

# Movies for Mental Health

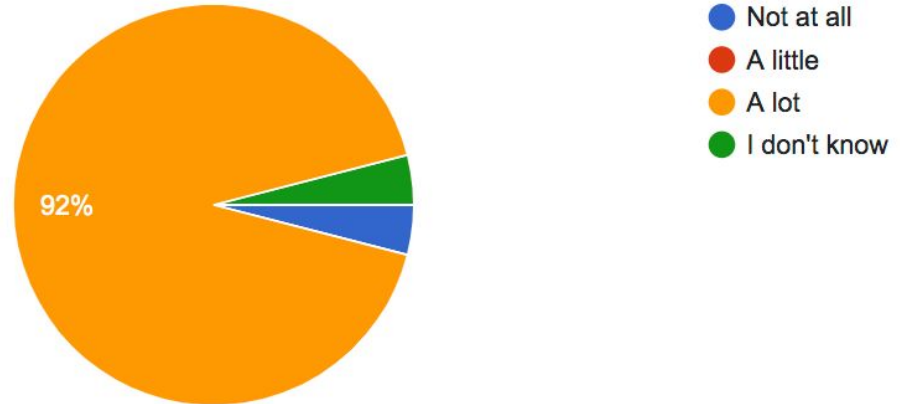
## Post-Workshop Evaluations

Bow Valley College  
January 29, 2020

Number of attendees: 38  
Number of evaluations: 25

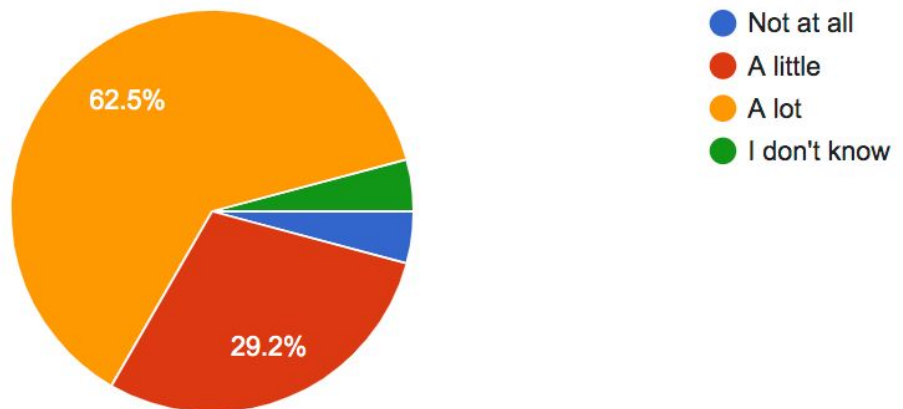
In your opinion, did this event create awareness of mental health issues?

25 responses



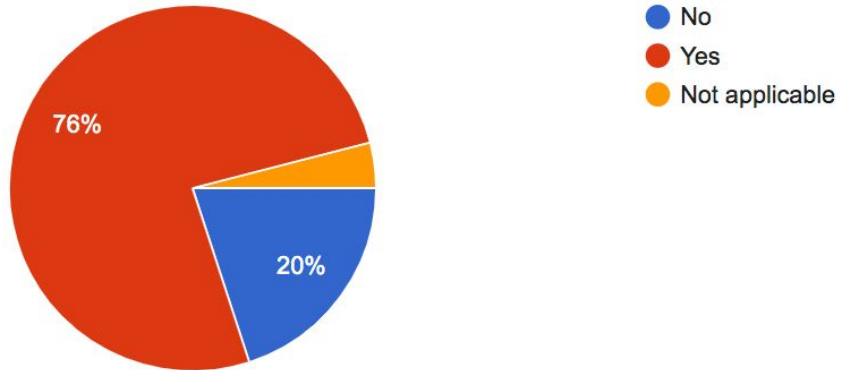
In your opinion, did this event reduce stigma related to mental illness?

24 responses



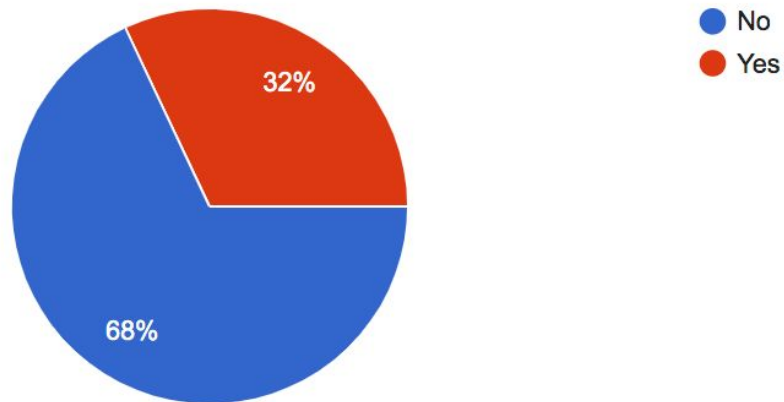
Did you know about your school's counselling services before this event?

25 responses



Did you know about the community resources before this event?

25 responses



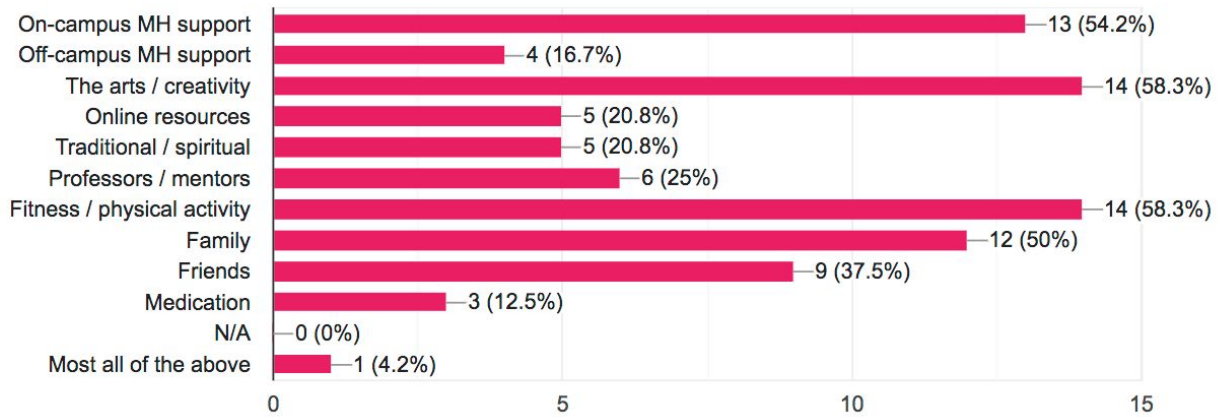
After this event, are you more or less likely to seek support for your mental health?

25 responses



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

24 responses



How did you hear about this event?

Friend	14%
Professor / class	55%
Student group	4.5%
Online / Facebook	9%
Posters / flyers	4.5%
TV screens / wellness monitor	9%

What was your main takeaway?

(Highlights: see raw data for full list)

- It lets me think maybe I have some mental problems too
- The art can be an effective way
- That mental health is a public health concern
- I know about more organization outside of campus
- Talk with someone
- Look for help if you have problems
- Reduce the stigma
- compassion care
- BVC students are so smart and giving of themselves
- How to deal with bullying and mental health in general
- Mental health stigma needs to be shattered
- See help if you have mental illness

- Different kinds of mental health
- It is really helpful
- I learned a lot from this workshop. Thnx for this fantastic workshop :)
- The movies about mental health
- Important point of views about mental health
- To be active in changing society
- Mental health issue

If you were telling a friend about this workshop, you would describe it as:  
(Highlights: see raw data for full list)

- It gives you a lot of information if you need help
- A great atmosphere and event
- Very good
- Helpful
- Awesome
- It can be helpful
- Good place to learn mental health
- beneficial
- Healing, eye opening
- dynamic, focused, listening
- Thought provoking
- A big tool to help them deal with mental health
- Informative, interactive
- Wonderful opportunity to attend
- Helpful, share your feelings
- Awesome workshop
- Inspirational, open-minded
- Recommended
- Excellent resource to know more about mental health

How might you use what you learned today?  
(Highlights: see raw data for full list)

- Sharing my anxiety and stress to get some help
- Share information (2)
- We have to take care mental health daily
- Tell someone who needs this
- Visit sometimes mental health services and practice physical activity
- Apply it to my own mental health
- essay, class discussions
- To help others and take care of myself
- Future interactions
- Tell friend to come and see even 1 session of this event
- Daily life
- I will discuss with my friends
- Whenever a person with MH issues need it
- Try to be aware with my society
- To help others

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

(Highlights: see raw data for full list)

- Loneliness
- Lack of information / resources
- Feel isolated and shame
- Not being understood culturally
- Afraid
- physical activity
- stigma, time, money
- Willingness to access. I know about all the supports and what to do, but sometimes I just don't want to feel worse by talking about it
- shame, fear
- Time (2)
- Shyness
- Financial support

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

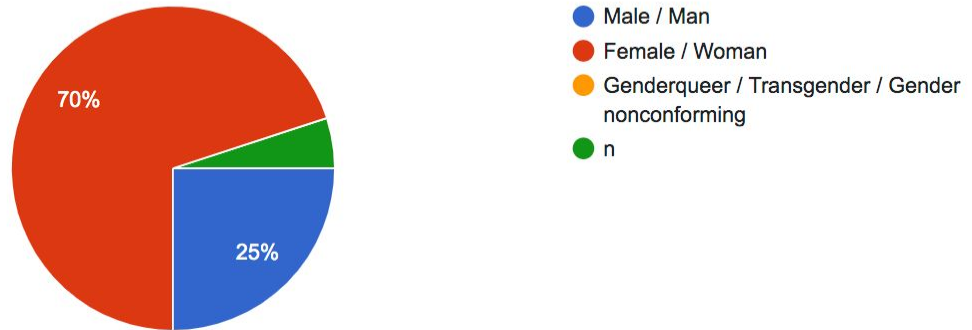
- It's okay for now
- Make more workshops in college or school
- more advertisement
- great!
- Land acknowledgment
- Perfect
- If this event was awesome you don't need any improvement
- More movies (2)
- No idea, it was very good

### Major

ELL	<b>23%</b>
ESL	<b>15%</b>
AE	<b>8%</b>
EA	<b>23%</b>
JS	<b>8%</b>
Social work	<b>23%</b>

### Gender Identity

20 responses



Race / Ethnicity		
Asian / Asian-Canadian	7	39%
Black / African / African-Canadian	3	17%
Hispanic / Latinx	4	22%
Indian / South Asian	2	11%
Middle Eastern	1	5.6%
White / Caucasian	2	11%