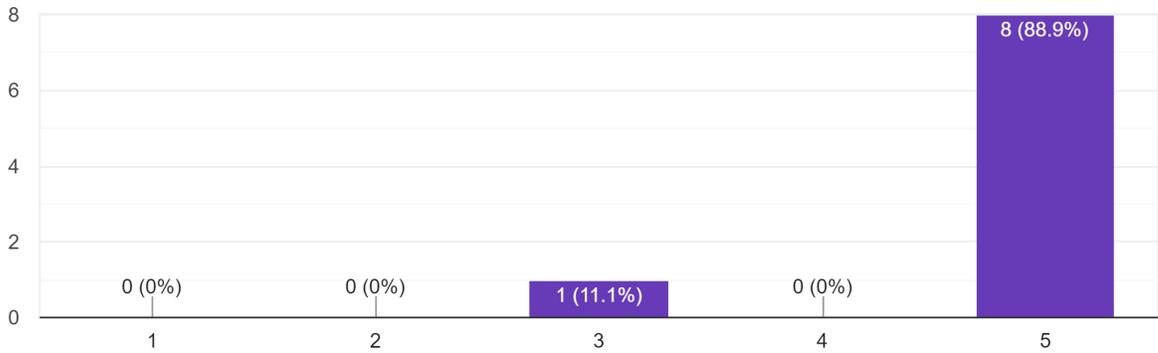
I was satisfied with the format of the program/service

9 responses



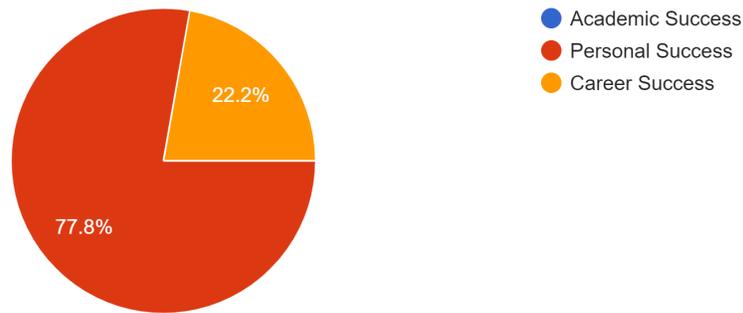
The platform or tool was easy to access

9 responses



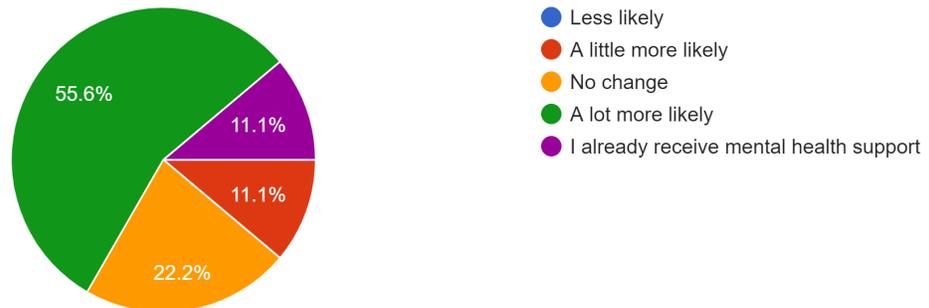
The information that I gained through this program/service supports my:

9 responses



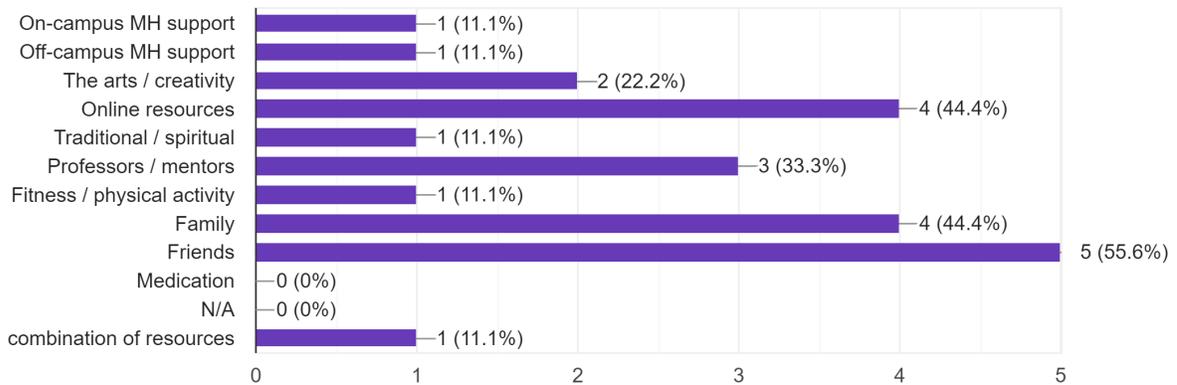
After this event, are you more or less likely to seek support for your own mental health?

9 responses



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

9 responses



What are the biggest barriers to your mental wellness and/or receiving mental health support?
(Highlights: see raw data for full list)

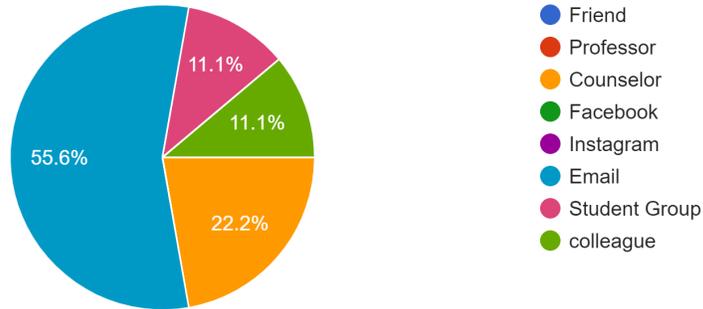
- Mental health stigma as a result of how I grew up and what has been integrated into how I used to perceive mental health
- since my mental health needs are minor, I am hesitant to reach out for help because my issues seem trite
- Time
- Had long wait time to access in-person sessions
- Fear of acceptance
- Not being aware of any mental health issues apart from being overwhelmed because of challenges. Also, experience exhaustion.

How can we improve this event in the future?

- watch more films :)
- have it in person
- different types of creative outlets other than poetry
- A bit more from the counselors that spoke at the end.
- More participants

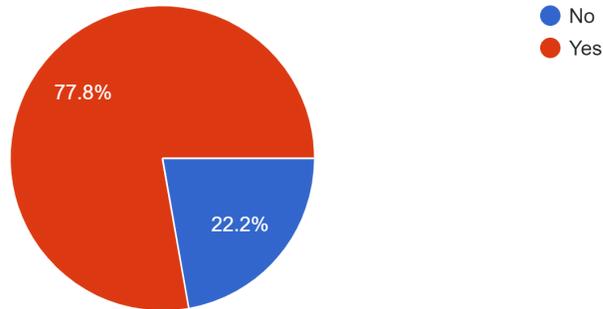
How did you hear about this event?

9 responses



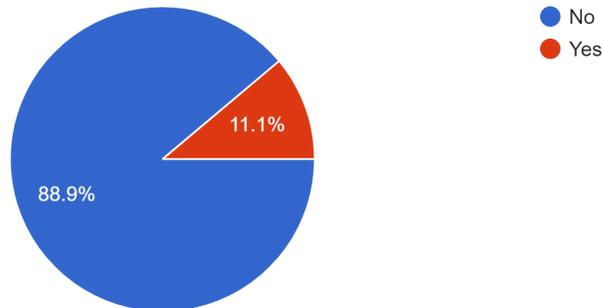
Before this event, did you know about your school's counseling services?

9 responses



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

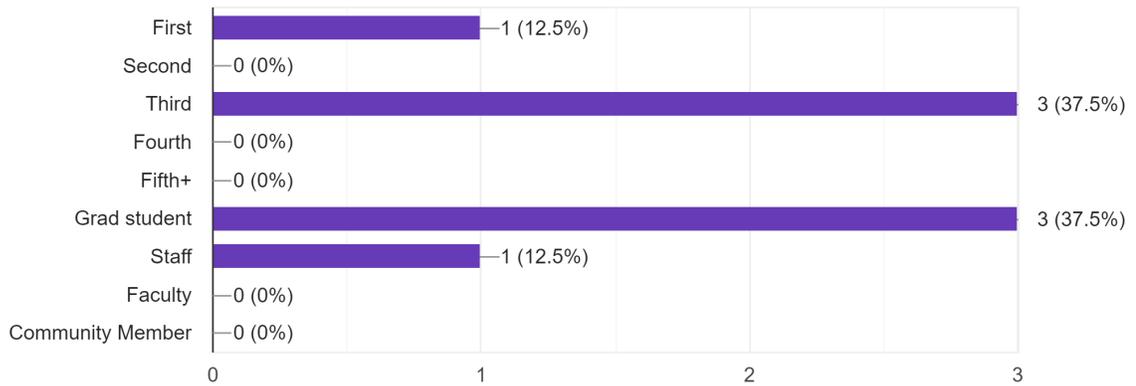
9 responses



Major	
Social Work	2
Master's Degree Program in Medical Cannabis & Therapeutics	2
Graduate School	1
Psychology	1
Business	1

Year

8 responses



Ethnicity

9 responses

