

Accessibility and Mental Health Fair - Fall 2024

In Fall 2024, the Health & Wellness Center, in partnership with Student Accessibility Services, conducted a survey during the Accessibility & Mental Health Fair to collect feedback on interactive activities, experiences with mental health challenges, coping confidence, and awareness of campus resources. Students also had the option to provide confidential contact information to request follow-up support from staff (n=68). A total of 241 valid responses were received, and participation was voluntary.

Which activity did you attend that was the most impactful and why? (select all that apply)	#	%
Fact or Fiction (<i>A myth-busting game designed to dispel common misconceptions about mental health</i>)	152	29.4
Share a Secret (<i>Anonymous activity that encourages participants to share thoughts or experiences, fostering connection, reducing stigma</i>)	138	26.9
Brain Game (<i>Engages students in learning about mental health facts and myths.</i>)	128	24.8
Graffiti Art (<i>Offers an outlet for students to contribute words, drawings, or messages.</i>)	98	19.0

Fact or Fiction Key Finding: Respondents said the activity helped them learn new facts, correct misconceptions, and increase awareness about suicide, seasonal depression, and mental health issues. Some highlighted that it prevented misinformation and reinforced the importance of knowledge.

Comments (n=23)
Another fun trivia game that I got 1 out of 3 right so learned a lot
Awareness on suicide
Easily gave info on suicide prevention
Educational
Helps keeps students informed
I learned something new about suicide awareness
I taught me something I never knew
I think it makes people realize their assumptions can be false and help educate people.
I think them asking important questions that most people should shows how educated some are and I think that is impactful for me
I was shown some misconceptions of mental health that I had
Informational on suicide
Informative
It gave real info about mental health problems
It prevents me from sharing misinformation
Knowledge is power
I learned facts I didn't know
Learned new facts on suicide. A topic I thought I was strong in knowledge
Learned something new about seasonal depression
Seeing the truth of misconceptions about mental health
The attendee at the booth, explain a lot about the statistics and how big of a issue suicide is
This one because I learned more about suicide and it was actually helpful
To stops misinformation about illnesses
Yes discussed suicide awareness

Share a Secret Key Finding: Respondents appreciated being able to get things off their chest, express vulnerability, and share personal experiences. Many noted feeling less alone after seeing others' contributions and valued the safe space for openness without judgment.

Comments (n=34)
Allowed me to get somethings off my chest
Always good to get things off your chest that you feel you can't talk about.
Because i believe in the importance of trust
Because your are more open
Cool
Dope
Emotional
Fun secrets
Getting out of my shell, plus only half of my secret of the secret and I'll tell anyone the other half of it if asked
Great to feel like I released a feeling I had I couldn't tell sI else because of judgment
I feel that it's important to know that people are experiencing struggles just like myself and I'm not alone.
I felt like I wasn't alone
I got something off my chest
I had to be vulnerable and honest
I was able to share something outside of my therapy.
It helps others see they are not alone
It made me think about myself deeper than I typically do.
It was challenging
It was emotional to come up with a secret i wanted to share
It was good to share
It was impactful to hear others experiences of what they may be carrying
It was impactful to see other people's experiences and what they're carrying
It was nice to see that other people are going through things too.
It was the most impactful cause I was able to take something off my chest that I've been hiding
It's the most impactful to me because I was able to get something off my chest that I've wanted to talk about for a long time.
Keeping so many hurtful things inside for too long is detrimental
Really made me think about what my life is about
Revealed something about myself
Shared a secret about myself I'm not open about
Sharing my secret is personal but should be shared with trust
Show vulnerability and get something off your chest personally
Sometime people may not be brave to share something with someone so it's easier with other people instead.
Was able to get a lot off my chest
Was fun

Brain Game Key Finding: Respondents described the activity as fun, inspiring, and educational, noting that it helped them learn symptoms of different disorders, test and reinforce their knowledge, and increase awareness of mental health conditions.

Comments (n=18)
Attaching facts to names of conditions
Education about mental health symptoms
Fact or fiction
Fun
Fun to test my knowledge in knew 9 out of 10 answers
Helped me learn the symptoms of different disorders
I knew more than I expected
I loved it cuz it was dope
Important to learn
It informs us about conditions and what they really are
It was fun
It was very inspiring
Learning different mental issues and their symptoms
Mental illness
Showed me the reality's of life
the matching made it better to learn
to make people aware of the symptoms of disorders
You learn about different disorders

Graffiti Art Key Finding: Respondents valued the opportunity to share positive messages, expressing themselves creatively.

Comments (n=12)
Artists
Because among all the positive and there is hope, I felt someone needed an understanding hand on their shoulder instead of "buck up, god loves you"
Because it looked really cool
Emotional good way
Got to write
Helps me keep a positive mindset
It's inspirational
Loved people's contributions
Positive message
Show your support share a positive message
Spreading positive messages means a lot with little effort
To share too there's that can be ok

Quantitative Results

- Mental Health Challenges: 82% have experienced challenges at least sometimes (63.6% “Yes,” 18.4% “Sometimes”).
- Coping Confidence: 47.7% “Sometimes,” 46.5% “Yes,” and 5.8% “No,” showing that nearly half only sometimes feel confident managing stress.
- Resource Awareness: Health & Wellness Center location (84.2%) and SAS location (87.1%).
- Service Awareness: SAS mental health support (91.1%) and 24/7 therapist phone service (73.0%).

Have you ever experienced challenges with your mental health?

Answer	#	%
Yes	152	63.6
Sometimes	44	18.4
No	36	15.1
Prefer not to say	7	2.9
Total	239	100.0

Are you aware of where the Student Accessibility Services is located on campus?

Answer	#	%
Yes	210	87.1
No	21	8.7
I'm not sure	10	4.1
Total	241	100.0

Do you feel confident in your ability to handle stress or challenges in life?

Answer	#	%
Sometimes	115	47.7
Yes	112	46.5
No	14	5.8
Total	241	100.0

Did you know that as a student, you have access to a mental health therapist 24/7 via phone?

Answer	#	%
Yes	173	73.0
No	64	27.0
Total	237	100.0

Are you aware of where the Health and Wellness Center is located on campus?

Answer	#	%
Yes	203	84.2
No	18	7.5
I'm not sure	20	8.3
Total	241	100.0

Did you know that Student Accessibility Services can support students, including those facing mental health challenges?

Answer	#	%
Yes	216	91.1
No	21	8.9
Total	237	100.0