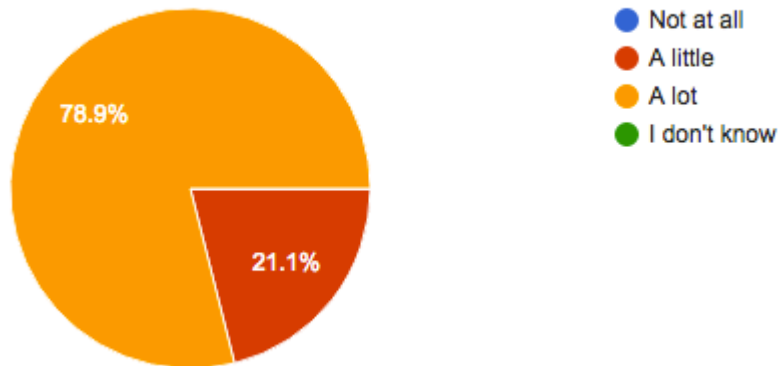


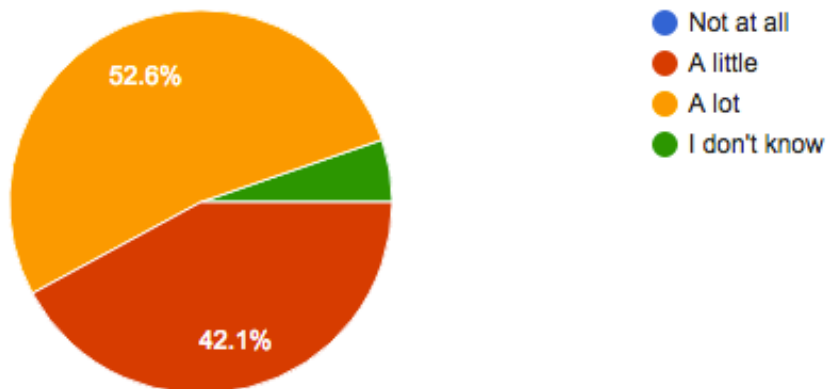
College of New Caledonia March 16, 2017

N= 20 evaluations, ~ 30 people in attendance

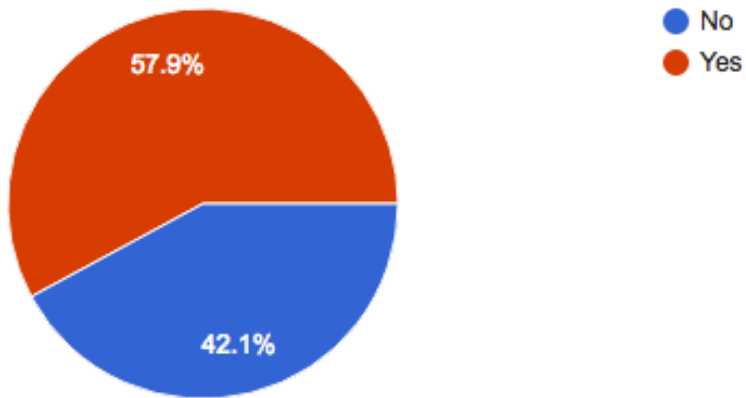
In your opinion, did this event create awareness of mental health issues?



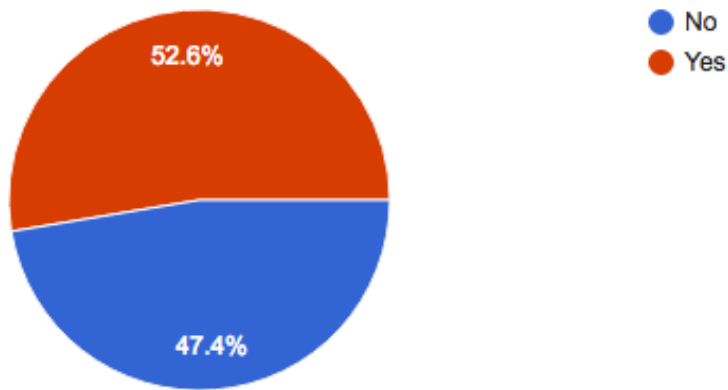
In your opinion, did this event reduce stigma related to mental illness?



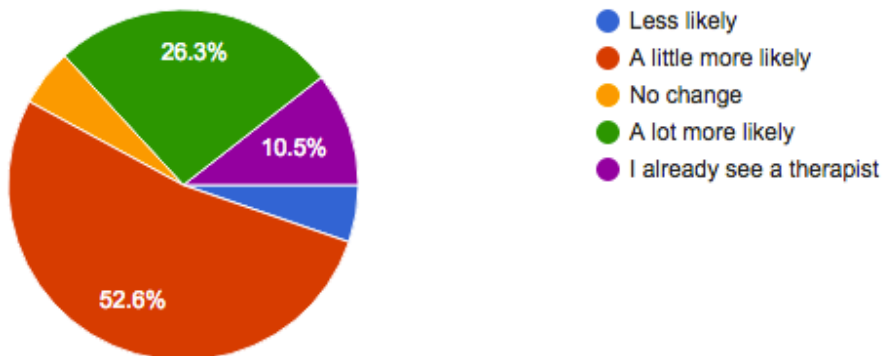
Did you know about your school's counselling services before this event?



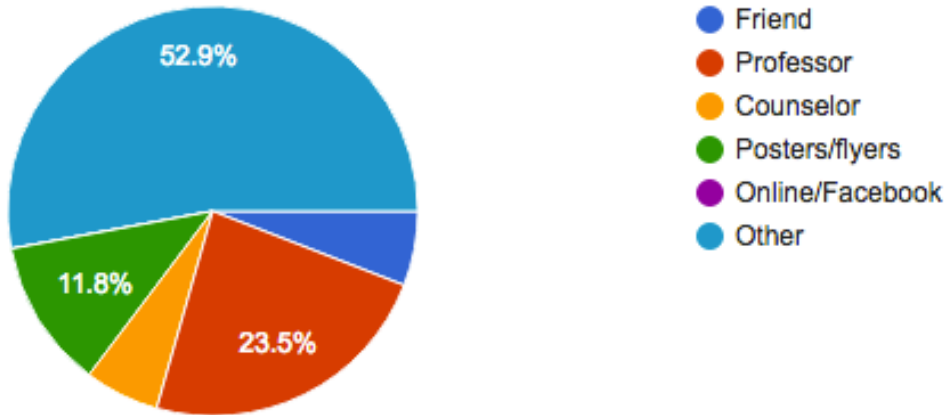
Did you know about community resources before this event?



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



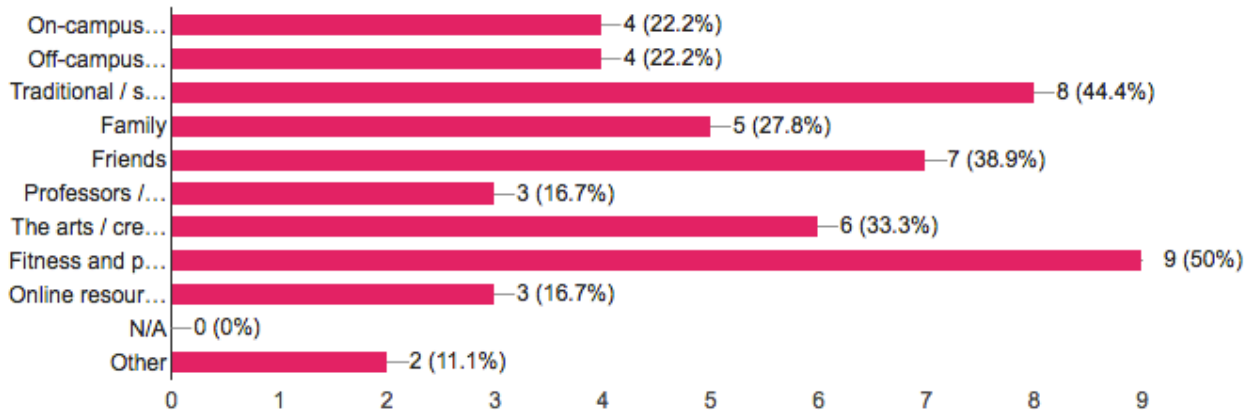
Referral Source - How did you hear about this event?



Other includes:

- Vincent Gresinger
- My son
- Educator
- School
- Through the health & wellness department
- My instructor
- Advertisement
- On campus
- Campus at CNC

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



- Traditional / spiritual healing and fitness / physical activity the highest responses
- Friends and the arts / creativity second highest responses

What was your main takeaway?

- Be kind to all people and lend a hand
- It shed light on a lot
- Know about mental supports (2)
- Mental illness can be lived with
- That it's healthy to get help
- The feeling of an anxiety attack
- The negative stigma that surrounds mental health
- The panel people talking about their experiences and the support
- The smudging opportunity/ anxiety (care) video
- To know how to handle with mental illness
- Your not alone

How would you describe this event to a friend?

- A wonderful presentation with a ton of info.
- Amazing
- By telling my friends about stigma and mental health issues.
- I would describe it as helpful that maybe it would help friends who also struggles with mental wellness.
- Impactful
- Informative (2)
- Insightful
- It is a good event. I know many new things about mental health (2)
- Useful
- Very helpful, worth the time
- Watch, movie, help to know about mental health.
- Worth going to (2)

How can we improve this event in the future?

- By showing new videos of different aspects / cultures (2)
- Coffee & donuts.
- Coordination on slides / technical difficulties (2)
- I think it was good as is
- Make it little longer
- More video clips
- Washroom break (2)
- Try to invite more people

Major:

BBPH

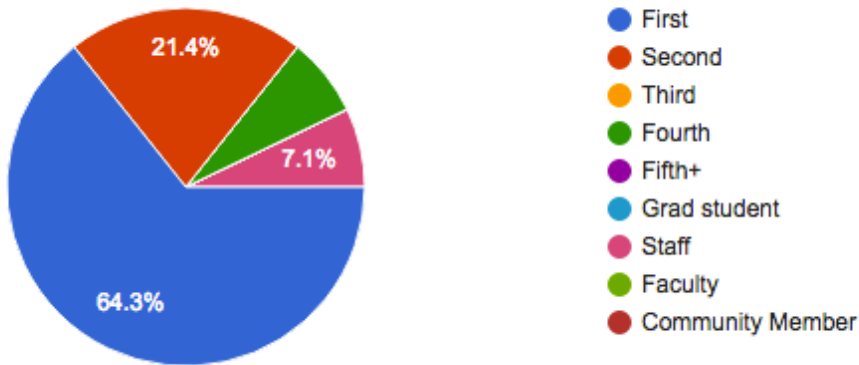
Bio-Psych

Biology and Psychology

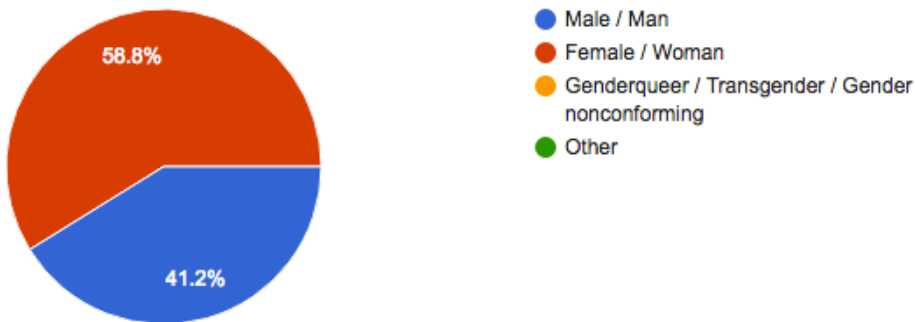
Con-Ed, Env Sci

Drama
 Environmental Sciences
 Life Sciences (3)
 Physics
 Political Studies
 Psychology (5)
 Psychology - French

Year



Gender



Ethnicity

| Asian / Asian American | Indigenou s Canadian | White / Caucasian | Indian / South Asian |
|------------------------|----------------------|-------------------|----------------------|
| 1 | 4 | 11 | 4 |
| 5.9% | 23.5% | 64.7% | 23.5% |