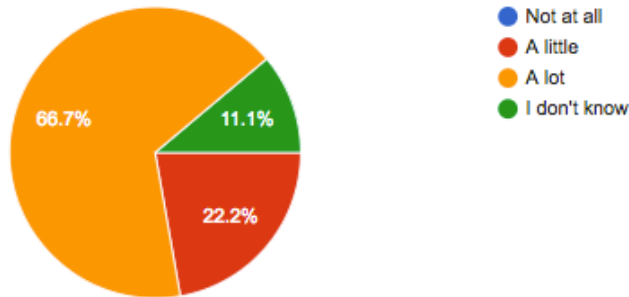


Conestoga College February 21, 2018

N= 9 post-evaluations, ~ 45 people in attendance

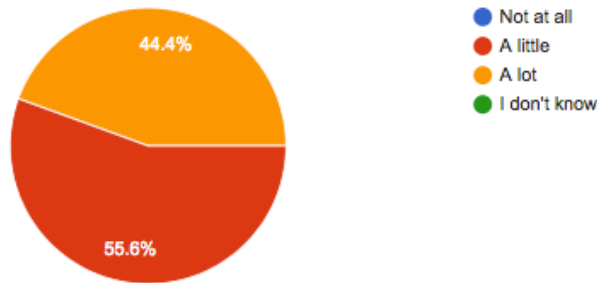
In your opinion, did this event create awareness of mental health issues?

9 responses



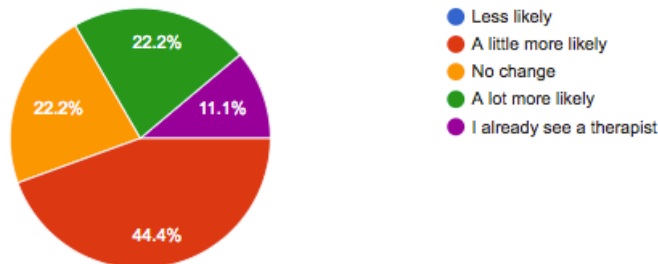
In your opinion, did this event reduce stigma related to mental illness?

9 responses



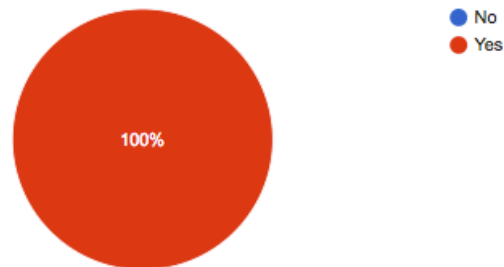
After this event, are you more or less likely to seek support for your mental health?

9 responses



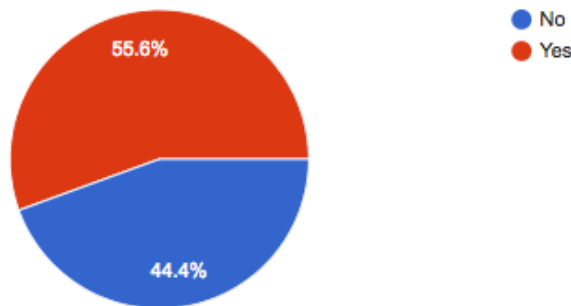
Did you know about your school's counseling services before this event?

9 responses



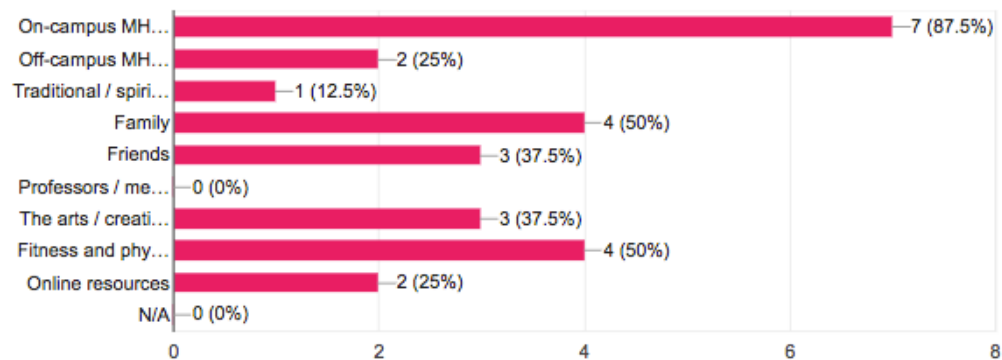
Did you know about community resources before this event?

9 responses



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

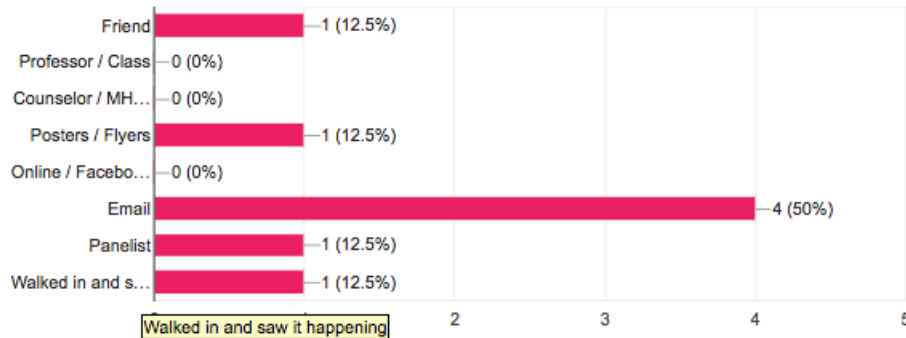
8 responses



Referral Source -

How did you hear about this event?

8 responses



What was your main takeaway?

- Arts / film can do incredible things in helping educate and break down stigma
- Breaking barriers and stigmas
- Normalizing the experience of mental health and expanding awareness of different experiences
- Need to talk more about it
- There are a lot of other people who deal with the problem
- mental health can be a problem for everyone, but it can get better by getting support
- Mental illness is common

How would you describe this event to a friend?

- Educational, emotional
- Informative (2)
- A way to learn
- A great opportunity to learn more about mental health, watch films, hear experiences, and pizza's a bonus
- Look at this and count on it
- Learning opportunity

How can we improve this event in the future?

- Let more people know
- Deeper conversation
- Besides interacting with people with illness, ask 'normal' people for any person they know in trouble and reach out to them
- More hours

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

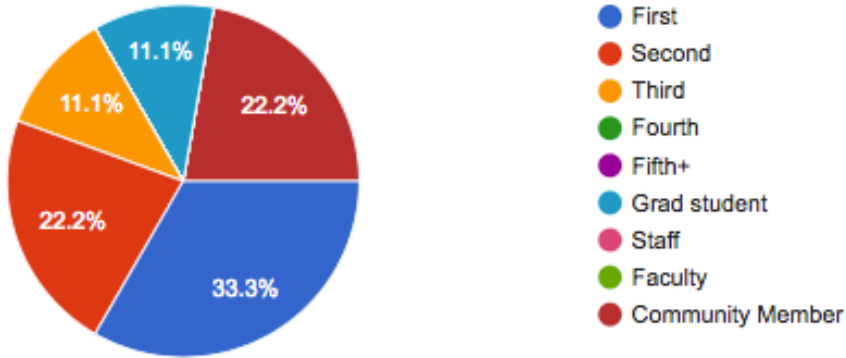
- There's always someone else with 'bigger' problems on good days...the bad days don't seem 'real' until they hit again

- Having the free time to take care of me
- Getting started (reaching out)
- That I know too much
- Don't know what to talk about

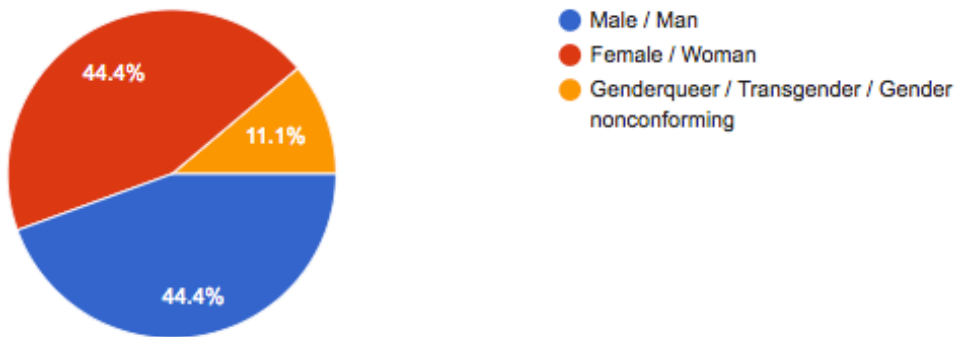
Major:

Accounting
 Welding
 ELPD
 Business
 Rec and Leisure
 EPP - GCI

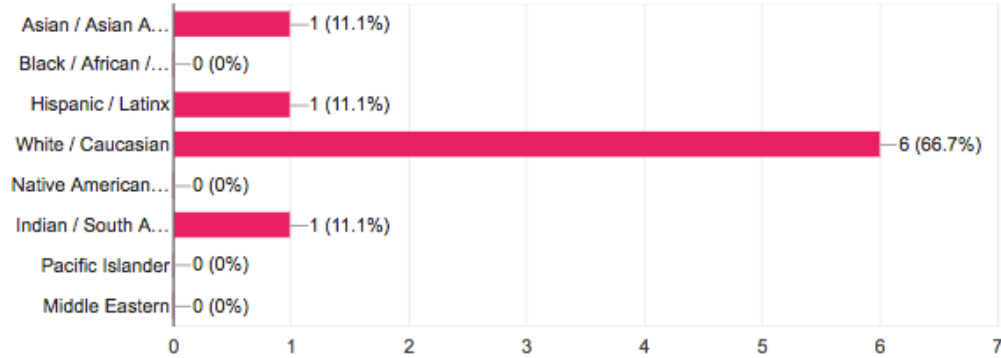
Year



Gender



Identifiers



Pre and Post Survey

Most statistically significant response was to Q8 – 'I know of at least one specific community / off-campus mental health resource available to me.' (1.66 increase between 1-5 Likert scale)

Followed by:

Q10 - I am likely to reach out for support for my mental health if / when I need it. (0.83)

Q6 - I can explain what stigma is, and how it relates to mental health. (0.83)