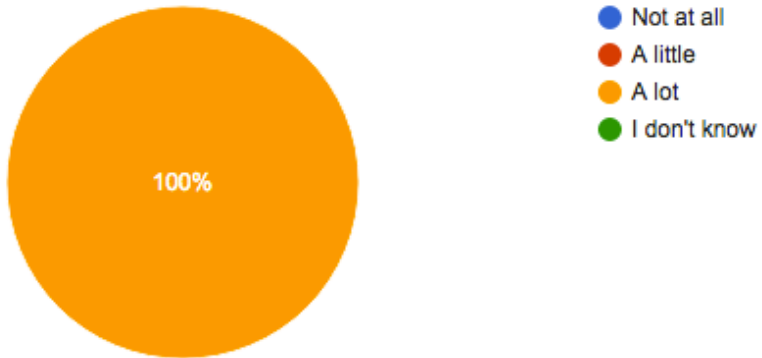


Bow Valley College

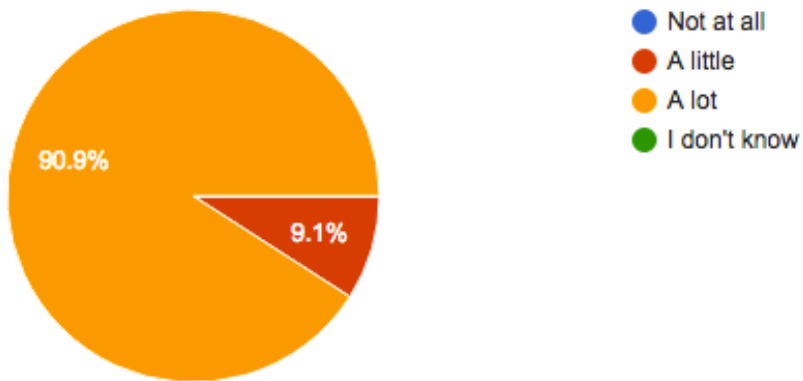
March 9, 2017

N= 13 evaluations, ~ 20 people in attendance

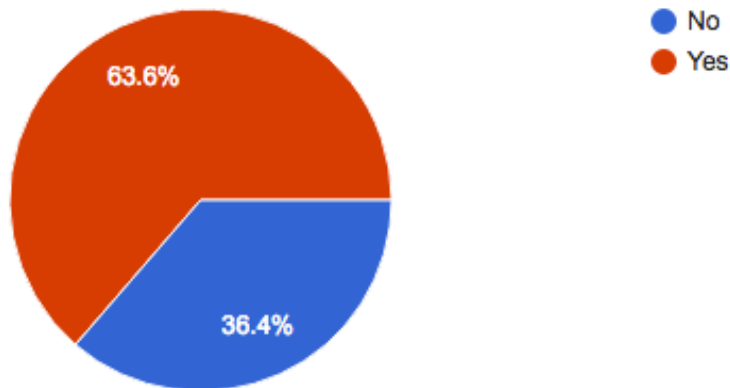
In your opinion, did this event create awareness of mental health issues?



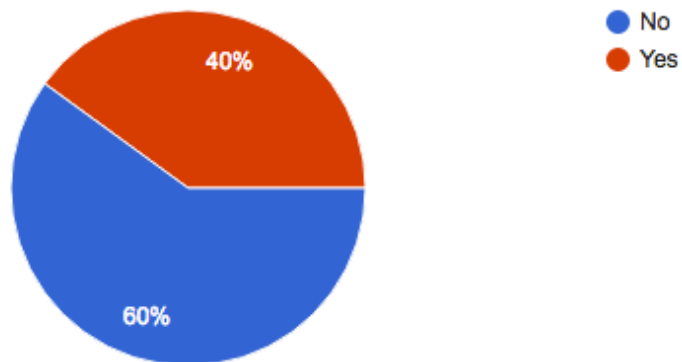
In your opinion, did this event reduce stigma related to mental illness?



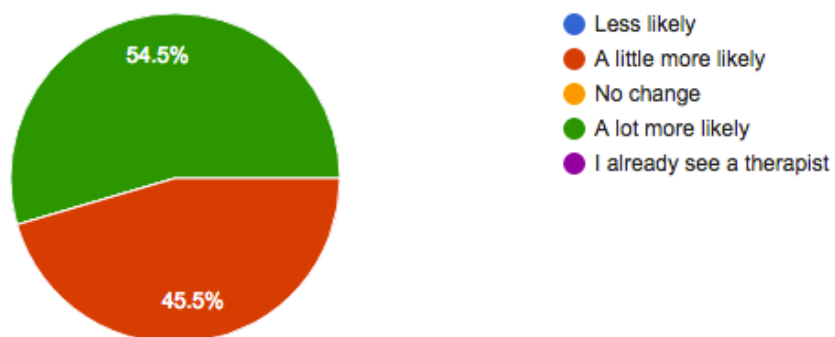
Did you know about your school's counselling services before this event?



Did you know about community resources before this event?



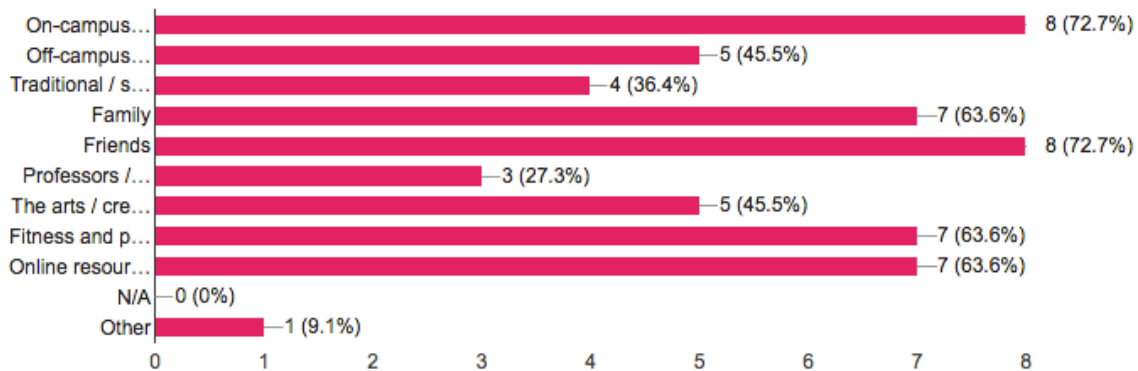
After this event, are you more or less likely to use your school's counselling services?



Referral Source - How did you hear about this event?

Online/Facebook
CMHA
Peers
School Event
SABVC (60%)

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



- On campus services, and friends had the highest responses
- Family, the arts / creativity and fitness / physical activities second highest responses

What was your main takeaway?

- It's okay! Your normal!!
- "Ask for professional help. Reach out."
- End the stigma, be more open to talk about mental health.
- Amazing event to raise awareness and reduce stigma!
- Ask for help
- Educate black community about the importance of mental illness.
- Mental Health doesn't discriminate.
- Believe in yourself, respect others, support others.
- Be open!
- People can recover from mental illness

How would you describe this event to a friend?

- It's a great eye-opener that creates awareness
- Informative
- Creating awareness and understanding giving people a voice.
- Insightful
- Informative
- Insightful

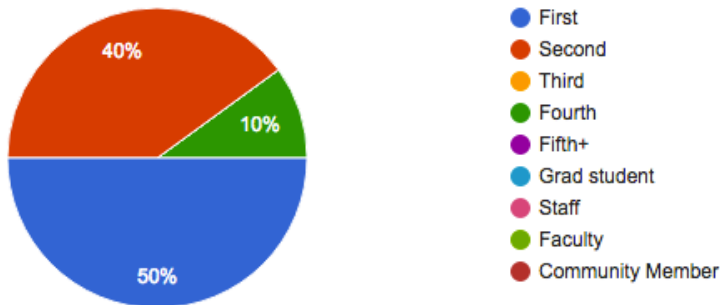
- Realization of the different levels of mental health and illnesses.
- Friendly
- Awesome

How can we improve this event in the future?

- Very good program/event, thank you, please make it maybe once every semester.
- Thought it was great
- More films
- It was great! I think this approach of the movies is a very good method. Makes it easier to understand.
- More personal experiences

Major:

Year



Gender

Female	Male
8	3
72.2%	27.3%

Ethnicity

Asian / Asian Canadian	Hispanic / Latinx	White / Caucasian	Indigenous / Aboriginal Canadian
4	1	4	1
40%	10%	40%	10%