

# Movies for Mental Health

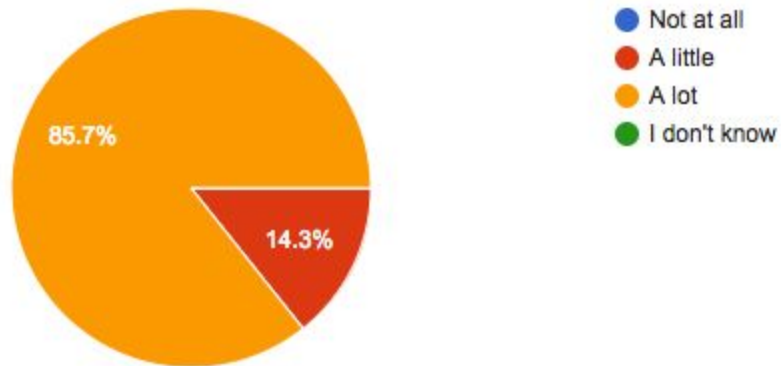
## Post-Workshop Evaluations

Confederation College  
November 29, 2018

Number of attendees: 39  
Number of evaluations: 28

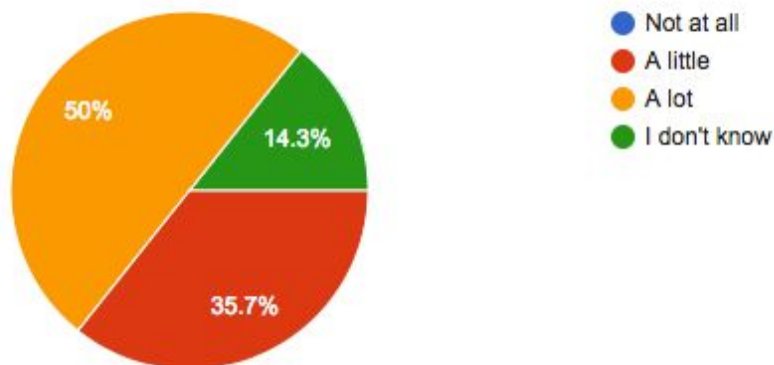
**In your opinion, did this event create awareness of mental health issues?**

28 responses



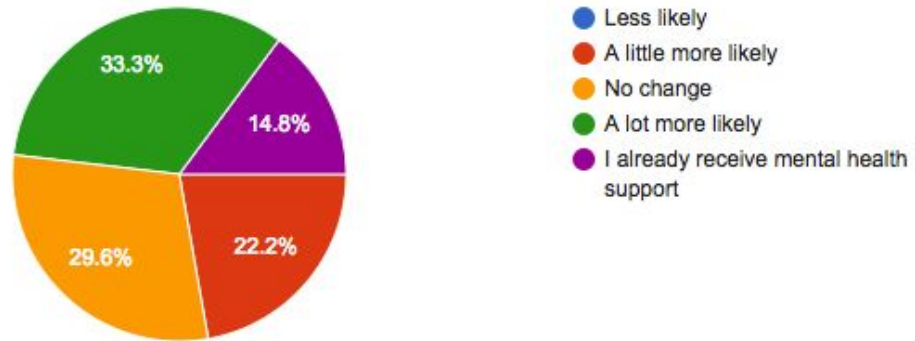
**In your opinion, did this event reduce stigma related to mental illness?**

28 responses



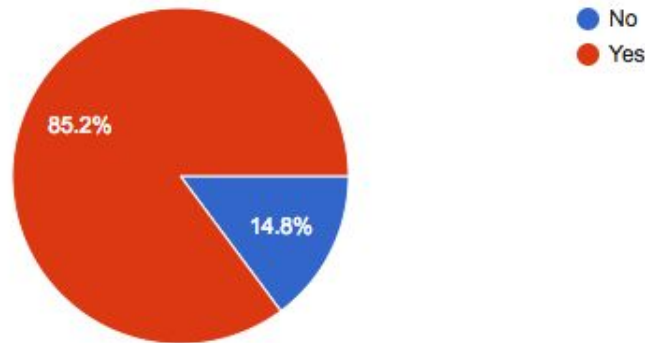
### After this event, are you more or less likely to seek support for your mental health?

27 responses



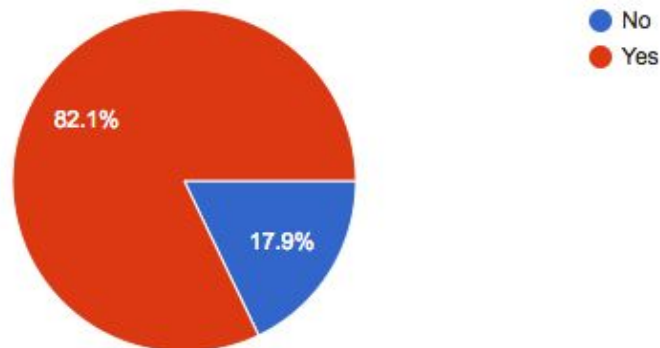
### Did you know about your school's counselling services before this event?

27 responses



### Did you know about community resources before this event?

28 responses



What type of mental health support do you think would be most useful to you?	
On-campus MH support	9
Off-campus MH support	7
Traditional / spiritual	4
Family	12
Friends	14
Professors / mentors	7
The arts / creativity	11
Fitness / physical activity	7
Online resources	7
Other	

How did you hear about this event?	
Friend / Colleague	6 (23%)
Professor / class	7 (27%)
Student Success Centre	1
Online / Facebook	5 (19%)
Email	2
Posters / flyers	1
Staff news	2
Organizer (Jillian)	1
Student Union / Association	1

## What was your main takeaway?

(Highlights: see raw data for full list)

- "Art With Impact" -- I didn't know about it before and I really like it
- Be compassionate
- Be kind to everyone
- Empathy and understanding
- Everybody is going through something - don't judge until you know and once you do, don't judge
- Everyone has a form of mental health
- Everyone has their own struggles, most you may not see
- Film is a great way to destigmatize mental health issues
- Great movies, want to share them!
- Great to hear other perspectives
- Great videos and discussion
- I'm not alone
- Informative, beneficial
- Lived experiences are so vast in variety. Everyone's is valid.
- Mental health awareness
- Mental health is everyone's issue
- Mental illness more common than one would think
- Movies evoked real emotion and lived experience
- Power of people's stories
- Reach out for yourself and others
- The last video: there is always hope
- The racism and power struggle Indigenous people deal with here, in relation to Strange Fruit

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

(Highlights: see raw data for full list)

- A great opportunity to learn and discuss mental health issues in a relaxed atmosphere (2)
- A safe lifespace environment
- Awesome
- Beneficial for anyone interested in mental health, especially social service workers.
- Great sharing experience
- Helpful and enlightening
- Illuminating
- Informative (2)
- Informative and focused on creating care
- Informative, comforting, and open place to share
- Informative, open, and safe
- Insightful, hope-evoking
- Interesting
- Meaningful, intense
- Powerful and deep
- Powerful, heartbreaking
- This workshop is powerful, creates awareness about mental health
- Thought provoking

## How might you use what you learned today?

(Highlights: see raw data for full list)

- Be less judgmental
- Be less likely to stigmatize
- Be more empathetic to other people, we all experience difficult emotions
- Bookmark
- Bring more awareness to others about mental health
- Build connection
- Connections
- Deepened awareness and greater compassion
- Encourage people, help people without judgment
- I'm working on a film about mental health issues
- In my program, in the community
- Indigenous spiritual help and healing lodge, movies to share with others
- May invite others
- Not everything is what it appears to be
- This workshop will help enforce what I've been learning in the social service worker program
- To educate those around me of what I learned today
- To facilitate discussions
- To understand more what people with illness live their lives. It helped me to understand them.
- With youth I work with

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

(Highlights: see raw data for full list)

- Accessibility
- Availability
- Being a man (gender expectations)
- Fear of judgment
- Fear of judgment from others or myself
- Having few/limited varieties of support options
- I don't have any barriers personally
- I used to be agoraphobic and most resources can't be accessed without leaving the house
- I work in the field
- Know where, how, and if you want to do it
- Not enough mental health support in my mother tongue
- Stigma
- Stigma, discrimination
- The fact that I feel like I've already given up
- Time (work/school)
- Too anxious to talk to someone and would feel like a failure
- Trust
- Waitlists, admitting I needed help

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

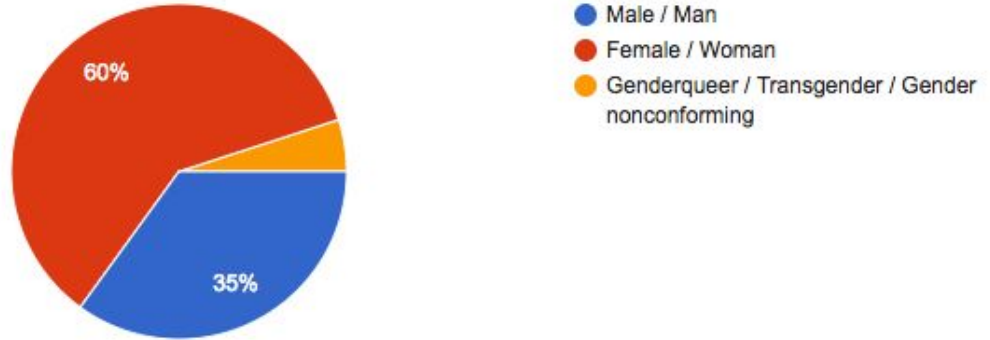
- A little less group chat and a few more short movies
- Backdrop too busy for my eyes; dimmed lights to see movies better
- Colours on powerpoint
- Dim lights during film
- Have prizes to bring people to the event
- I think it is great the way it is!
- It would be good to show more films and discuss more types of mental health issues. That would make it a longer event though.
- Keep up the good work
- Make sure the audio for the audience sharing is loud enough
- More advertising
- More local films
- More private venue to improve sound quality and intimacy
- Nothing, great session
- This event was great! I enjoyed it and can't think of any way it could be better

### Major

Major	
Social service work	8
Child and Youth care	2
Civil	1
Environmental tech	1
Film production	1
Manufacturing	1
Staff	1
UCFS	1

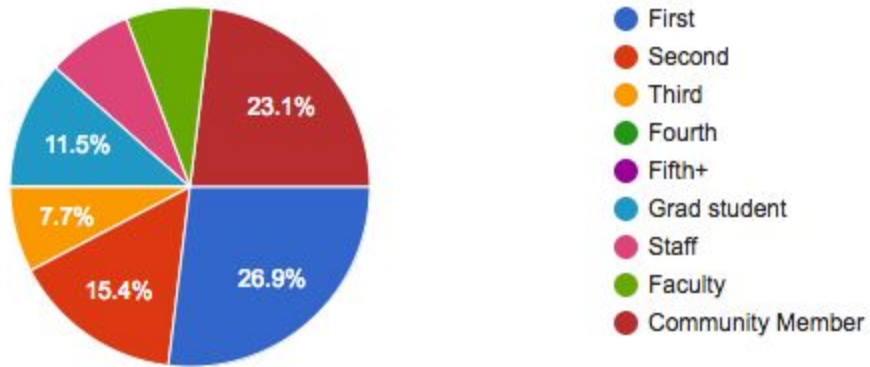
## Gender Identity

20 responses



## Year

26 responses



Race / Ethnicity		
Black / African / African-Canadian	1	4%
Hispanic / Latinx	1	4%
Indian / South Asian	1	4%
Indigenous / Aboriginal / First Nations	6	25%
White / Caucasian	17	71%
Multiracial	1	4%
Metis	2	8%