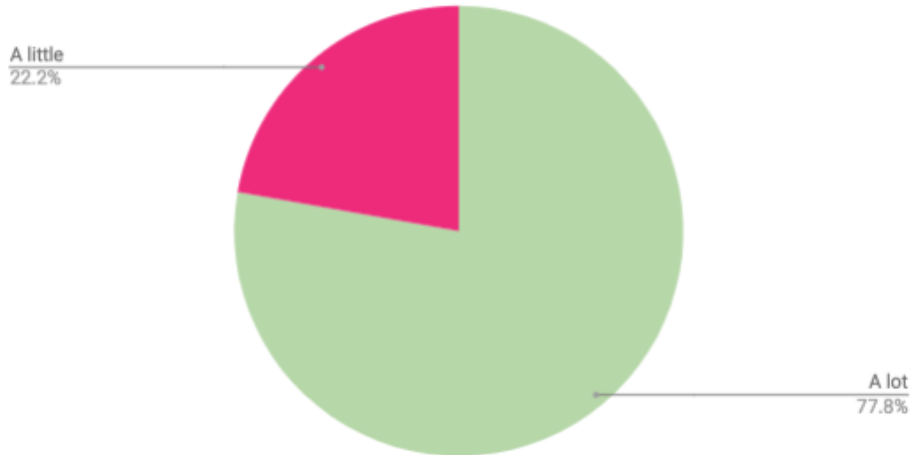


# Centennial College January 31, 2018

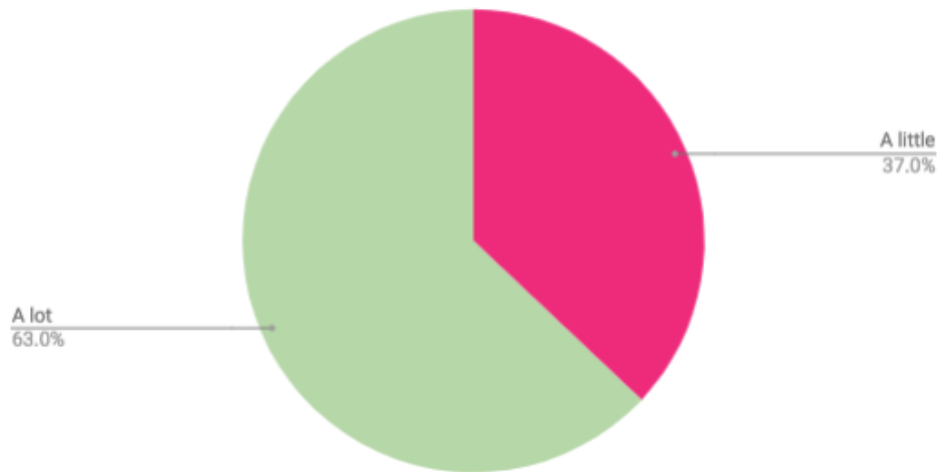
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N= 31 evaluations, ~ 40 people in attendance

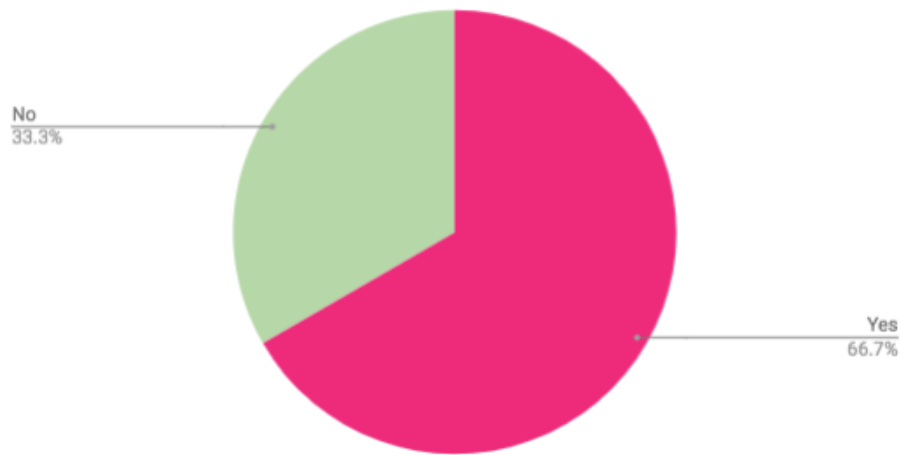
In your opinion, did this event create awareness of mental health issues?



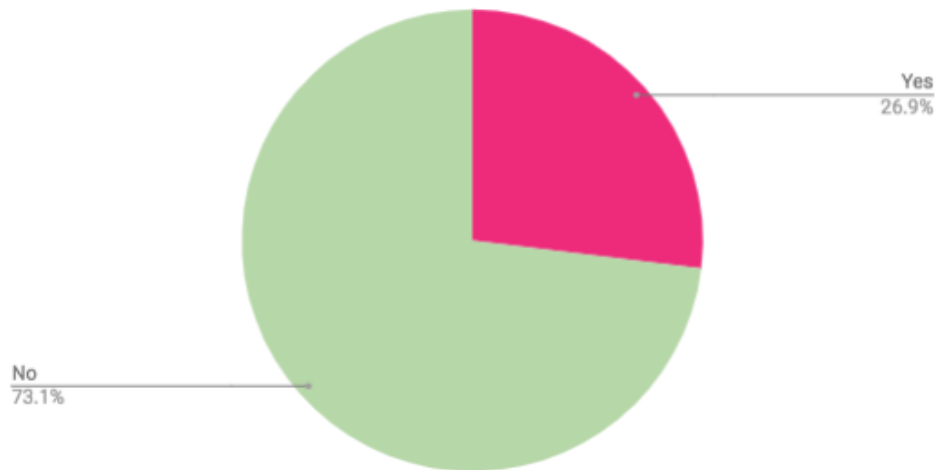
In your opinion, did this event reduce stigma related to mental illness?



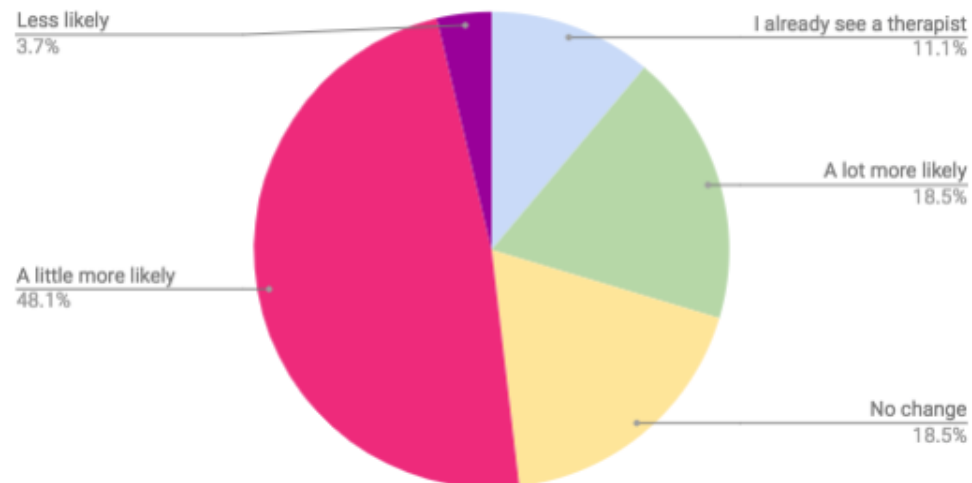
Did you know about your school's counselling services before this event?



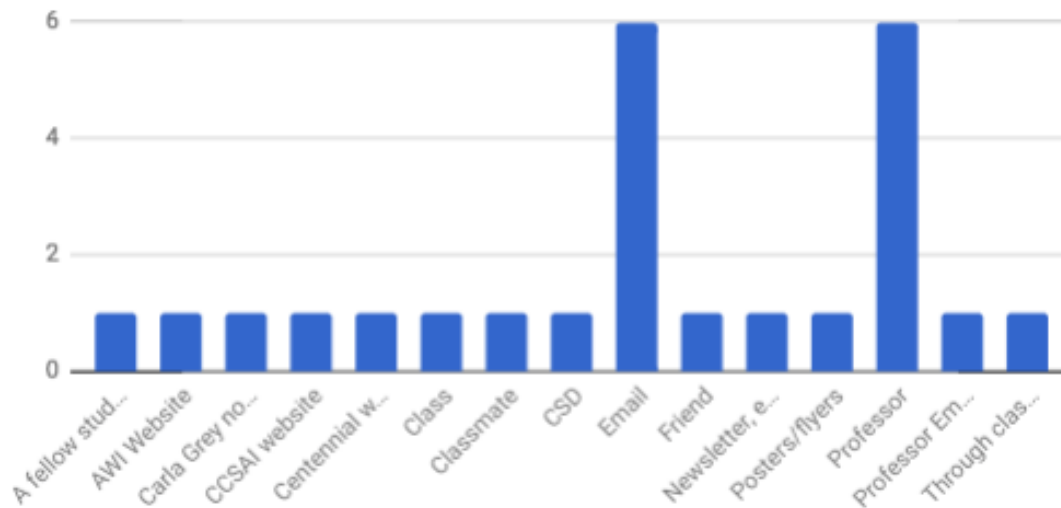
Did you know about community resources before this event?



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?



24% Professor

24% Through email

12% Through a classmate

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

Fitness / physical activity - 11

Family - 11

Friends - 9

On campus MH support - 7

The arts / creativity - 7

Professors / mentors - 7

Off campus MH support - 6

Traditional / spiritual - 5

Online resources - 1

### What was your main takeaway?

- A better understanding of cultural barriers to seeking help for one's mental health issues
- Ask for help when you have a mental health issue
- Awareness of mental health, especially minority communities
- Different kind of mental health is real in our society
- Discussion, relatability
- Everyone can relate to mental health
- How arts can help people with mental health issues
- Knowledge (2)

- Mental health and stigma (4)
- Mental illness is a big issue nowadays
- Sense of community
- Stigmas existing in the black community
- The many forms mental health can take
- The movies describing each concept
- The stigma of cultures not taking mental health seriously
- The videos really stood out (2)

**How would you describe this event to a friend?**

- A good first step to understanding mental health
- A mind opening experience
- A positive and informative event
- Basic knowledge about mental health
- By letting them know they aren't alone
- Good event for mental health awareness
- Great event to attend in the future
- Interesting
- Lots of knowledge (3)
- Panels, video, discussions, and engagement
- Post on community discussion
- The event is very helpful. Makes everyone aware about mental illness/health
- Very accessible and open
- Very educating
- Very good
- Very informative

**What are the biggest barriers to your MW and/or receiving help?**

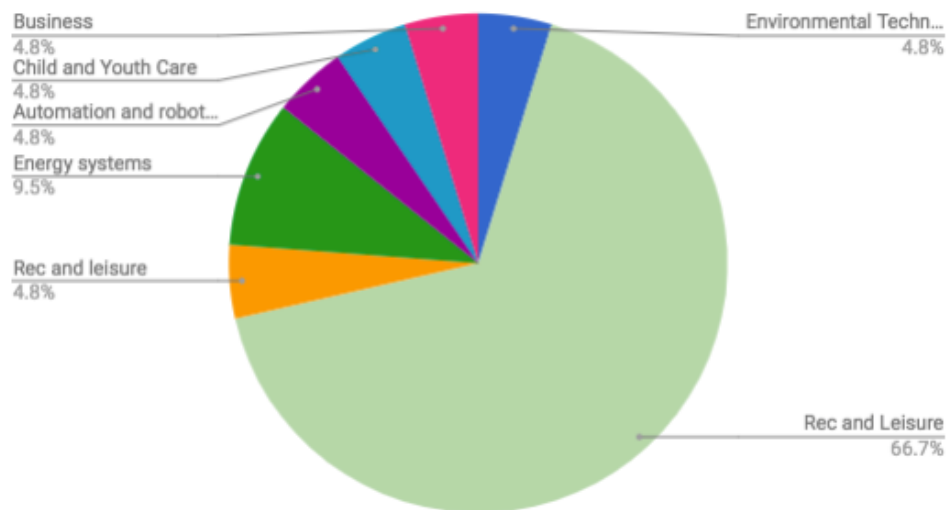
- The complexity of transitioning from youth to adult mental health services
- Cultural expectations and societal expectations
- Being ashamed
- Pride / Denial
- Myself and negative thoughts
- Being able to articulate what you're going through
- Looking at the resources
- Not knowing what to say or if this problem is normal
- Not talking about it
- Language barriers
- I find that I'm not ready or I'm just fine to reach out for services
- Just wanting to get help
- Myself
- Lack of self-awareness

- That when I do, my family will form my life into a constant hell

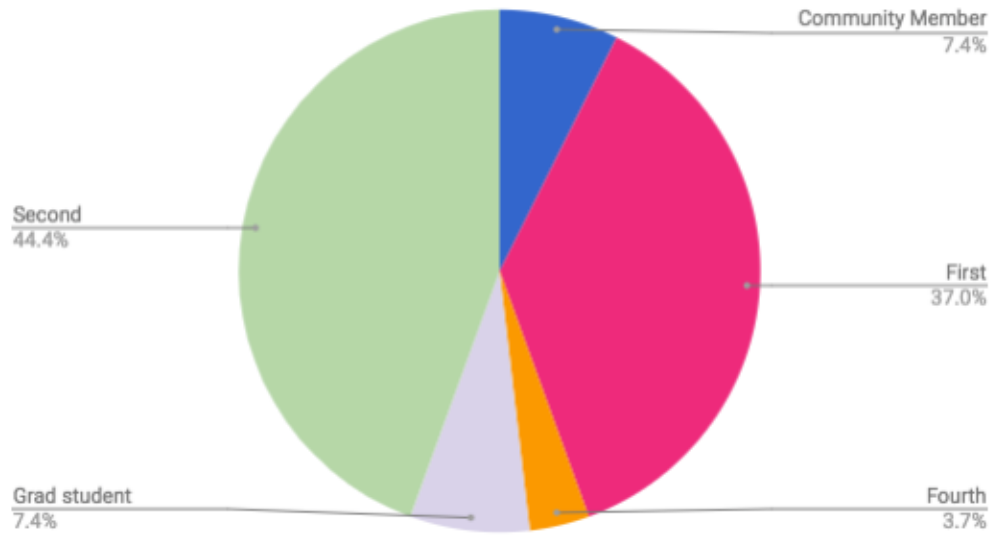
### How can we improve this event in the future?

- Better location / different venue (4)
- By engaging lots of students to participate
- Continue to educate
- It's pretty good to be honest
- Job well done
- Link us to other events
- More movies
- Make Q&A longer
- Stories of more students, or more stories we can relate to

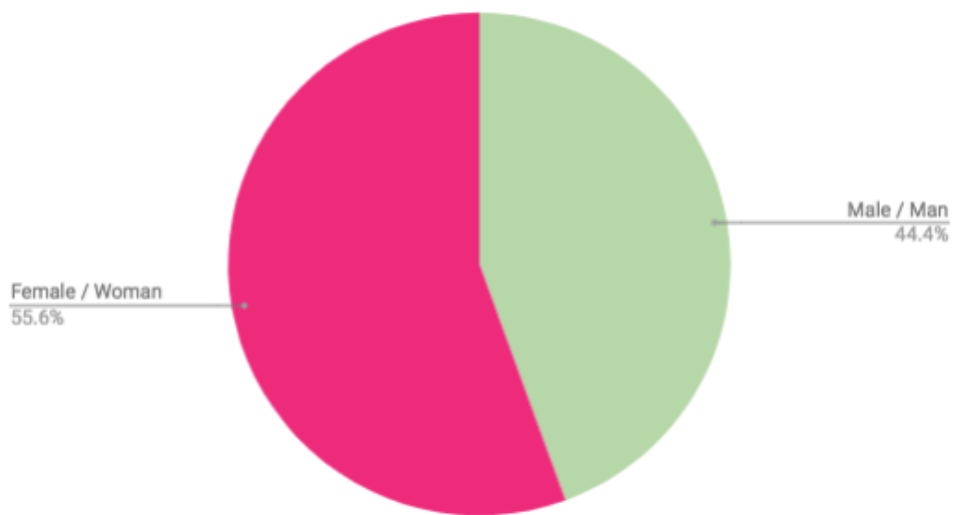
### Major:



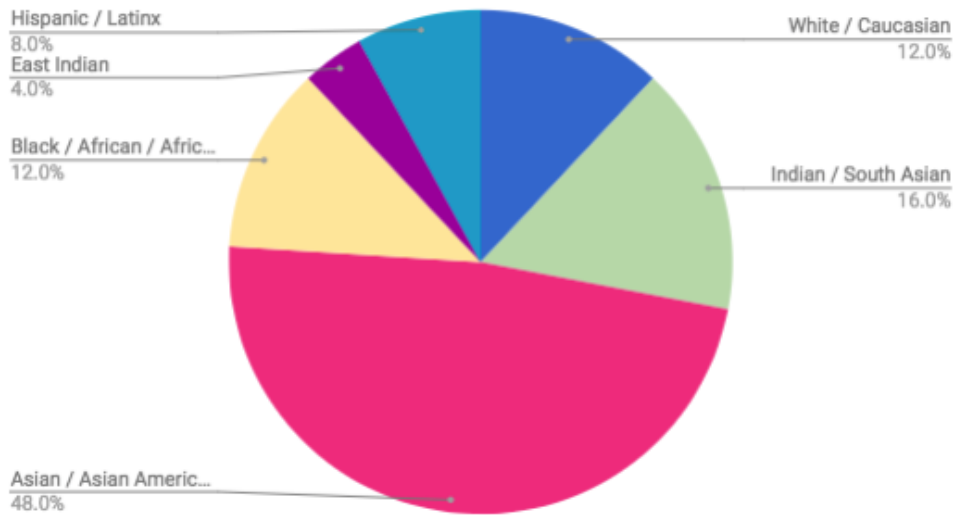
### Year



### Gender



### Ethnicity



### Pre and Post Surveys

Questions with the largest growth:

- I would feel confident describing what "mental health" is to another person. (Q1)
- I can explain what stigma is, and how it relates to mental health. (Q6)
- I know of at least one specific on-campus mental health resource available to me. (Q7)
- I know of at least one specific community / off-campus mental health resource available to me. (Q8)

