

Movies for Mental Health

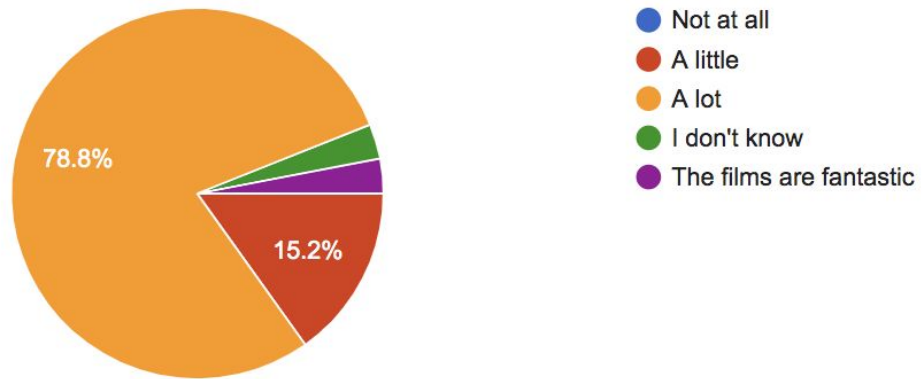
Post-Workshop Evaluations

Brandon University
October 7, 2019

Number of attendees: 48
Number of evaluations: 33

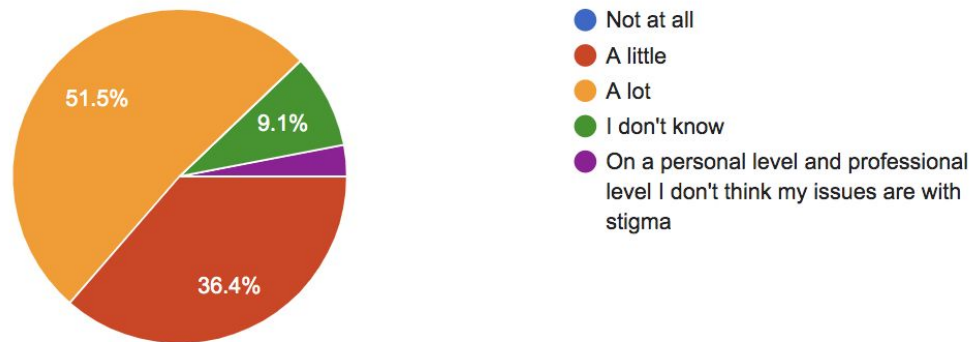
In your opinion, did this event create awareness of mental health issues?

33 responses



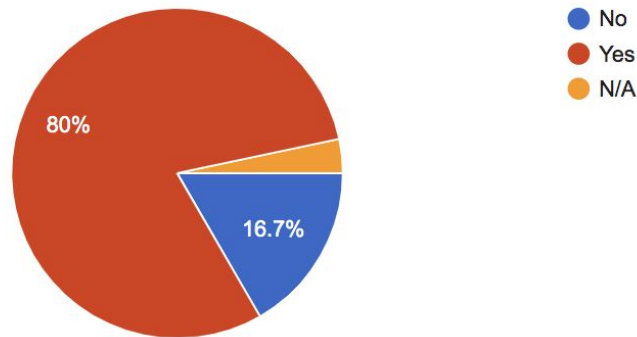
In your opinion, did this event reduce stigma related to mental illness?

33 responses



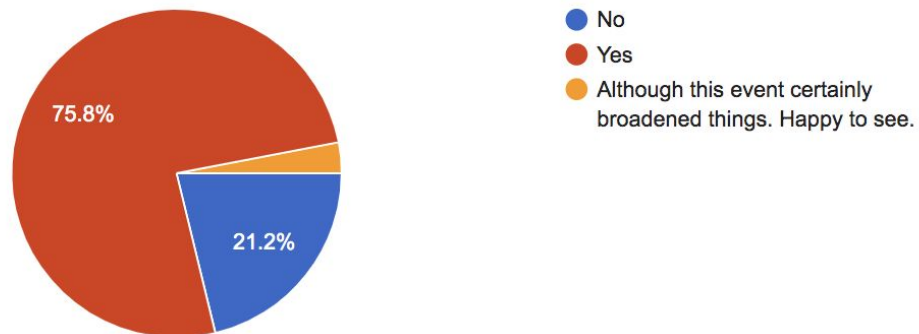
Did you know about your school's counselling services before this event?

30 responses



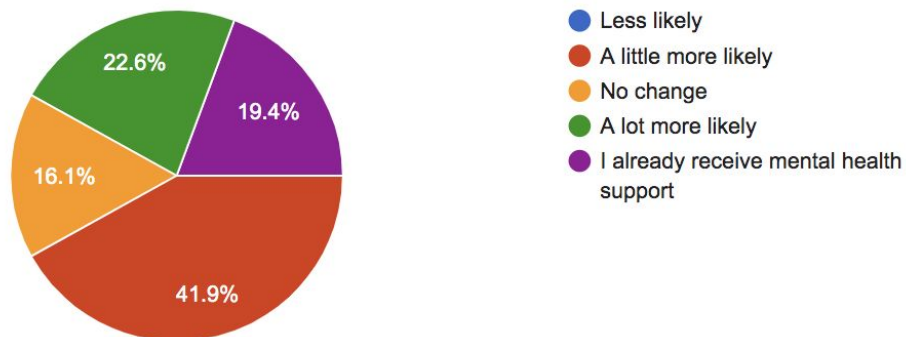
Did you know about the community resources before this event?

33 responses



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

31 responses



What type of mental health support do you think would be most useful to you?	
On-campus MH support	9
Off-campus MH support	5
Traditional / spiritual	10
Family	14
Friends	19
Professors / mentors	5
The arts / creativity	11
Fitness / physical activity	17
Online resources	7
Medication	2
N/A	3

How did you hear about this event?	
Friend	17%
Professor / class	17%
At BU	3.4%
Email	17%
Brandon Sun	3.4%
Posters / flyers	24%
Website	3.4%
Through Marsha, SPIN, Website, Word of mouth, counsellor	3.4% each

What was your main takeaway?

(Highlights: see raw data for full list)

- There are so many resources for mental health in Brandon
- The short film on Indigenous Residential Schools
- Need to seek help, speak up
- You are not alone
- Mental health matters!
- We are supported. Help is everywhere
- Recognizing that mental illness is more than just a 'disorder'
- There is support for our mental health. Also, creativity is a great avenue to mental health.
- There are resources available!
- It is okay to ask for help
- People are working hard to create awareness
- Everyone's experiences are different
- Loved the visual aspects
- So important to talk about it
- Rural mental health needs more support
- Stigma of mental health (3)
- My main takeaway was that there are a lot of ways to portray mental health - for ex short films and how it is crucial to portray it accurately or as authentic as possible
- Ending stigma is becoming more universal and that's encouraging
- There shouldn't be anything holding back asking for help
- To say meaningful authentic "how are you doing" to people and be mindful of their non-verbals
- That BU needs more counsellors, and keep talking and asking
- I liked it, well done
- Seek treatment - don't wait for it to get worse
- Resources are (illegible) especially liked the one on generational abuse

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

(Highlights: see raw data for full list)

- Mental health awareness (2)
- Empowering and knowledgeable
- Interesting, with a helpful connection to the arts
- Educational
- Powerful, heavy
- A mix of art and discussion, plus sharing of resources
- Helpful, giving me hope to see someone and that I can get better
- Illuminating
- Very interesting films and discussion about stigma
- Very good. Informative and normalizing
- Very educational, lots of resources provided, where to get help, coping mechanisms
- I would describe the workshop as eye-opening and collaborative
- Another perspective on wellness
- A chance to think about your own and other's experiences
- Interesting
- Movies and discussion
- Worthwhile - makes you think about your own ideas around mental health

How might you use what you learned today?

(Highlights: see raw data for full list)

- Use the resources given. Also the apps listed in the crisis line pamphlet
- Telling friends the resources
- Be a more genuine ally / support
- Be more forthcoming
- By reaching out to others
- Something to help myself with and possibly educate others with
- Ask friends / family for help if I need it
- To help myself and the people around me
- I will tell others about it and make sure I support them in caring for their mental health. I'll also suggest a video project to other students.
- Reach out when I need it
- I will talk more openly about possible struggles
- Talk to other students about resources
- To try and understand other people's story of mental health and educate others
- I hope to apply what I learned today into my acute psychology clinical practice through initiating conversation on mental health to help normalize it
- Staying open
- To apply them in my daily interactions with people
- Ask and listen when people say "I'm ok" learn to read tone of voice
- To tell my kids
- Contact Westman Crisis Services to seek answers as a 'caregiver'

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

(Highlights: see raw data for full list)

- Not thinking my mental illness is bad enough to reach out
- Judgment
- Stigma, not wanting others to know
- What people think
- Judgement, fear, shame, shyness
- Not thinking it's a big deal
- Difficulty expressing my feelings, thinking my problems don't matter
- My feeling of independence. Scared to be misunderstood and feel condescension
- Fear of change (2)
- Time / money / fear of stigma
- Myself - seeking for help, but not going to appointments nor setting them up
- Seeking the time to help myself. School, work, family comes first often
- Fear of change, meds
- Stigma (2)
- Feeling like I can deal with it on my own, pushing it off, feeling judged
- The biggest barrier to me seeking mental health support was believing the misconception that seeking help is a last resort
- Time (2)
- Probably shame, not willing to admit you can't 'fix' yourself on your own
- Self care in a busy world, sleep

How can we improve this event in the future?

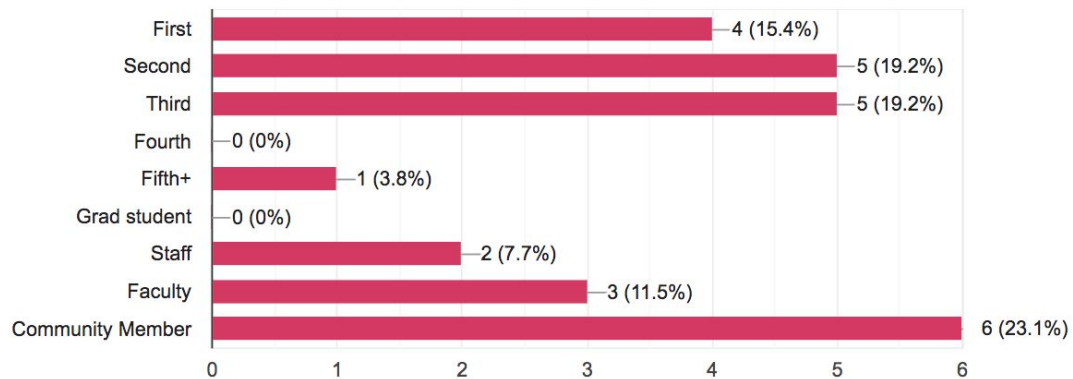
- More movies, they were very powerful
- Ask for more student speakers
- I thought it was great
- Great venue - perhaps have event tied to classroom / course expectations
- More participant involvement
- N/A, it's already great (2)
- Less forced participation, or more prompts
- More promo / advertising (3)
- More people to attend!
- Have a larger panel of Q&A
- To improve this event in the future, one could include additional info / stories about mental health struggles specifically on university campuses
- To create more awareness of the program
- I didn't like talking to each other after the movies, I liked the group part
- Smaller room
- More movies! They were fantastic

Major

Nursing	42%
Psychology	25%
Psychiatric Nursing	8.3%
Gender Studies	8.3%
Education	8.3%
Sociology	8.3%

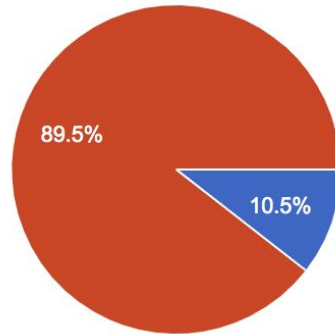
Year

26 responses



Gender Identity

19 responses



- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

Race / Ethnicity		
Asian / Asian-American		
Black / African / African-American		
Hispanic / Latinx		
Indian / South Asian		
Middle Eastern		
Native American / First Nations		
Pacific Islander		
White / Caucasian		
Multiracial		
Other		