

Movies for Mental Health (Online)

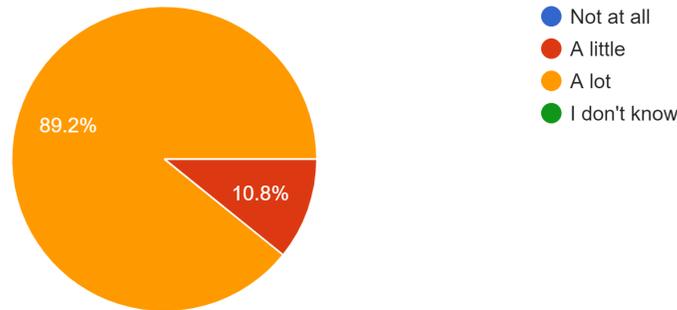
Post-Workshop Evaluations

Conestoga College
February 7, 2022

Approximate maximum attendance: 58
Number of evaluations: 45

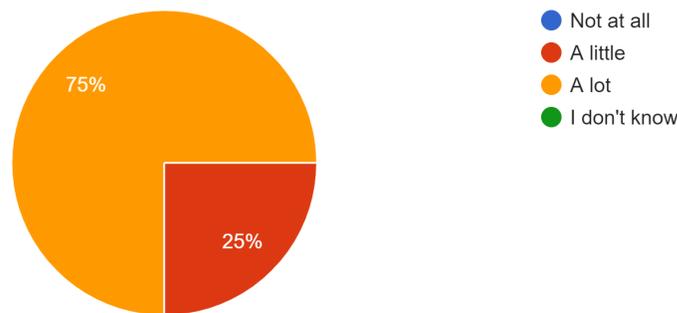
In your opinion, did this workshop increase your awareness of mental health issues?

37 responses



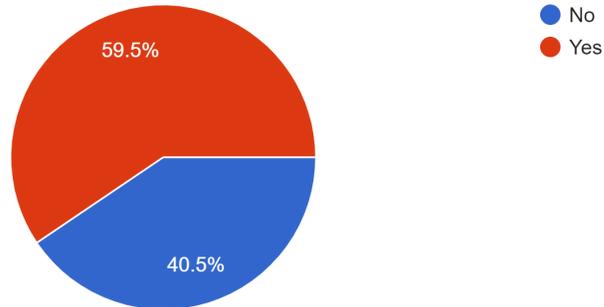
In your opinion, did this workshop help you confront and address stigma related to mental illness?

36 responses



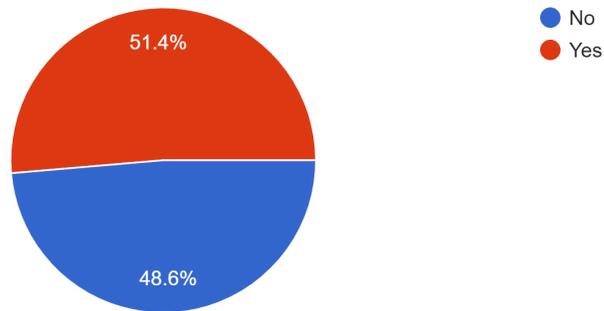
Did you know about your school's counseling services before this event?

37 responses



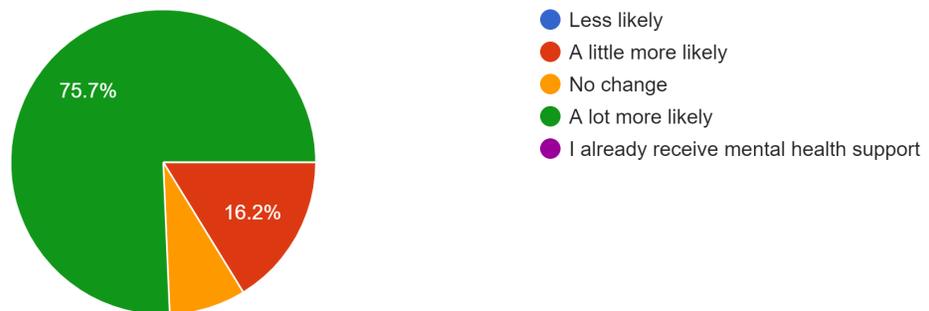
Did you know about the community resources before this event?

37 responses



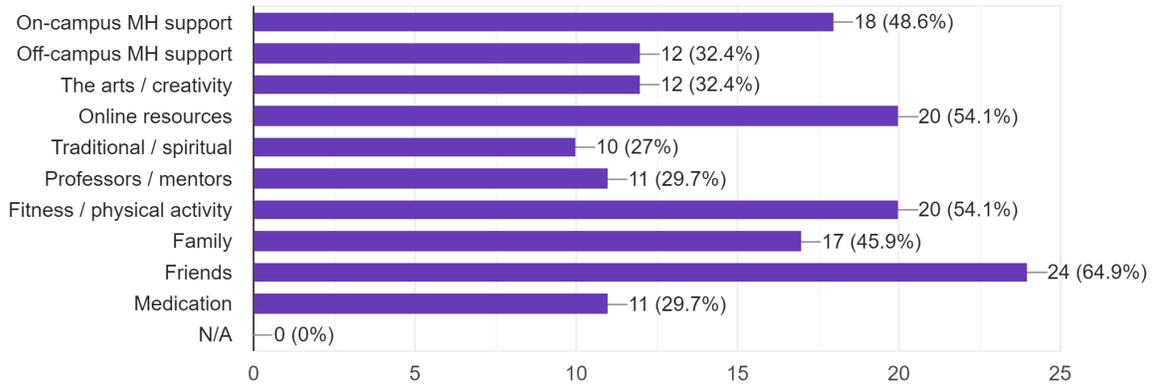
After this event, are you more or less likely to seek support for your mental health?

37 responses



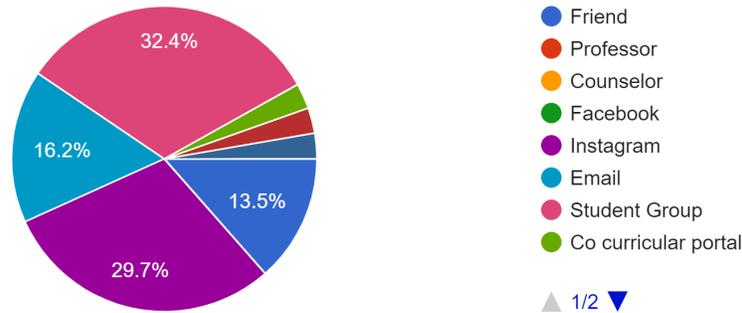
What type of mental health support do you think would be most useful to you?

37 responses



How did you hear about this event?

37 responses



What was your main takeaway?

- The body exercise we did, something I can do daily
- Mental Health is not a taboo, we can share our problem and can get rid off it
- It's okay to accept we need mental support, acceptance is the first step of our healing.
- Mental health is as important as physical health. We have to face and overcome our demons and keep fighting
- My main takeaway is that it is okay to not feel comfortable talking about mental health with everyone. For example, even a counsellor may not be the right person for me. I think it is important to remember that feeling comfortable and supported will help.
- I feel that it isn't just me who is juggling with mental health and i can talk it out to others and feel a little relieved.

If you were telling a friend about this workshop, you would describe it as: (Highlights: see raw data for full list)

- Insightful
- A life changing one, I will definitely recommend it to every one of my friends.
- It was a great workshop to explore mental health and what kind of support can be availed to help ourselves.
- Workshop was fantastic and had everything one needs to know about what mental health is and why it is so important. It had everything to know about what social stigma is and how people are coming out of this issue and opening up.
- It was great to attend this and hope you will also like that because it gives you feelings that you are not alone everyone is there for you, you just have to speak out.

How might you use what you learned today?

- Will be sharing this to friends and people around me
- Not feel shame and tell the same for others about mental health
- More open to the world
- Breathing and body exercises.
- I will look out to reach someone whom i am close more frequently to avoid mental illness
- Sharing the resources I got from the workshop
- From the next moment onwards because this is going to help me change my life in a better way.
- I always had pride issues to discuss with people about my problems, but after this course I am sure that I would not deny taking help from someone
- Not only am I going to use the techniques taught, like the body scan and breathing, but I will also send them to friends so they can try new techniques as well.
- Redefine my approach in dealing stress and loneliness
- Mental issues can happen to anyone and I will make sure that I help anyone who might need mental guidance. I won't be judgemental about the problems they are facing.
- I will use all the information I have learned to bring a better mental state in myself. Better understanding, peace and empathy amongst others.
- by advocating and sharing it to other people that all of us have our own struggles and that we might need someone to talk to about it that understands and undergoes the same thing

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

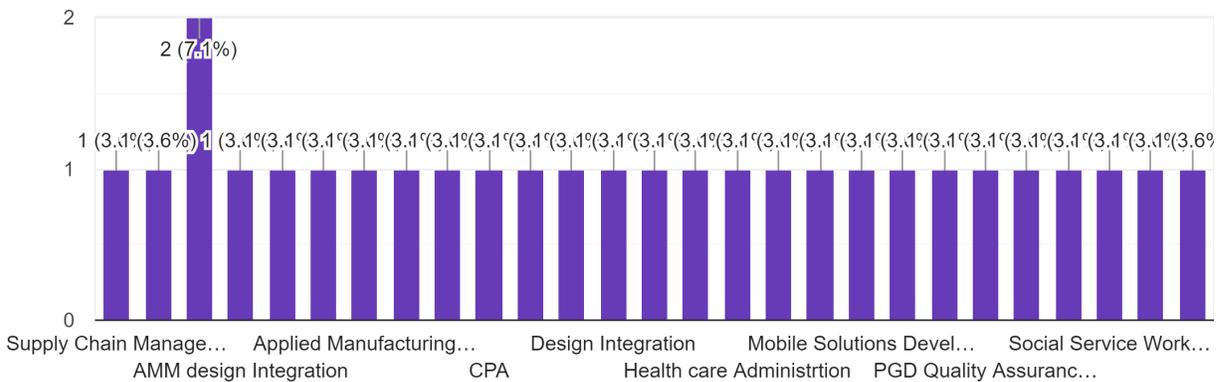
(Highlights: see raw data for full list)

- The stigma. I am scared to ask for help because I'm not sure of the outcome. After attending this workshop, I know that I cannot control everything, and I will try harder with reaching out.
- Shame, fear of judgment
- I think this is hard process
- Economy and awareness
- Not knowing what I want from "help".
- Taboo amongst family and friends

How can we improve this event in the future?

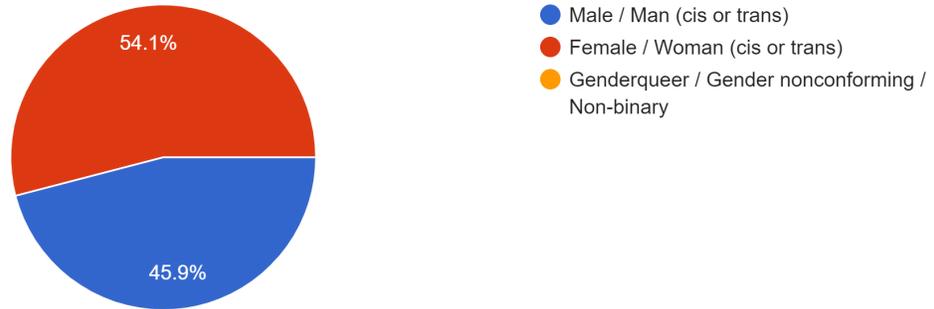
- Weekly or monthly seminars about mental health
- By sharing the videos shown in the session on outlook emails
- Offer more anonymous help.
- I found that the short films were very interesting! Would love to see more of them!
- Including more DIY tips to control stress and anxiety
- The event was perfect overall. There should be more speakers who can share their personal life experiences.

Major
28 responses



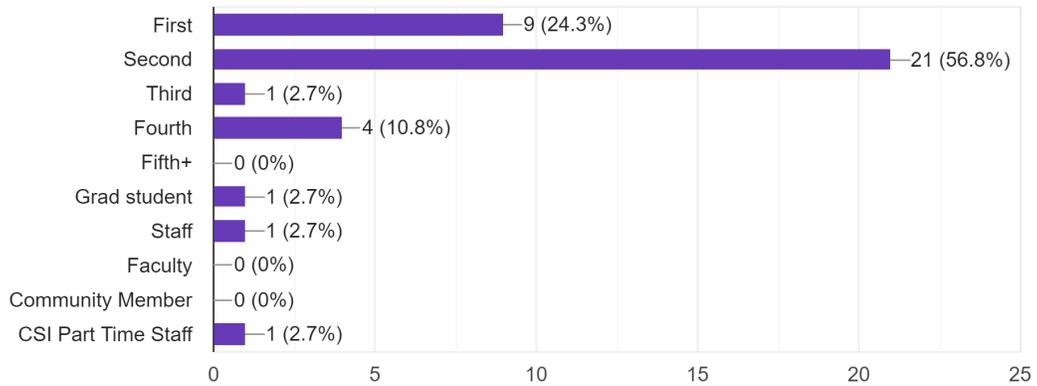
Gender Identity

37 responses



Year

37 responses



Ethnicity

37 responses

