

Movies for Mental Health

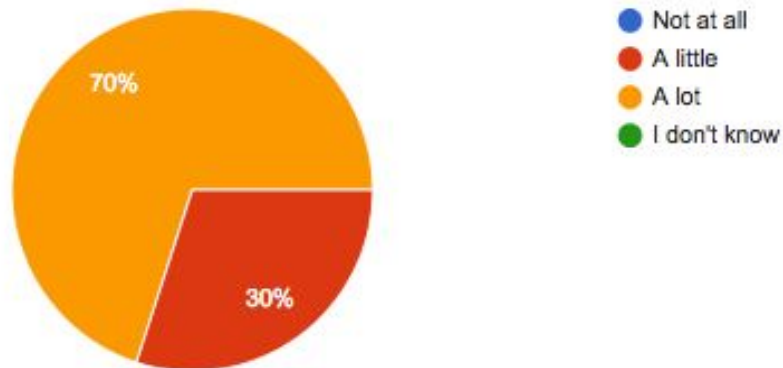
Post-Workshop Evaluations

Carleton University
October 9, 2018

Number of attendees: 40
Number of evaluations: 10

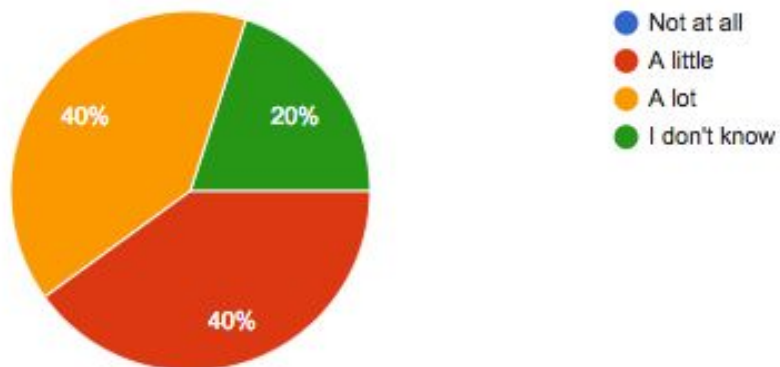
In your opinion, did this event create awareness of mental health issues?

10 responses



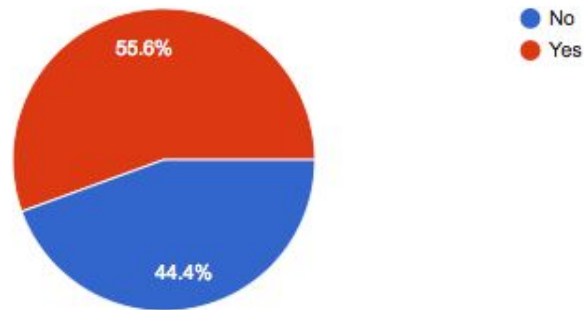
In your opinion, did this event reduce stigma related to mental illness?

10 responses



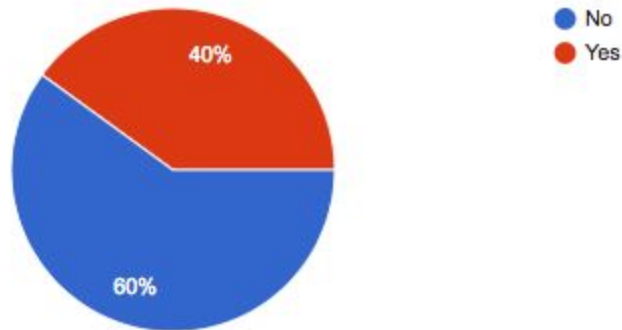
Did you know about your school's counselling services before this event?

9 responses



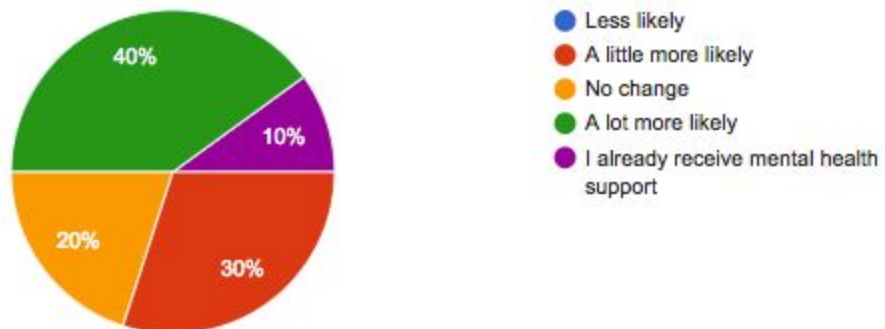
Did you know about community resources before this event?

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	4
Off-campus MH support	5
Traditional / spiritual	1
Family	4
Friends	5
Professors / mentors	1
The arts / creativity	4
Fitness / physical activity	4
Online resources	1

How did you hear about this event?

Friend	44%
Online / Facebook / email / Instagram	22%
Posters / flyers	11%
In Lounge	22%

What was your main takeaway?

(Highlights: see raw data for full list)

- Hope
- Community Resources (2)
- Awareness
- Hope
- Commonality of mental health
- Personal fear speaking about mental health
- "Don't be afraid to seek help if needed"
- "This life is a gift"
- Availability and commonality of mental health awareness
- "I learned that I'm a little uncomfortable when speaking about mental health. Worried about saying the wrong thing".

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

(Highlights: see raw data for full list)

- Open discussion
- Informative (5)
- An open / safe space to talk and learn about mental health
- Useful, eye opening
- Important
- Aimed at opening and continuing the discussion
- A workshop that gives information about mental health resources
- If you want to experience what people are suffering from
- Great workshop about mental health. I didn't know it was a serious issue

How might you use what you learned today?

(Highlights: see raw data for full list)

- Inspiration
- Seek help if needed
- How to help people
- Help others (3)
- To open discussion with peers
- Bring back Art With Impact inspiration to further explore
- I'm eager to speak more freely about mental health with friends and family.

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

(Highlights: see raw data for full list)

- Wait times
- Stigma (5)
- Financial, time, lack of awareness of services
- Age
- I'm very closed off
- Fear getting mocked with my feelings
- Trust, shame, not aware

How can we improve this event in the future?

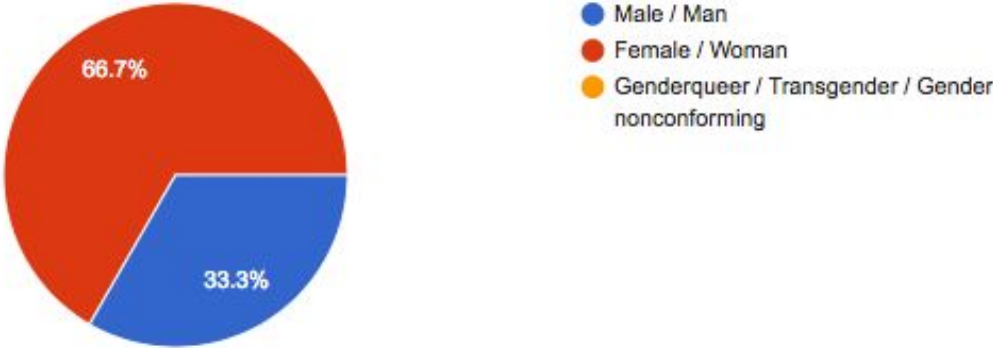
- Venue - "venue might draw more if space larger"
- Promotion (2) - "more promotion to get more audience"
- It is good as it is now
- More student stories and voices (3)
- Create a space / do something to have attendees to speak up

- "I think the challenge would be in recruiting students / community members who are less knowledgeable / compassionate to mental health".

Major	
Arts	1
Biology	1
Finance	1
Engineering	1

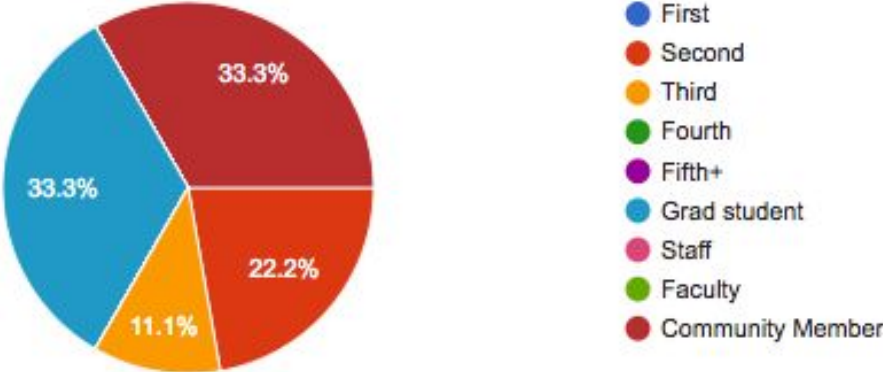
Gender Identity

9 responses



Year

9 responses



Race / Ethnicity		
Black / African / African-Canadian	5	55.5%
Hispanic / Latinx	1	11%
Indian / South Asian	4	44.4%
White / Caucasian	1	11%