

# Movies for Mental Health

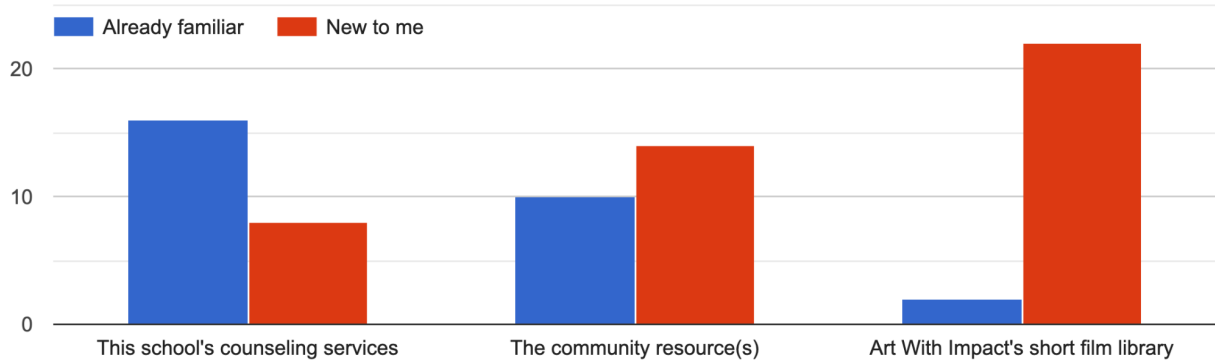
## Post-Workshop Surveys

Centennial College - Ashtonbee  
Date: 10/2/23

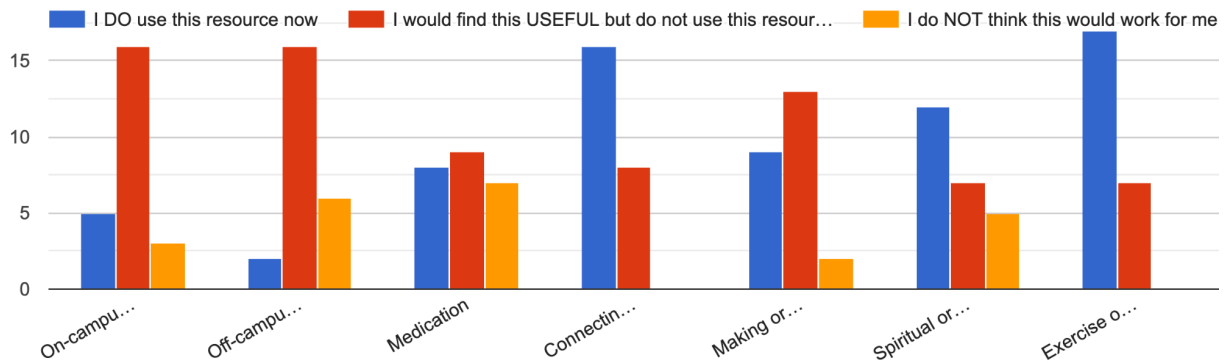
Number of attendees: 32  
Number of surveys: 24

### Resource Awareness and Access

Which of the following resources were new to you today?



In this list of mental health resources, which do you use, and which might you find useful?



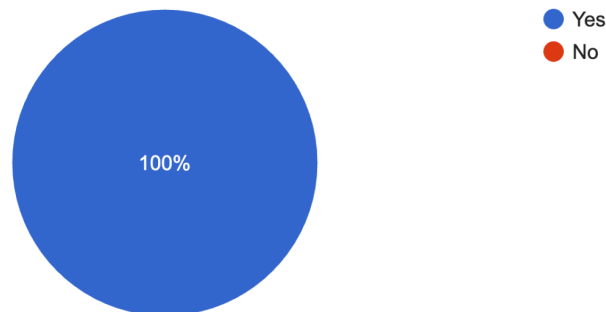
I would find this USEFUL but do not use this resource now:

1. On-campus mental health support (counseling center) = **16 or 67%**
2. Off-campus mental health support (therapist or group therapy) = **16 or 67%**
3. Making or experiencing art = **13 or 54%**

## Workshop Impact

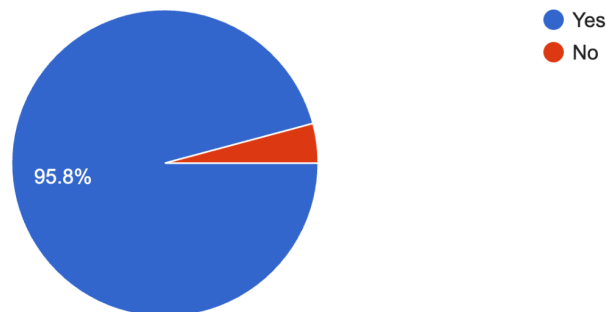
Did this workshop help you confront and address stigma related to mental illness?

24 responses



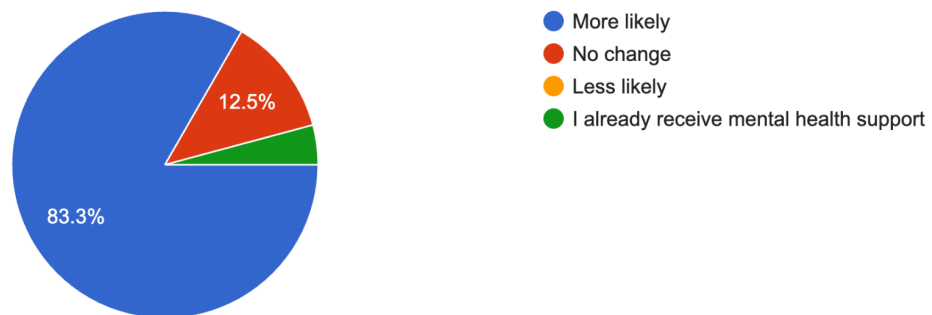
Did you learn something new about mental health?

24 responses



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

24 responses



**88%** of students who don't currently receive support reported an increased likelihood of seeking support for their own mental health.

### What was the most impactful thing about this workshop?

- Students and staff sharing about mental health as fellow human beings in a safe space
- Our mental health is important and we should not be ashamed to seek help when ever
- The most impactful thing about this workshop was the different perspectives shown in the films. I also really like how at the end, we were reminded of all the resources open to us and how to reach them!
- Bring the awareness of stigma and suffering in silence also about the gender differences in MH and their expectations.

- It showed us how much stigma there is around men's mental health and how its okay for not only men to seek mental help but it shows us how all of us can benefit from seeking help

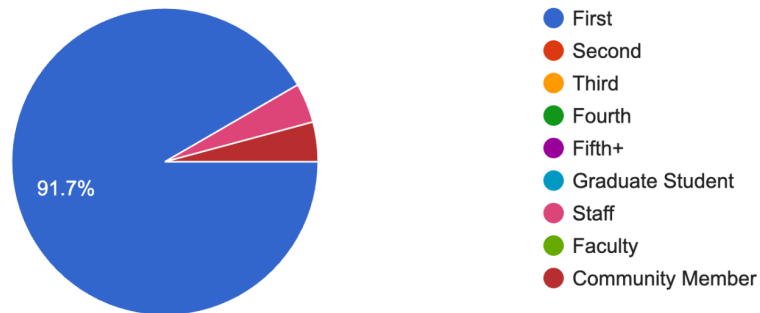
### How can we improve this event in the future?

- Make it more interactive - incorporate movement and games
- I feel like a lot of people would've enjoyed this workshop. Maybe having something that grabs a lot of people's attention would help lure in a lot of students struggling with mental health.
- Setting up an online portal for Q and As.

### A Bit About You (optional)

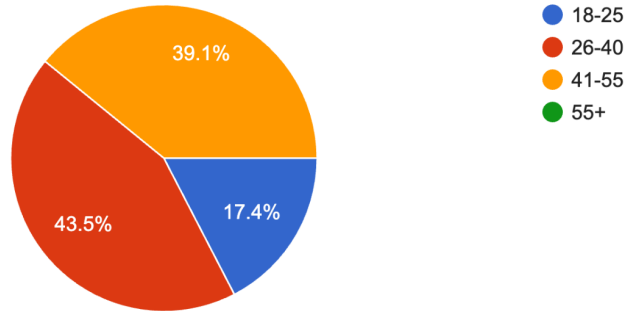
What year are you?

24 responses



### How old are you?

23 responses



### What is your gender?

Female	21 or 88%
Male	3 or 13%

### What is your ethnicity? (Select all that apply.)

24 responses

