

Movies for Mental Health (Online)

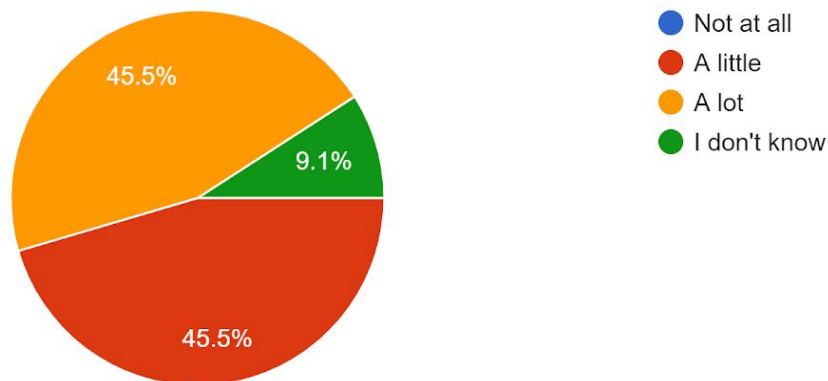
Post-Workshop Evaluations

Trent University
November 5, 2020

Number of attendees: 35
Number of evaluations: 11

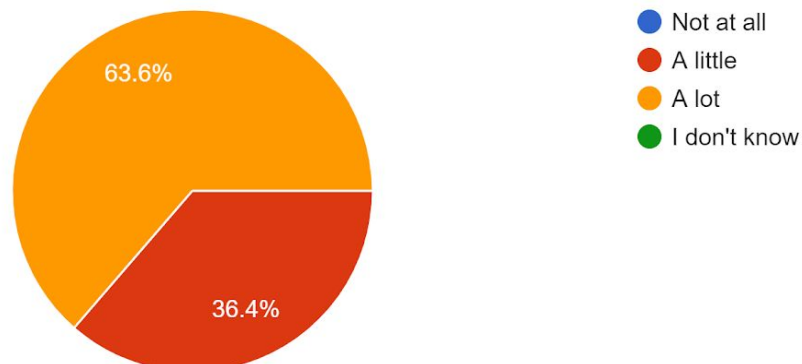
In your opinion, did this workshop increase your awareness of mental health issues?

11 responses



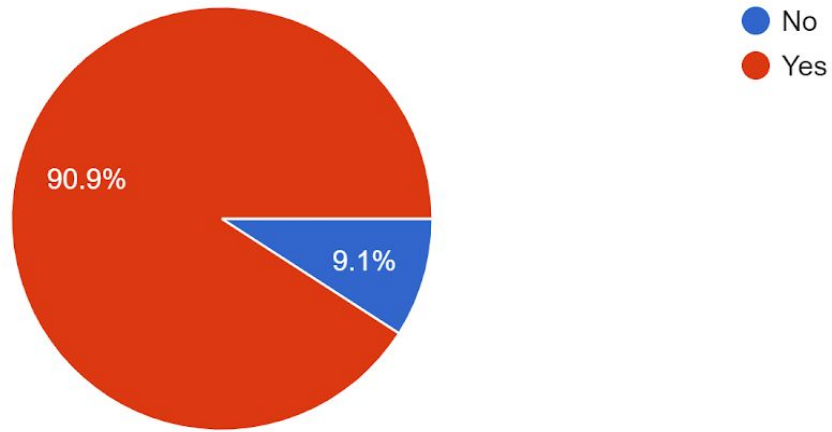
In your opinion, did this workshop help you confront and address stigma related to mental illness?

11 responses



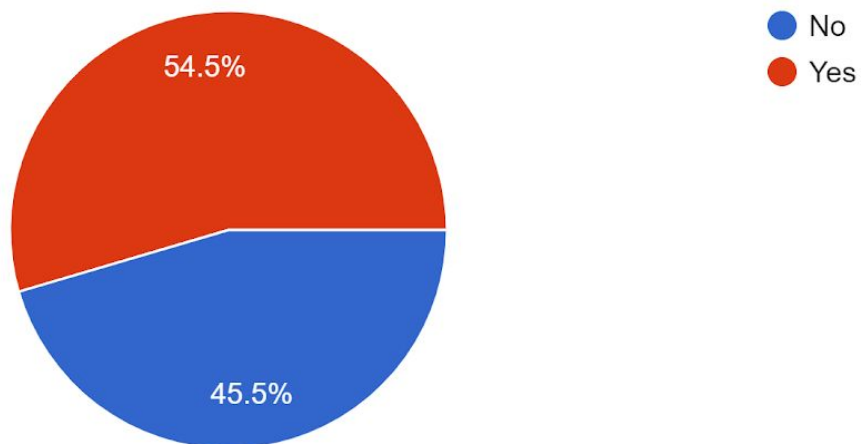
Did you know about your school's counseling services before this event?

11 responses



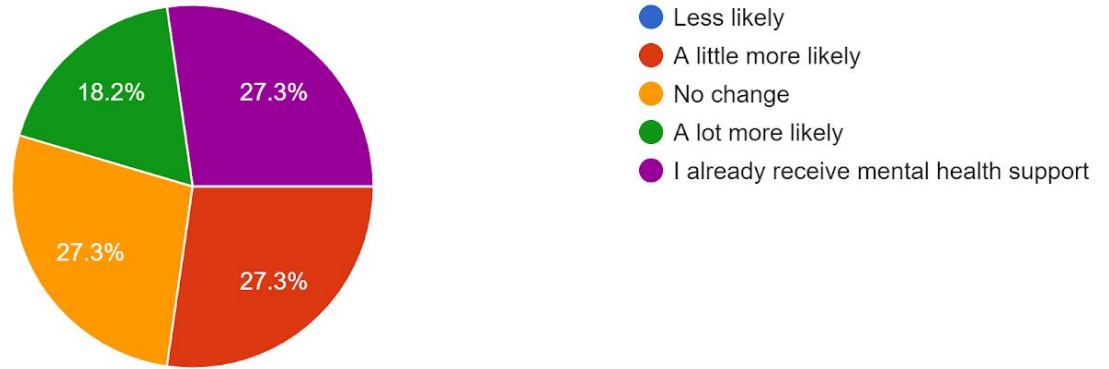
Did you know about the community resources before this event?

11 responses



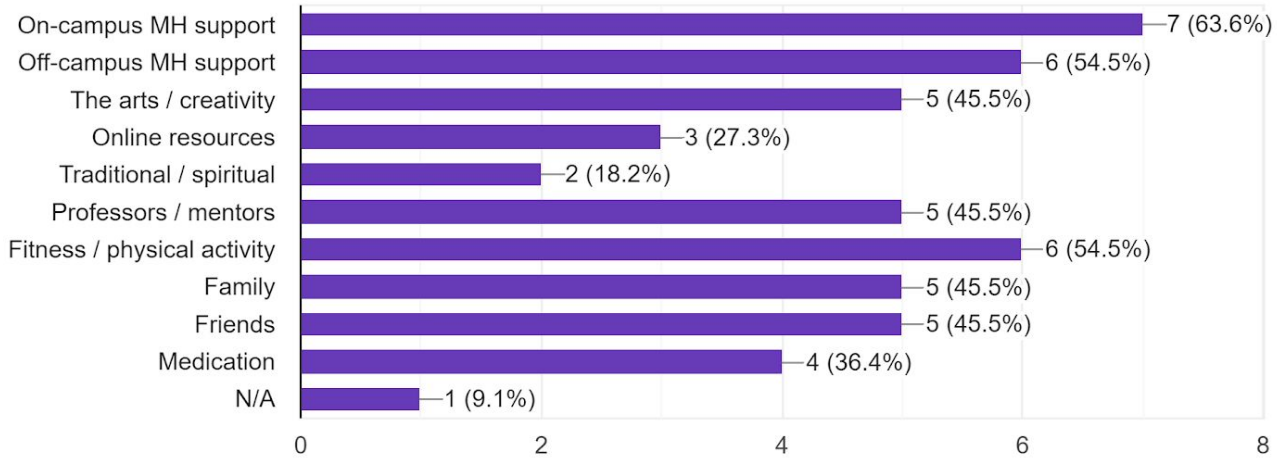
After this event, are you more or less likely to seek support for your mental health?

11 responses



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

11 responses



How'd you hear about this event?	
Professor / Facebook	(1 in each category)
Email	4
Student Group	3
Instagram	2

What was your main takeaway?

- Mental Health is nothing be ashamed of
- mental illness is real
- The stigma of medication shouldn't be the thing preventing one from seeking help
- we are all in this together
- That there is hope for the future
- That mental health issues are unique and are experienced differently by different people. We should all try to understand each other with compassion and try to be as non-judgemental as possible to support each other through the stresses of university life and onward.
- Awesome
- I don't relate to other people with mental illnesses.
- The engaged students and staff that were
- Drop the stigma! Spread awareness♥

If you were telling a friend about this workshop, you would describe it as:

- Reflective
- impactful
- I would describe it as very informative and caution about possible triggers
- Thoroughly engaging with beautiful films which I will be thinking about for years to come.
- Informative
- Unsure
- The best mental health workshop that is worth your time and money. You can basically spend a night staying up for a good cause and racing awareness of stereotypes that perceived mental health in its tracks! You will leave with more knowledge than before about mental health and how to take care. I would recommend that universities like Guelph U do it and involve their students and faculty immensely!!
- Breath-taking !

How might you use what you learned today?

- Use it for myself and how I help others
- a dark skin black women perspective
- Not entirely sure yet
- reaching out to others
- to help others know that there are services out there
- To practice the mental/body exercises to help decompress and destress when in a stressful situation
- In my workplace
- Probably won't
- Sharing on Social media and raising awareness.
- Increase self awareness and practise grounding techniques more often

What are the biggest barriers to your mental wellness and/or receiving mental health support?

- school and my own mind
- the lack of black psychologist or mental health specialist
- Pride.
- the stigma I have built up in my head
- waiting lists
- Judgement, misunderstanding, fear of institutionalization
- None at this time
- Lack of faith in methods and ability to improve.
- My disability/difference of autism! Referral to non-profit charity run operations (Centre Hastings Support Network and Community Living) instead! Medical model instead of the social model of taking care of our s
- Financial Issues

How can we improve this event in the future?

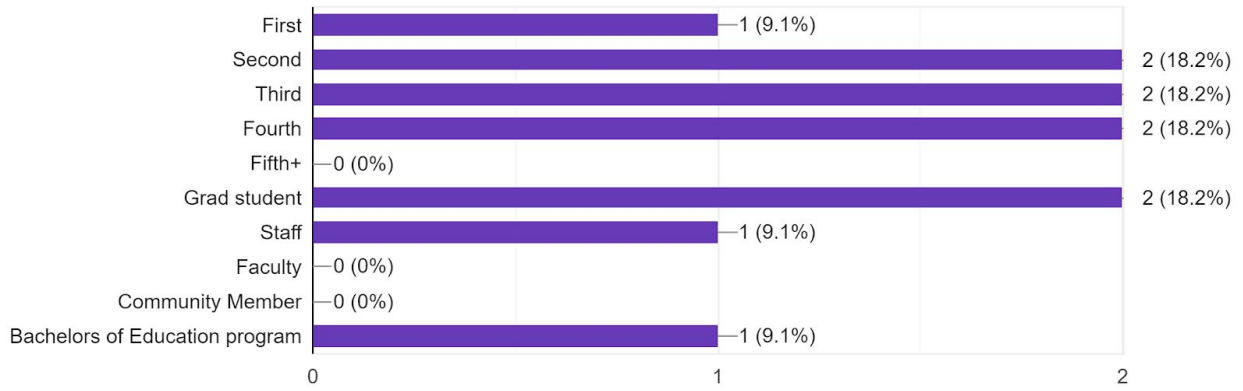
- call upon others who might want to share their own story and struggles with mental health
- diverse panel
- Discuss more negative coping strategies and their shortcomings? I had been dealing with bad mental health through substance abuse (smoking weed) and I think a more authentic conversation might be had if we talk about both the good and the bad ways we cope.
- it was pretty awesome no improvements from me!
- Ask the audience what changes they would like to see in mental health policies on university campuses and in the province in general
- No improvements
- Unsure
- It would've been great if there was a larger audience!

Major

Psychology / Computing Systems and Philosophy / Business and Economics / Staff / Anthropology / English / Geography / Indigenous Studies / Biology	(1 in each category)
Education	2

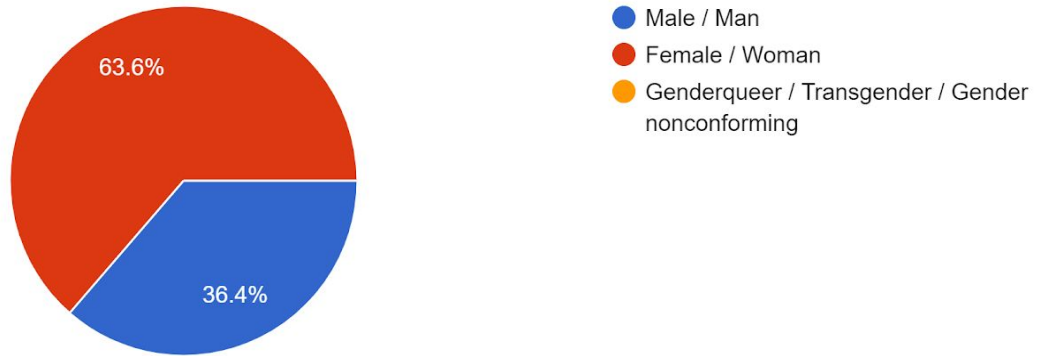
Year

11 responses



Gender Identity

11 responses



Race / Ethnicity		
Asian/Asian Canadian		
Black/African/African Canadian	1	9%
Indian/South Asian	1	9%
Middle Eastern		
Indigenous / First Nations / Métis / Inuit	2	18%
White/Caucasian	8	73%
Hispanic/Latinx		
Pacific Islander		
Multiracial		
Other		