

Concordia University
November 30, 2016

N= 16 evaluations, ~ 30 people in attendance

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

Not at all	A little	A lot	I don't know
0	2	14	0
%	13%	87%	%

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

Not at all	A little	A lot	I don't know
0	6	6	4
%	38%	38%	24%

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

No	Yes
5	11
31%	69%

Did you know about community resources before this event?

No	Yes
11	3
79%	21%

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

No change	A little more likely	A lot more likely	Already seek help
2	8	2	3
13%	55%	13%	20%

Referral Source - How did you hear about this event?

Barb	1	8%
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Concordia Newsletter	1	8%
Free pizza	3	21%
Friend	1	8%
Cassidy	3	21%
Helped organize	1	8%
Online	1	8%
Peer Support Team	1	8%
Posters	3	21%

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

Counselling	3	33%
Depression, anxiety	1	10%
Greater awareness of the struggle of others	1	10%
Not sure	2	22%
Psych	1	10%
Rest	1	10%
Support + love from family	1	10%

What was your main takeaway?

Awareness is important

Family and friends

Help is there

Impactful

Mental health is a priority for all

More aware of others who struggle

That you're not weird if you have a mental illness, you're not the only one

There are others

There is always help available when you need it

How would you describe this event to a friend?

A place you can go to discuss, ask questions about mental health

Amazing, eye opening

Excellent

Great presentation and discussion about mental health

Helpful

If it is on again, (tell them) to attend

Informative, thought provoking

Movies related to mental health

Open, friendly

Very informative

Very touching and helpful. Great idea!

How can we improve this event in the future?

Duration

It was good enough, no need for improvements

It was perfect

Other ways to cope

Was very good

Major:

Biology (2)

Biochem (1)

English (1)

Management (1)

Psychology (5)

Year

First	Second	Third	Fourth	Graduate	Staff or Faculty
6	2	1	2	1	1
46%	18%	8%	15%	8%	8%

Gender

Female	Male
10	6
62%	38%

Ethnicity

Asian / Pacific Islander	South Asian	Hispanic / Latino	White / Caucasian	Other
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1	1	1	11	1
7%	7%	7%	73%	7%

Anything else we should know?

- I am a single mom, would be nice to have help coping with school, children, etc. I am not the only single mom here.