

# Movies for Mental Health

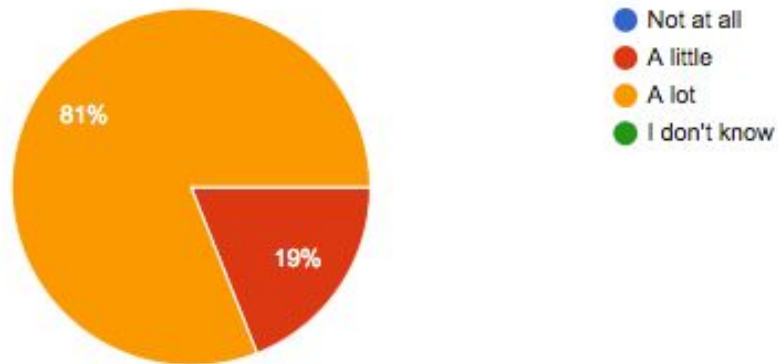
## Post-Workshop Evaluations

Brandon University  
October 2, 2018

Number of attendees: 120  
Number of evaluations: 79

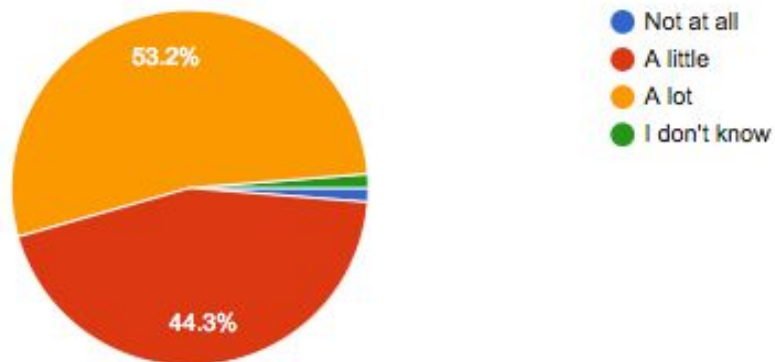
In your opinion, did this event create awareness of mental health issues?

79 responses



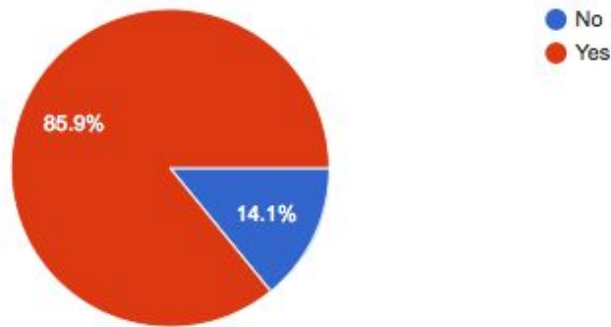
In your opinion, did this event reduce stigma related to mental illness?

79 responses



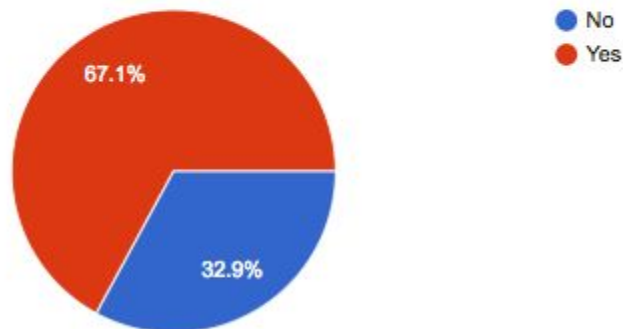
### Did you know about your school's counselling services before this event?

78 responses



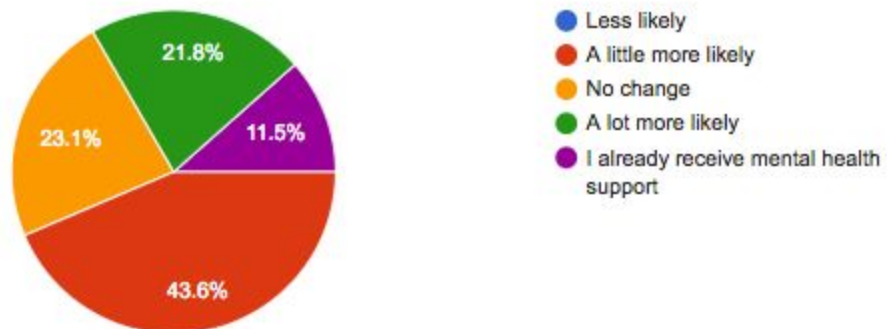
### Did you know about community resources before this event?

79 responses



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

78 responses



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

77 responses - could check multiple options

On-campus MH support	<b>33</b>
Off-campus MH support	<b>15</b>
Traditional / spiritual	<b>11</b>
Family	<b>42</b>
Friends	<b>33</b>
Professors / mentors	<b>10</b>
The arts / creativity	<b>13</b>
Fitness / physical activity	<b>29</b>
Online resources	<b>14</b>
Other - meditation, CATC, volunteerism	<b>3</b>

How did you hear about this event?

Friend	<b>2%</b>
Professor / class	<b>65%</b>
Posters / Flyers	<b>1%</b>
Online / Facebook	<b>9%</b>
Email	<b>3%</b>
School	<b>9%</b>
Word of mouth	<b>1%</b>
Family member	<b>7%</b>

## What was your main takeaway?

(Highlights: see raw data for full list)

- A lot more stigmas exist than I thought (2)
- A lot of resources available (10)
- Art has impact - effective tool for change
- Culture plays an important role in mental health
- Everyone matters, you are not alone
- Expanded my knowledge on mental health
- From film 3 - mental illness stigma in the Black community (6)
- Hearing success stories
- I am not alone! (2)
- Interesting way to engage students
- It is okay to get help, a lot of people go through it (4)
- Mental health does not discriminate; it's okay to have a mental illness
- Mental health is a life-long journey
- Mental health issues don't discriminate and you are not alone in this - seek help
- Mental illness can take many forms and interpretations
- Mental illness is more common than I thought (2)
- Mental illness is not a disease and there's nothing wrong with people. They need more love and attention.
- Open-minded that mental health is experienced by everyone
- People are working hard to reduce the stigma around mental illness and there are people to talk to
- Sharing information is helpful in creating connection and not feeling alone
- That community and support is the key to helping people with mental health issues
- That depression leads to mental issues which is a silent killer
- That it is important to be open and seek help
- That we all can get help if we try to get it
- There is a lot of support and stigmas
- There is hope for Brandon!
- To not be scared to take medication
- Very good presentation
- Very helpful in understanding mental illness

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

(Highlights: see raw data for full list)

- A good look into different people's struggles
- A really good place to learn about resources for all of us
- Amazing opportunity to learn and receive help or support
- An eye-opener (2)
- Awesome and informing
- Beneficial
- Connection to resources
- Educating (4)
- Educational, powerful
- Educational, resourceful
- Educative, eye-opening
- Excellent
- Eye opener (4)

- Good discussion regarding mental health
- Helpful and relatable (3)
- Important, awesome, professionally facilitated
- Informative (4)
- Informative, inspiring
- Informative, open
- Inspiring and all-encompassing of human emotion/awareness
- Inspiring, resourceful
- Intense experience, important for everyone
- Interesting (2)
- It would be important for people who aren't as aware of mental illness
- Life-changing
- Mind opening (2)
- Moving
- Open
- Powerful (2)
- Very good source of information if you want to learn more
- Very informative, helpful to see film and then discuss after
- Very useful and that we are not alone
- Very well thought-up
- Very well worth it

## How might you use what you learned today?

(Highlights: see raw data for full list)

- Contact a therapist or counsellor
- "The Blind Stigma" has opened my eyes to better work with certain patients
- Anticipating/opening my mind to how patients may be feeling
- Any of the resources that I might need
- Apply it to nursing practice
- Be more supportive to others who might be struggling (4)
- Being more open with my mental health
- Educate my friends and family, use on campus resources (2)
- I hope I can take into consideration the different perspectives of the films and panel members in my professional and personal life
- I know where to get help if I need it (9)
- I will be more aware of other people in the clinical setting as a nurse (7)
- I will use it myself and in my courses
- It has broadened my thoughts and views. Definitely offer my support to victims as I always have
- Learn more on resources for my daughter
- Make people more aware, let people know they're not alone, they are loved
- Never judge when someone reaches out
- There's so much different kinds of mental illness
- To help people who are sheltered by their family
- To maybe talk to my friends more to make them feel somewhat okay.
- To understand better people with mental illness
- Try to encourage more people to get help
- Try to teach people around me about mental health - I want to help create awareness

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

(Highlights: see raw data for full list)

- Access
- Acknowledging needing help (2)
- Barriers and official policies
- Being embarrassed
- Being labelled
- Embarrassment, lack of time
- Everyone is very helpful and I am not scared to go get help.
- Fear of appearing weak
- Feeling embarrassed to talk about my issues
- Felt that my mental health issue was not serious enough
- Finding time for myself when I get busy with life
- From a small town, little resources; ashamed to say I'm ill again, don't want to miss school or take a break
- Hate talking about feelings
- I don't know if it's bad enough to seek help
- I feel weak
- I'd rather pretend I'm OK
- Isolation in rural community
- Labelling what I actually need help for
- Lack of information on campus
- My lack of a home base as I go between Winnipeg, Brandon, and Saskatoon
- Not being able to talk, feeling alone
- Not enough post-crisis follow-ups and outpatient supports
- Not having time, not openly able to talk about mental illness
- Not knowing what is wrong. Small community with no resources.
- Not knowing what you need help for or who to go to
- Shyness and unable to express how I feel
- Stigma and fear of not getting the help I want
- Stigma and my own mental health creating a barrier
- Stigma, not feeling understood, judgment
- Stigma, privacy, bounce right back and overcome, it is my only option. Thought to be strong all my life. Turn to God (spirituality)
- Stigmas, judgments from community
- Stress and pressure, capitalism
- Taking time out of my day to help myself or seek help as a busy university student
- Thinking no one will believe me. They really can't feel what I feel.
- Tight schedule for one to one; family at home don't support
- Time and availability of counselling services
- Time and language. I speak Spanish and sometimes speaking in English doesn't feel real
- Unsure how to go about it

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

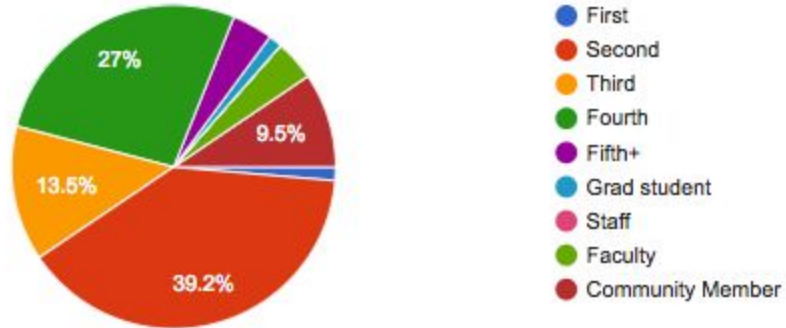
- A mini break- a lot of heavy material. Or an icebreaker to lighten the mood.
- Advertise more around campus (2)
- Better lighting for the films. It was better when it was darker but then I couldn't take notes for the paper I have to write on this.
- Compulsive attendance for more students - education, nursing, etc.
- Don't pass papers around while someone is speaking on stage
- Food at the start or halfway point (3)
- Have a break (5)
- Having a setting more conducive to discussion e.g. tables where we are facing each other
- I enjoyed it
- I feel like the initial approach should be adjusted
- It was all very well done and everyone got together to talk and it was nice.
- It was great
- It was very well put together. More advertisement around to know about it
- It was well facilitated
- It's perfect
- Longer and more involved panel – maybe discussion?
- More cultural ideas, sweats/smudging for Indigenous participants (something comfortable)
- Nothing, it was great!
- Shorter intro before films
- Talk about symptoms

### Major

Nursing	<b>49%</b>
Psychiatric Nursing	<b>20%</b>
Education	<b>5%</b>
Equal parts: ADES, BPN, Digital media design, Geography, History, Native Studies, Music, BA, Environmental Science, Early years, Sociology, Native Studies	<b>1% each</b>

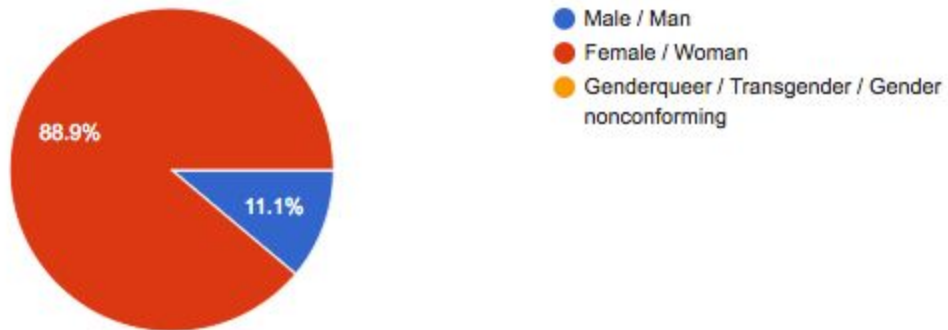
### Year

74 responses



### Gender Identity

63 responses



Race / Ethnicity		
Asian / Asian-Canadian	2	3%
Black / African / African-Canadian	8	11%
Hispanic / Latinx	3	4%
Indian / South Asian	1	1%
Indigenous / Aboriginal / First Nations	10	13%
White / Caucasian	52	69%
Other ("Canadian")	1	1%