

Movies for Mental Health

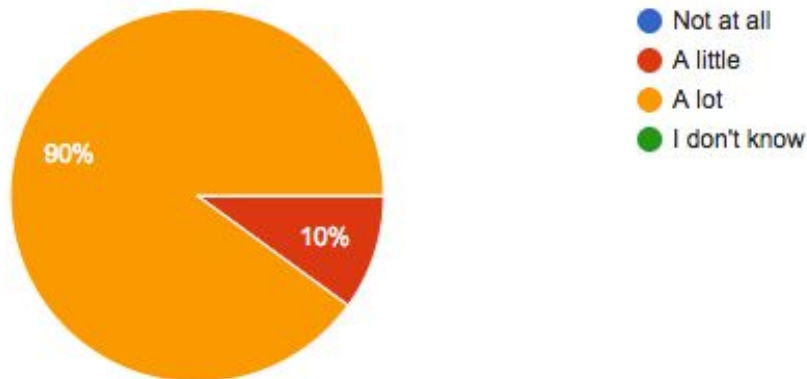
Post-Workshop Evaluations

Concordia University Edmonton
November 21, 2018

Number of attendees: 30
Number of evaluations: 10

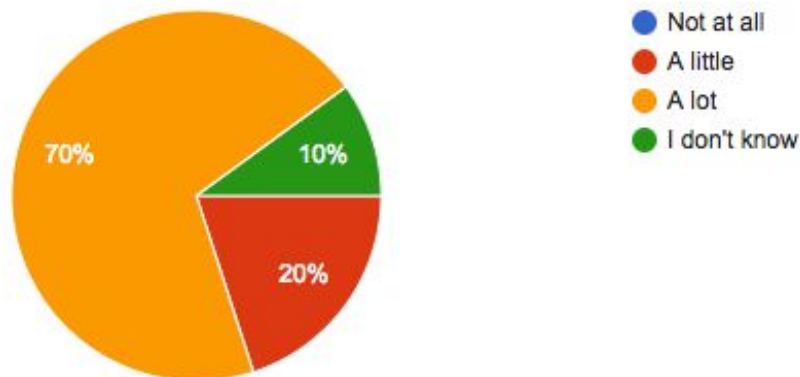
In your opinion, did this event create awareness of mental health issues?

10 responses



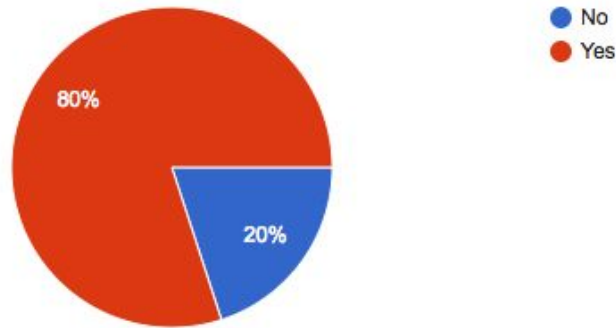
In your opinion, did this event reduce stigma related to mental illness?

10 responses



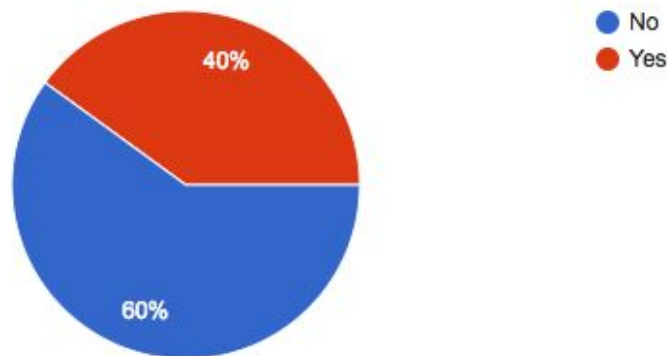
Did you know about your school's counselling services before this event?

10 responses



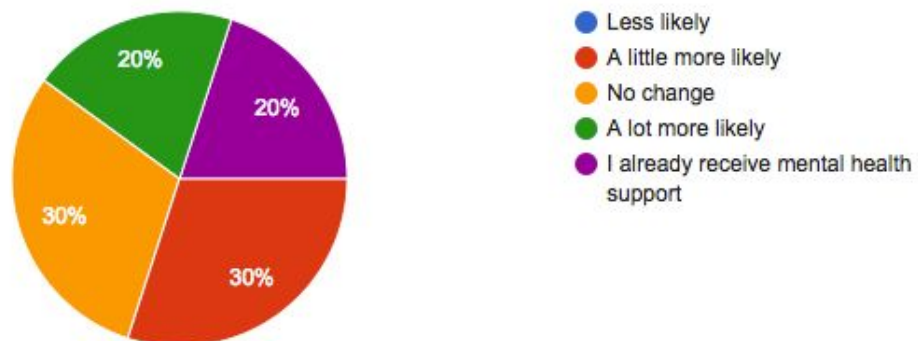
Did you know about community resources before this event?

10 responses



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

10 responses



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

On-campus MH support	5
Off-campus MH support	3
Family	5
Friends	4
Professors / mentors	1
The arts / creativity	2
Fitness / physical activity	1

How did you hear about this event?

School	14.3%
CUE Newsletter	14.3%
Posters / flyers	14.3%
Walked into Tegler	57%

What was your main takeaway?

(Highlights: see raw data for full list)

- Help is ok!
- I'm not the only one
- Voicing / asking for help
- It's okay to ask for help
- Take care of ourselves, mental health is as important as a meal or a good night of sleep
- That seeking help is beneficial instead of dealing with it on your own
- It's ok to not be ok

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

(Highlights: see raw data for full list)

- Beneficial, powerful
- Enlightening
- Emotional
- Educational, eye opening

- Motivational / supportive
- A panel with guests and videos about mental health
- Informational, moving, inspiring, eye opening
- Informative, inviting, open

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

- Reach out
- To reach out more
- More acknowledgement of mental health
- I will be more open and forward
- Take more time to evaluate my mental health and care more about it
- Ally it to my own life and seek help when I feel alone
- To combat my own mental health issues

What are the biggest barriers to your mental wellness and/or receiving mental health support?
(Highlights: see raw data for full list)

- Getting there
- I'm afraid to ask
- Having to face fears
- I'm scared people will tell others
- The feeling that I do not need it
- Being scared of sounding ridiculous about my feelings
- No time (2)

How can we improve this event in the future?

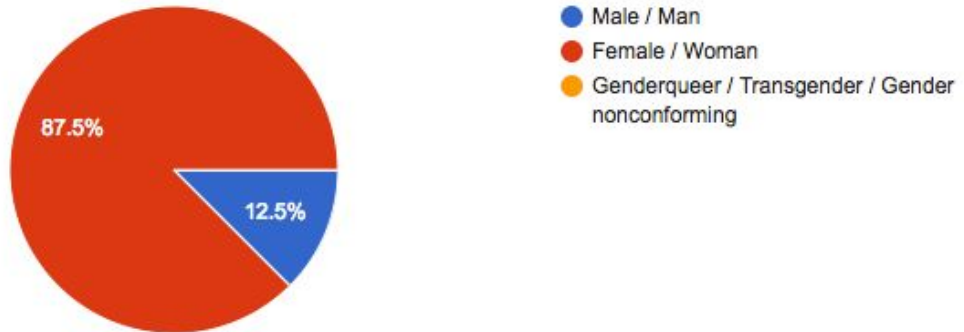
- Quieter place - more controlled environment
- Maybe ask if anyone from the crowd may want to share
- Different location allowing for more / different participation
- Put it in a more quiet place
- Try another time to avoid parallel conversations during lunch
- I think in a different space / environment
- More speakers

Major	
Psychology	50%
Cell and molecular biology	12.5%

English	12.5%
Open Studies	12.5%
Science	12.5%

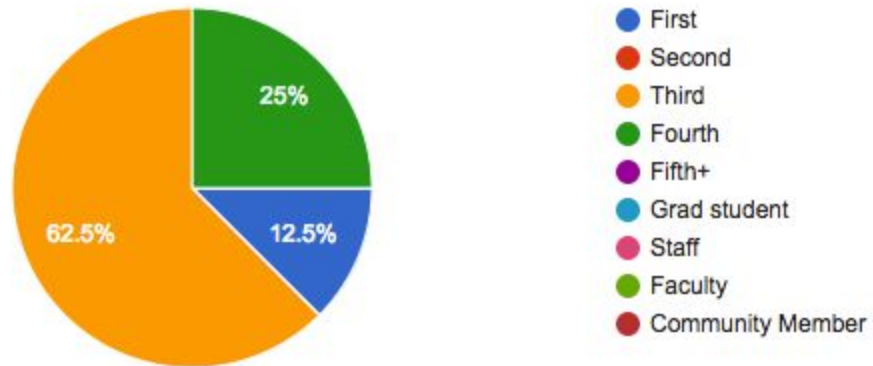
Gender Identity

8 responses



Year

8 responses



Race / Ethnicity	
White / Caucasian	5
Multiracial	3