

## Accessibility and Mental Health Fair - Fall 2025

In Fall 2025, the Health & Wellness Center conducted a survey during the Mental Health Fair to gather student feedback on interactive activities, mental health experiences, coping confidence, and awareness of campus resources. A total of **143 valid responses** were received. It's important to highlight that the survey is voluntary, both in terms of participation and responses to individual questions.

Which activity did you attend, that was the most impactful and why? (select all that apply)	#	%
Share a Secret (Anonymous activity that encourages participants to share thoughts or experiences, fostering connection, reducing stigma)	62	28.4
Fact or Fiction (A myth-busting game designed to dispel common misconceptions about mental health)	54	24.8
Brain Game (Engages students in learning about mental health facts and myths.)	50	22.9
Graffiti Art (Offers an outlet for students to contribute words, drawings, or messages.)	38	17.4
I did not participate in an activity	14	6.4

**Share a Secret Key Finding:** Respondents said the activity allowed them to release feelings, share personal thoughts, and express vulnerability. Many noted it provided relief, comfort, and a sense of not being alone after reading others' experiences. Students described the space as anonymous, non-judgmental, and uplifting.

Comments (n=47)
Allows students to freely express, completely free of judgement.
Because I feel I can release feelings.
because i like seeing others things
Cause I was able to come clean to myself about my secret
deep
Feel happy to share
Got to say something that I don't get to tell many people
helps me
Helps to decompress reserved emotions and express how you really feel
I can let a part of me out into the world, which helps me work towards my daily silent fears
I can say things that I cant normally say or feel comfortable sharing to my family..
I felt relieved
i felt vulnerable i guess..
I got to get something off my chest (2)
I got to share something i don't think I'll ever tell anyone
I have lot of burden of my family
I learned there are many things people hold and don't share with anyone
I let one of my fears go.
I like being able to be open about my perspective on the world
I like that you can share things.
I liked decorating the cards and reading about other people's experiences
I needed to get that off my chest.

I shared something personal
I was able to get stuff off my chest.
I was able to open up, and feel comfortable sharing.
Im straight
It allowed us to vent something that we held in for long
It allows students to write out their thoughts that they've been having recently which is really important
it felt nice to express something i'm usually scared to talk about.
It was fun and I was able to say my biggest secret.
It was nice seeing that I wasn't alone in my struggles with people that had similar secrets.
It was nice to get something off my chest
It was personal yet I needed that.
It's a secret
It's amazing that people will share these things
It's anonymous
Let it go
Life isn't good right now.
Needed to let out
Seeing so many secrets in the open was comforting in a way, it made me feel less lonely.
Share a Secret always is very uplifting.
Sharing is hard
Telling my own story and thoughts make me feel better
This activity made me think deep about my life and the feelings that I experience
took weight off my chest not knowing it was there
vulnerable moment

**Fact or Fiction Key Finding:** Respondents said the activity helped them learn new facts, correct misconceptions, and think more deeply about mental health. Many highlighted increased awareness of suicide, depression, and stigma. Students appreciated testing their knowledge, hearing different perspectives, and the supportive facilitator/staff.

<b>Comments (n=42)</b>
Because I get to know lots of stuff that I didn't know
Cause and affect
Debunks many false tones to mental health
Felt smart
Fun facts
Good conversations about mental health facts
Great information about mental health struggles
Helped with stuff I didn't know
I am familiar with depression
I didn't know a lot of info
I learned about misconceptions and more about how the world perceives mental illness.
I learned about suicides and seasonal suicide
I learned new information I didn't know before
I learned some things
I liked being able to share opinions and thoughts about mental health topics and hearing new perspectives.
I liked how I understood more things about it
I liked learning something new today especially about mental health
Interesting
Interesting facts
It educated me

It really got me thinking and using my brain.
It showed the truth about suicidal thoughts
It taught me things i didn't know
It was cool learning about mental health stigmas
it was informational
It was interactive
It was really eye opening
It's okay not to be okay
It's good to test my knowledge, I love being competitive
provided a lot of insight and helpful facts about mental health
Responsibility
Season for suicide
Someone shared their personal story with suicide attempts and how the stigma was worse in the 90s
The man was very kind and good at speaking about mental health awareness
The person running it was very personal and interactive
The staff was very attentive and helpful
They gave me better info on the selection of topics that were chosen
They really talked about how it's not just the common things we think of
Things I Did not know
Unique insight into mental health
we had a nice in depth speech about mental health
Wonder Insight from reese

**Brain Game Key Finding:** Respondents described the activity as fun, interactive, and informative. Many said it helped them recognize symptoms, learn new information, and understand similarities and differences among mental health conditions. Students also mentioned enjoying the puzzle format and testing their knowledge.

<b>Comments (n=34)</b>
Because I was able to recognize disorders
because information is important
Because it gets us active and I enjoy it
Because it's so easy to miss diagnose someone and it's more important to bring awareness to these different mental conditions
Because there's a lot that I learned that didn't know.
Felt intelligent
Gave lots of information on different disorders
Give me definitions and activity to
He really put in the effort to talk about it throughly
Help with explaining in depth.
How different but similar it is with the symptoms it can be very hard to identify the specific disorder someone has
I found out new facts. I work with natives in Canada
i learned a lot
I learned new things
I like puzzles
i though i knew more about it but i had some surprises
Intriguing
It helped me understand the differences and similarities between mentally illnesses.
It helps me to know everything
It was fun
it was fun and i think i need to ask my physician abt some of those
It was helpful and I learned something new.

It was the most impactful for me because it informed me of all the similarities between the different disorders and illnesses and how easy it is to mix them up.
Learn based off already known information, and later build off what you knew and learn something new
Learned more thoughts
Learned something new
More informed about mental health
Not all diseases are what they sound like
Provides awareness and common symptoms to disorders that the public may not be aware of
Puzall
Some of the thing I didn't know
Stuff being more apparent
Wanted to test my knowledge
Why I learned about new things in mental health

**Graffiti Art Key Finding:** Respondents value expressing themselves creatively and sharing positive messages. Many found the activity encouraging, community-building, and uplifting.

Comments (n=15)
Because I had a time to be creative
Felt encouraging
Glad someone can read it and feel better or happy or relatable
Hand made things
I enjoyed using art to express myself.
I like art (2)
I love to see the community come together openly, it's impactful
I loved sharing a positive message
Know I ain't alone
Nice to share positivity
Makes u think about important words
I loved sharing a positive message
Felt encouraging
It interesting seeing how graffiti art is a strong medium to express oneself and get meaningful things across

**What topics would you like to see offered in future workshops? (Select all that apply)**

Answer	#	%
Stress management	94	22.90
Coping with anxiety	89	21.70
Healthy relationships and boundaries	72	17.50
Coping with depression	54	13.10
Coping with grief and loss	48	11.70
Mindfulness and meditation	47	11.40
Other (please specify):	7	1.70

- **Other (please specify):** Addiction, coping with eating disorders, helping people with being unsure about everything, how to get a diagnosis, mental health

## Quantitative Results

- **Coping Confidence:** 57% (81) felt confident handling stress, while 40% (57) only sometimes felt confident. A small group, 4% (5), reported not feeling confident.
- **Health & Wellness Services Awareness:** Most students knew where to access services, with 94% (134) aware of the Health & Wellness Center. Only 3% (4) said no, and 3% (4) were unsure.
- **SAS Awareness:** Awareness of Student Accessibility Services was similarly high, with 95% (136) reporting “yes.” A small number said no 3% (4) or were unsure 2% (3).
- **Timely Care Awareness:** 86% (123) knew about the 24/7 mental health service. However, 13% (18) reported not knowing, and 1% (2) were unsure.

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

Answer	#	%
Yes	81	56.6
Sometimes	57	39.9
No	5	3.5
Prefer not to say	0	0.0
Total	143	100.0

### Are you aware of where and how to access Student Accessibility Services (SAS) on campus?

Answer	#	%
Yes	136	95.1
No	4	2.8
I'm not sure	3	2.1
Total	143	100.0

### Are you aware of where and how to utilize Health and Wellness services on campus?

Answer	#	%
Yes	134	94.4
No	4	2.8
I'm not sure	4	2.8
Total	142	100.0

### Did you know as a student you have access to mental health services 24/7 through Timely Care?

Answer	#	%
Yes	123	86.0
No	18	12.6
I'm not sure	2	1.4
Total	143	100.0

What could the college do to make Health & Wellness and Student Accessibility Services more visible and/or easier to access? (n=19)
By speaking to students about their resources and where they can access them
Emails, signs/flyers on campus
Events like this are great since they're loud and public
Flyers and more events (3)
I can't think of any improvements.
I don't know
I don't know, but I had a hard time finding the wellness center
Maybe letting people know where the location is because it's kind of hidden
More digital spreads, such as emails and access through student portal
More in alive games
More posters promoting
More promotion
Nothing they were so nicen
Share it around more
They do a good job
They should hold fairs exactly like chc did today
To put it on the front page of the website openly