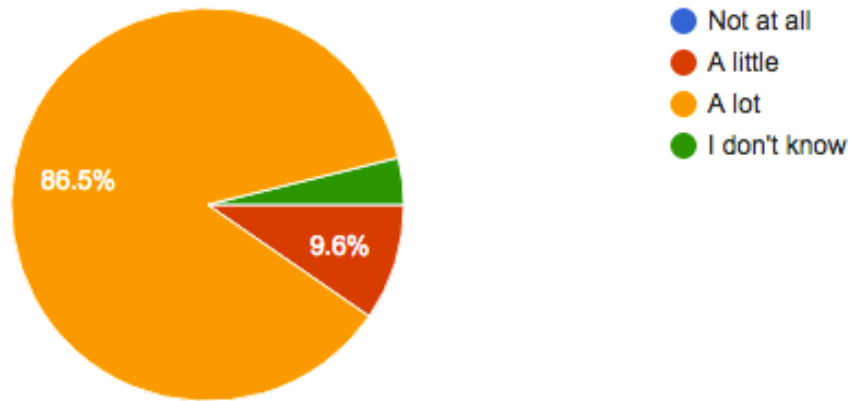


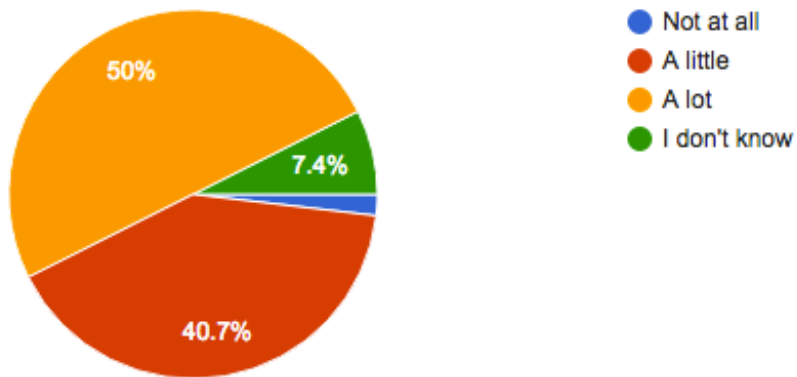
Acadia University March 8, 2017

N= 54 evaluations, ~ 67 people in attendance

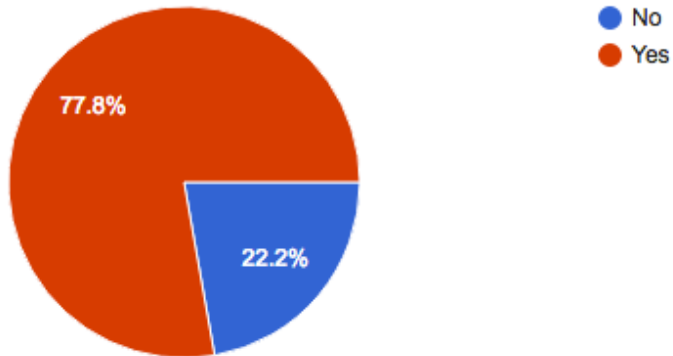
In your opinion, did this event create awareness of mental health issues?



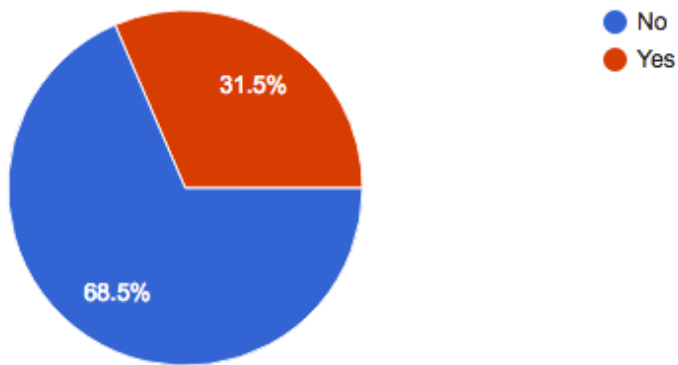
In your opinion, did this event reduce stigma related to mental illness?



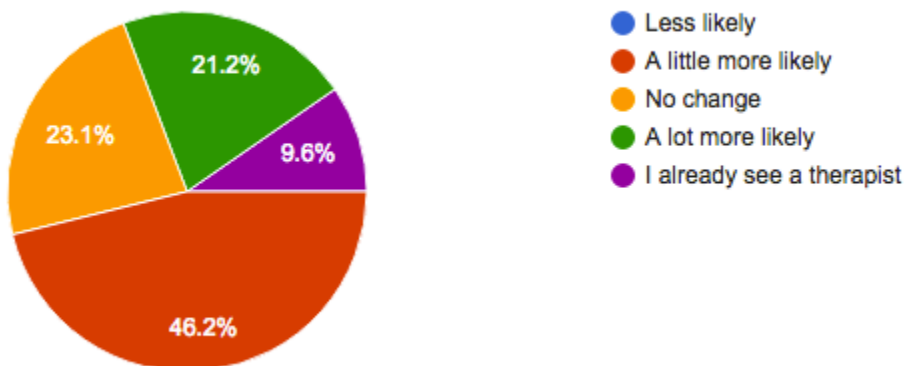
Did you know about your school's counselling services before this event?



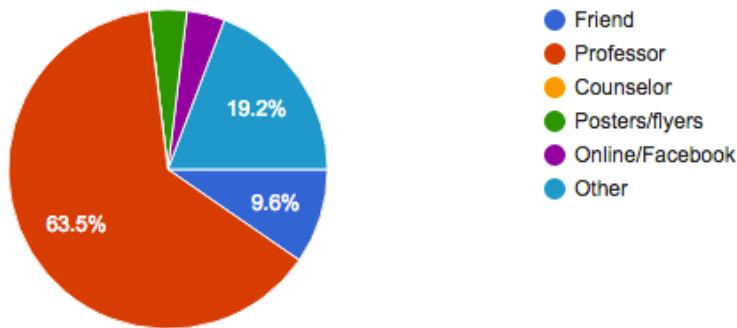
Did you know about community resources before this event?



After this event, are you more or less likely to use your school's counselling services?



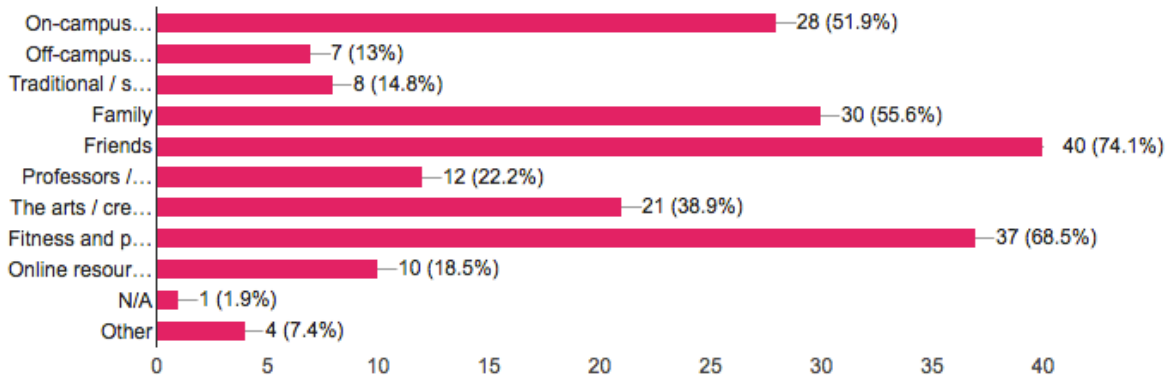
Referral Source - How did you hear about this event?



Other includes:

- Advertisement through department / faculty and Acadia students' union
- Email, posters, and promoted by professor Jeff Forbert
- Communications class and posters around town
- Mental health society
- Professor and posters (2)

Support Category - What type of mental health support would be most useful to you?



- Fitness / physical activity and Friends the highest responses
- On campus services, family and the arts / creativity second highest responses

What was your main takeaway?

- Awareness of the existence of mental help, how mental health can influence people
- Communication is important when talking to a large group and media is a possible way to spread awareness yet is subject to misinterpretation
- Don't fear seeking help

- **Empathy is one of the most important emotions to show to others**
- Every mental illness is different depending on the person, you cannot categorize
- Everyone goes through difficult moments, there are a lot of ways to cope with this situation
- Everyone has their own story around mental health (3)
- Frequency of individuals suffering with a mental illness
- Help is available for varying obstacles
- Highly individual
- **I came because my professor offered bonus points for attendance but I learned a lot, enjoyed the discussions and enjoyed the videos**
- I knew all of these things before but it was nice for it to be spread to other students
- **I really enjoyed the discussion surrounding stigma - I think it's incredibly important**
- It is important to keep the conversation going about mental health
- It's hard to know when someone is suffering and by how much
- Mental health awareness is critical
- **Mental health is always valid - worth reaching out for help**
- Mental health is difficult to describe but affects almost every part of our lives
- Mental health is more complex than it seems and there are so many resources to help
- Mental health is personal, there are different ways to cope with it and seek support that fits you. Also, art / film is a very powerful way to communicate
- **Mental illness / wellness is all around us in everyday life and there are a lot of ways to reduce the stigma around it and ways to find support**
- Mental illness and wellness can be simultaneous (don't exist on a spectrum)
- Mental illness is diverse and complicated (3)
- Mental illness is felt by everyone but there are ways to get help
- Resources / different perspectives on different mental illnesses
- That people don't choose mental health and we need to treat them like they belong so they don't feel as alone
- **The amount of support in the community I wasn't aware of is great (3)**
- The frequency of mental health disorders and the diversity of disorders
- The importance of eliminating the stigma associated with mental health conditions
- The importance of understanding what mental health means
- There are different ways of portraying mental health issues (ie. films)
- **There are more mental health supports in Wolfville and with the university than I was aware of (3)**
- We are not alone
- We are not defined by mental health, do not scared of looking for help
- We need to talk about it more

How would you describe this event to a friend?

- Raising awareness around what mental health / wellness is and how to reduce stigmas and find support (2)
- Really helpful
- Really open and welcoming - very important and has quality conversation.
- Using a different medium to discuss / open the conversation about mental health
- Very informative
- Very powerful especially with the videos. Really helped illustrate the impact of mental health.
- Very sobering and eye opening
- Worth to attend (2)

How can we improve this event in the future?

- More facilitation of panel, have topics for them (2)
- Give these sheets out after the panel speaks
- Have more individuals speaking from personal experience
- Healthier snacks...fruit! (2)
- I would personally enjoy watching more short films (3)
- Just more advertising around campus to reach a more diverse population
- Maybe a film about addiction or one that shows that it can get bad for certain individuals
- Maybe encourage smaller group discussion so anxiety doesn't stop someone from contributing to the larger group. Do questions in small groups, then reflect on discussion altogether after (1), have people reflect on films via paper (1)
- More advertising (2)
- More forms of art in addition to the short films
- More group time to discuss, talking more about other forms of therapy
- Perhaps more actual relatable definitions after public discussion
- Since hosting @ uni people are probably more aware and need more in depth / new views of mental illness. 'New' info needed
- Talk about how those videos aren't perfect at portraying mental health either
- Talk more about mental illness
- This was a great event

Major:

BBA

Biology

Computer Science

Environmental Science

Kinesiology

Math

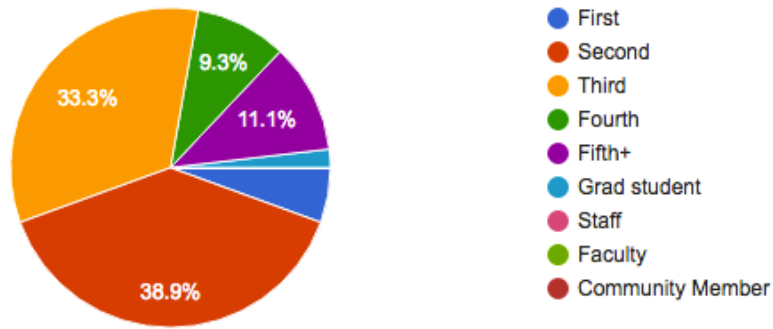
Nutrition (32)

Music therapy (8)

Physics

Political Science
 Psychology
 Sociology

Year



Gender

Female	Male
47	6
88.7%	11.3%

Ethnicity

Asian / Asian American	Hispanic / Latinx	White / Caucasian	Middle Eastern
6	2	44	3
11.1%	3.7%	81.5%	5.6%