

# Movies for Mental Health (Online)

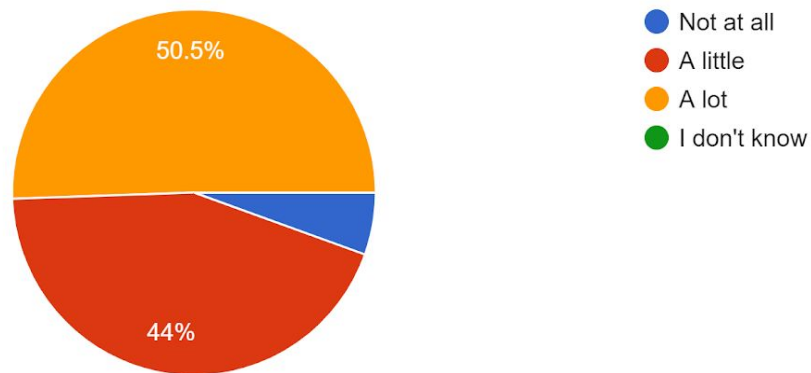
## Post-Workshop Evaluations

Brandon University  
January 26th, 2021

Number of attendees: 110  
Number of evaluations: 95

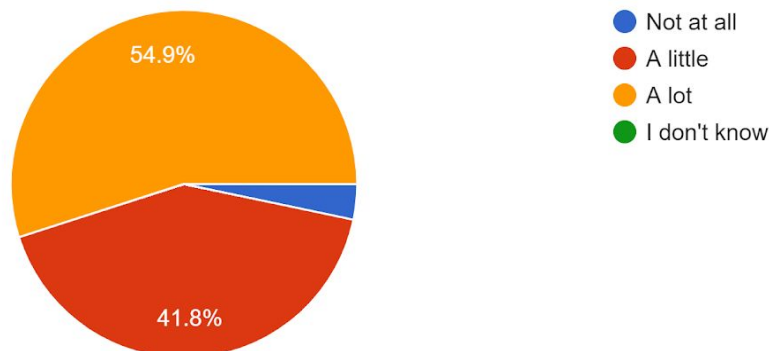
In your opinion, did this workshop increase your awareness of mental health issues?

91 responses



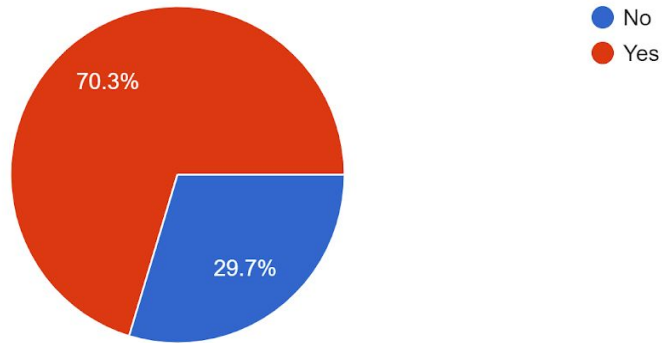
In your opinion, did this workshop help you confront and address stigma related to mental illness?

91 responses



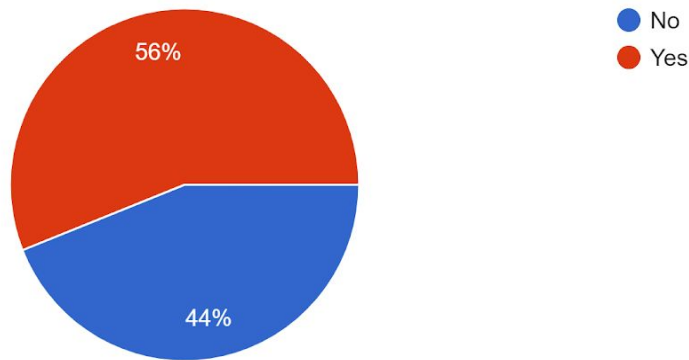
Did you know about your school's counseling services before this event?

91 responses



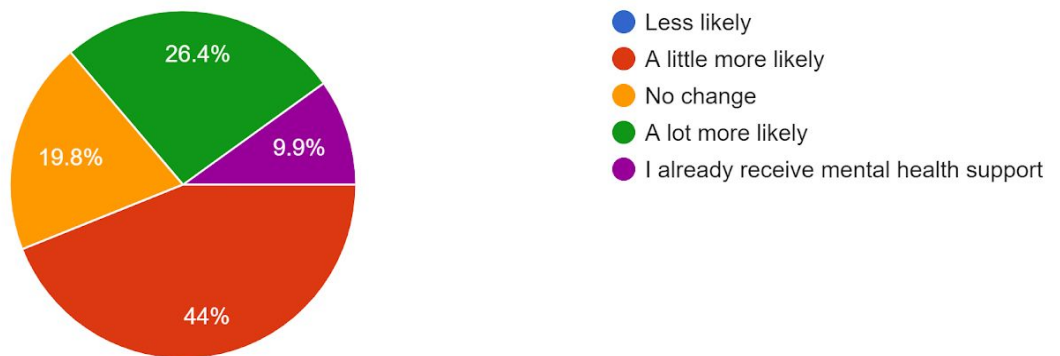
Did you know about the community resources before this event?

91 responses



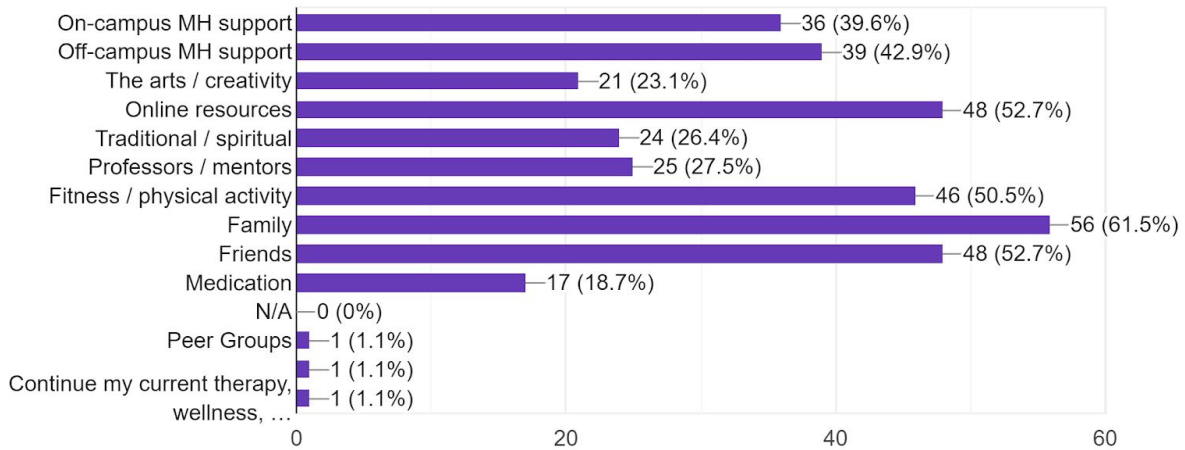
After this event, are you more or less likely to seek support for your mental health?

91 responses



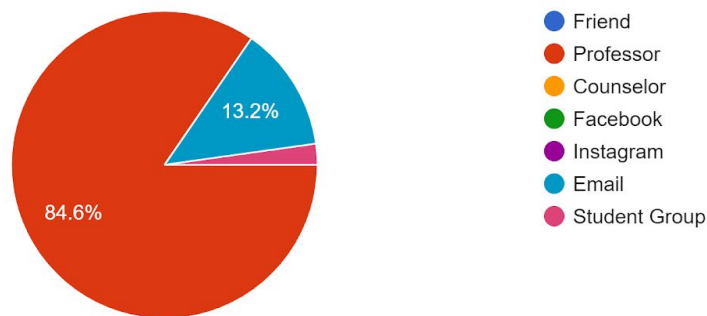
### What type of mental health support do you think would be most useful to you?

91 responses



### How did you hear about this event?

91 responses



## What was your main takeaway?

(Highlights: see raw data for full list)

- Visual media is so important for educating people who may not have much knowledge about mental health.
- My main takeaway from the event is that mental health is non-linear and support can look a lot different for different people.
- That stigma is experienced by everyone, all around the world and it has a very negative impact on people and their lives. People are in fear of being judged or being dismissed and it is harmful in so many ways. Being open to listen, being non judgemental and showing support, validation and empathy can make a world of a difference in someone's life.
- Advocate for others to help decrease stigma

- always practice cultural competence
- Always reach out when overwhelmed or facing a mental health issues
- Art can accurately express the mental health experience
- Be aware of stereotypes you hold
- Be open minded.
- Cultural competence is key and not to define others mental health status.
- everybody has mental health and can come to a place of mental wellness, whatever that looks like for them.
- I love that mental health is considered an umbrella term; love, love. Its always good to focus on your well being and last but not less its better to save a life than to save a friendship.
- I loved the mind and body techniques. Made me think more deeply about mental health and stigma
- i think it is very important to reach out on people who you think are going through something. Don't be afraid to reach out.
- I think the main takeaway is not to feel ashamed or fear of being judged
- I took away that the Brandon resources mentioned in the panel discussion have more to offer than what I knew about.
- It's better to call someone than sit and think your crisis isn't big enough
- Mental health can mean different things to others
- mental illnesses are nothing to be ashamed of
- Stephanie's story was an inspiration. I have learned that speaking up is key
- That art can really speak and be a form of advocacy
- That it is important to ask friends about what their preference for support is. It will help me prevent overstepping into my friend's situations.
- That it was a very safe, open environment to discuss mental health
- that there are resources out there provided by BU and other agencies in the area
- That we get to choose who we want to be- society does not dictate that for us.
- That we shouldn't feel ashamed or embarrassed to seek help
- The importance of Stigma, Anxiety and Bullying resources and education within the community.
- The importance of taking care of your mental health and these practices are different for everyone.
- The stigma's around mental health are very prominent
- There are a lot more resources for mental health than many realize
- there are lots of ways in which people care for their own mental health
- there are lovely people, and wonderful supports who are their to advocate for you and help you through mental health problems
- There is help, I am not alone.
- There is lots of help available if we ever need it!
- There is more being done to address the stigma related to mental health.
- There is no shame in taking help for mental illness
- There is numerous resources available that are geared towards short term and long term support.
- There's no way to define Crisis. I like that Dan said this.
- To live our lives the best way we can despite the struggles that we may face
- Understanding that I am not alone in any mental issues that I have
- We need to continue to support one another, and mental health issues/stigma is very much alive in today's society.
- We still have much work to do to end stigma

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

- uplifting and validating
- A compassionate, interactive, creative, and informative workshop

- A great interactive learning experience!
- A great introduction to mental health and some mindfulness tactics.
- A great introduction to mental illness and mental health promotion with consideration of current social and gendered issues.
- A place where you will be listened to without judgment
- A really cool workshop that teaches mental health
- a workshop that address mental health, the stigma surrounding mental health, and provides tools for self-care
- An engaging and enthusiastic presenter who is passionate about increasing awareness about mental health and mental wellness.
- An informative experience that encompasses a holistic cultural view on mental health awareness
- Awesome, very informative, was a great opportunity
- Calming
- educational, as well as one that increases your awareness of stigma and mental health.
- Educational, enlightening, and resource informative
- Emotional but good
- empowering and uplifting
- Enlightening, though provoking, resourceful
- eye opening
- gratifying
- Helpful and comforting
- helpful if you have a little bit of knowledge about mental health and want to learn more
- Impactful, safe space to discuss mental illness/health
- Informative and empowering!
- informative and intriguing
- Informative for those who aren't already well versed in available resources
- Informative, psychoeducational, wholesome
- Insightful, moving and inspiring. Worth being involved in!
- inspiring and educational workshop about mental health!
- Inspiring and informative of mental health. Breaking the barrier of mental health stigma.
- Interactive and thoughtful.
- Interactive, engaging, and fun
- interesting and informative
- Inviting, a balance of mindfulness exercises & short films about mental illness
- Inviting, mindfulness exercises & short films
- It is a platform to create awareness and talk about mental health.
- It was a very inviting environment and the people were understanding and knowledgeable
- It was comforting
- Meaningful
- Movies about mental health and discussion based questions
- Nonjudgmental, validating, empowering
- People feeling free to share their thoughts.
- powerful.
- Refreshing
- supportive
- The workshop was really uplifting and gives a person a sense of hope
- This workshop is very informative.
- Validating
- very helpful and it opened my mind
- Very influential
- very informative and engaging
- Welcoming and uplifting

## How might you use what you learned today?

(Highlights: see raw data for full list)

- Access to some resources through Brandon University
- advocate for those around me who are struggling
- allow others to define their story and what strengths they have to enable them to cope.
- be aware of that mental illness does not mean that mental wellness is not present
- Be mindful of my own stereotypes
- Be more open minded to everything and everyone's individual stories.
- Becoming more comfortable with the resources available and knowing what supports I can refer to
- being mindful of the language I use around mental health/illness
- Continue to connect with my counsellor and make use of the resources we were given
- Discussing my mental health issues better with friends and family members. As well as being a good supporter of my friends and family in my life who also suffer from mental health issues.
- Educate people around me and the public about benefit of seeking mental help, without fear of stigma.
- Great video resources to share with people who are curious or learning about mental health.
- Help others that I see struggling with issues
- I can apply what I have learned today into my everyday life, in terms of how to approach friends or family members whose mental health I am concerned about. Especially with the mentality that there is less harm in being confrontational about suicide than ignoring the warning signs altogether.
- I may look into using the BU mental health services available.
- I plan to use the breathing exercise
- I think I will share the resources with family and friends who are struggling with their mental health
- I will reinforce the importance of taking time for myself to engage in self-care while there is time to build the routine.
- I will use the different strategies such as a body scan and breathing activities to help calm me down when I'm anxious
- I will use what I learned to reflect on my own anxiety and self-stigma
- I would like to advocate to my family and peers
- I would look into some of the resources
- I'll use the coping strategies that were given to help when feeling anxious
- it will be very helpful for my psychiatric nursing career
- keeping the resources written down somewhere to share with others to help spread awareness
- Knowing the resources available in my community to aide with my practice, self advocacy, and advocacy for others.
- positively in the way I interact with people, and how I engage in relationships. Remembering that stigma plays such a powerful role in one's life and doing my best to support those that I can, when I can.
- Rebecca's body scan for meditation was helpful and I would like to use that in the future
- these are things that can be brought into my daily life
- thinking more deeply into mental health and others experiences
- To always reach out and talk to someone when overwhelmed instead of bottling up emotions
- To be mindful of others as we do not know what their path was before our in counter.
- To continue widening my perspective on others' mental health as a psychiatric nurse
- To continue working on finding strength and bravery in self expression
- To really take the time and get to know someone's story, listen to what they have to say and be patient.
- Using the body scan and breathing techniques to help reduce anxiety
- Utilize and share the services provided

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

(Highlights: see raw data for full list)

- access to resources and funding required to obtain most types of services
- anxiety about seeming not important
- being vulnerable and facing hard/uncomfortable feelings that I try and run away from.
- Biggest one is the pandemic. Can't really change that though lol
- Culture, biased health professionals
- culture, stigma
- Difficulty with approaching it due to stigmas.
- Fear to be judged, maybe no one may understand me
- Feeling ashamed but this workshop has created awareness that we shouldn't feel ashamed
- Feeling judged by a counsellor about the issues I have to talk about as I have been by other health care providers.
- Financial
- I believe that the biggest barriers to seeking mental health support for myself is internalized stigma that leads me to think that as long as I am able to function, I don't need to rely on professional help YET.
- I currently don't have barriers other than self-isolation. I can reach out via phone if necessary.
- I feel i should try to heal myself on my own
- I would like to see more LGBTQ+ mental health specific resources.
- I'm not the best when it comes to opening up, therefore being guarded and having an internal barrier.
- Isolation right now
- Judgement from others and judgement of self. Comparison to others in the same stage of life.
- knowing the resources available and having access to those resources. Additionally, the education surrounding those resources
- Lack of knowledge on resources and lack of funds.
- my cultural norms of not seeking help but just pray. That is a battle for me.
- No free health access for international students
- Not accepting that I need help and feeling like I can always fix it myself
- Not being able to access a psychiatrist because of the long waiting list.
- Not taking my self-care seriously.
- Public opinion
- Racism.
- self-judgement, costs of services, shame
- shame/fear
- social anxiety
- stigma and being "too busy". school and work doesn't give me much time to reach out for mental health support.
- Stigma, finding a counsellor that is right for me, shame, trouble acknowledging my own trauma
- structural health inequalities.
- Taking the first step to talk to a counsellor and not be afraid of being judged which I think this workshop really helped with the fear.
- The isolation of the pandemic and living with someone who has never experienced mental illness.
- The judgment and lack of knowledge around mental health issues as well as trying to navigate the system and how to get proper help.
- Usually the waiting time to get a counseling appointment. Other than that it's the mentality that I should get through it on my own.

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

(Highlights: see raw data for full list)

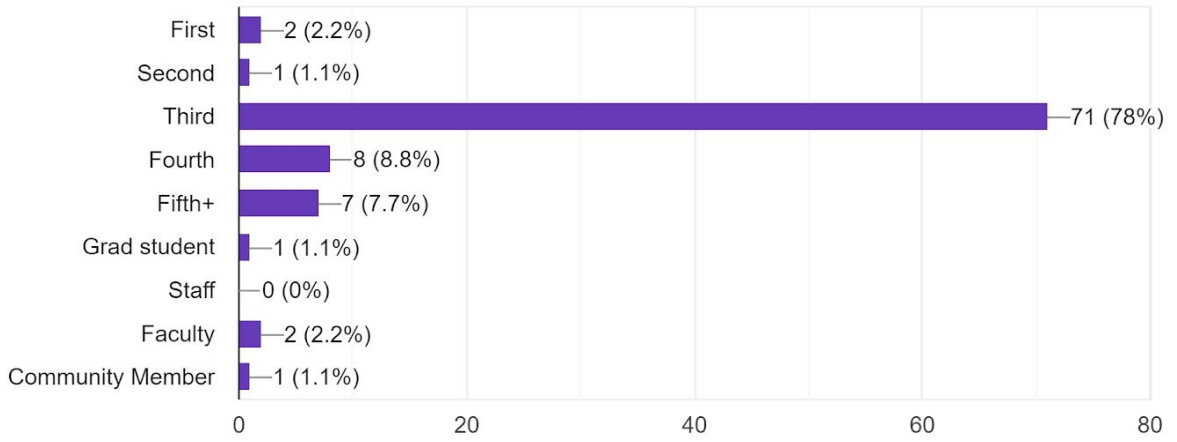
- Breakout rooms
- Continue the use of polls and anonymous chat
- continuing to fight for my health and happiness
- Could include more details with each video following viewing
- creating easier access
- have more films to view- they were amazing!
- I felt this was a very well run event, maybe more preface of the videos
- I loved how the pacing and interaction and conversation kept things moving. Please keep those elements.
- I loved the videos, so I wouldn't mind seeing more!
- I think it was great. no improvement needed
- I would include a brief bathroom break
- Id love to see more videos and discuss with the group. This group has a very clear understanding of mental health so discussion geared to a more advanced group might have been nice.
- include relaxation games, as these would help in relieving stress and improve creative thinking.
- Lots of technical difficulties, not sure how those can be avoided though
- making it available online to the public
- Maybe more people who talk about their own struggle.
- More details about the specific mental illness
- More interactive
- More people talking about their stories
- Reflection. Education. Acknowledging that it exists.
- Separate poll from questions screen, it blocked the answers.
- The event can be improved by possibly welcoming more guests onto the panel.
- The panelists were great, it would be awesome to have a few more.
- Working out any tech difficulties beforehand
- Would love an in-person attendance

Major	
Psychiatric Nursing (and pre-nursing)	<b>58</b>
Psychology	<b>17</b>
Music&Education / Counselling / English / Physical Education / Social Work	<b>(1 each)</b>



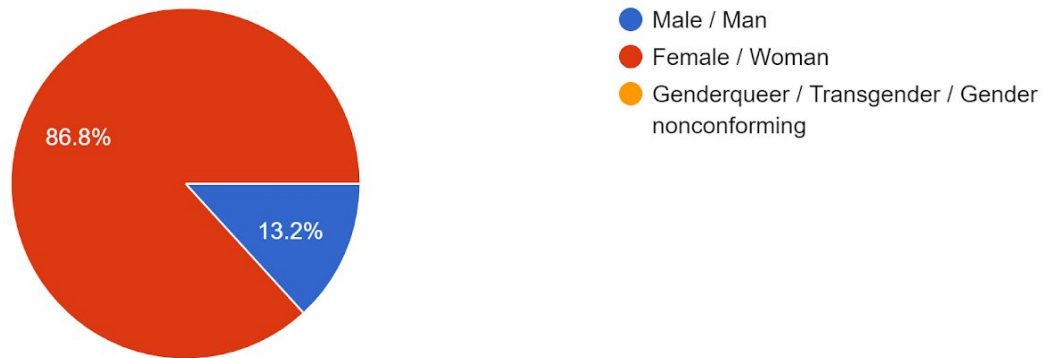
### Year

91 responses



### Gender Identity

91 responses



<b>Race / Ethnicity</b>		
Asian/Asian Canadian	<b>7</b>	<b>8%</b>
Black/African/African Canadian	<b>14</b>	<b>16%</b>
Indian/South Asian	<b>4</b>	<b>4%</b>
Middle Eastern	<b>1</b>	<b>1%</b>
Indigenous / First Nations /Métis / Inuit	<b>6</b>	<b>7%</b>
White/Caucasian	<b>58</b>	<b>64%</b>
Hispanic/Latinx	<b>1</b>	<b>1%</b>
Pacific Islander	<b>1</b>	<b>1%</b>
Multiracial	<b>4</b>	<b>4%</b>
Other		