

Movies for Mental Health (Online)

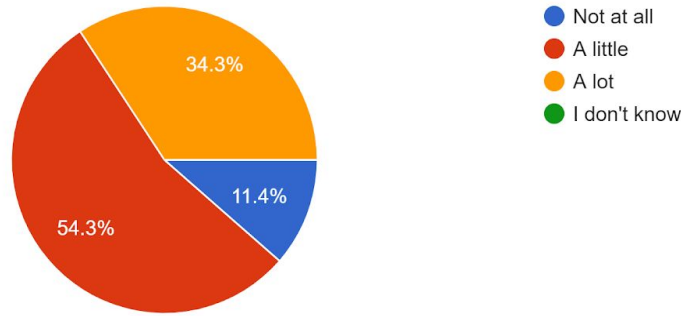
Post-Workshop Evaluations

Confederation College
February 3, 2021

Number of attendees: 48
Number of evaluations: 35

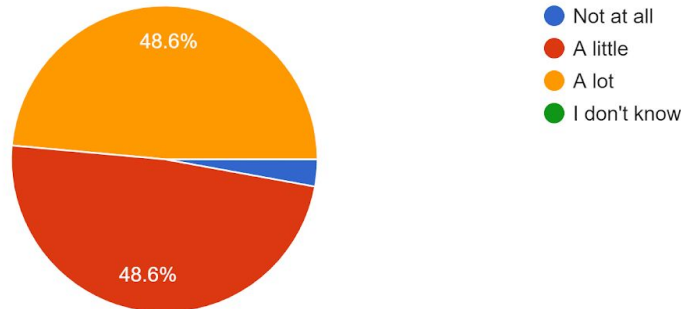
In your opinion, did this workshop increase your awareness of mental health issues?

35 responses



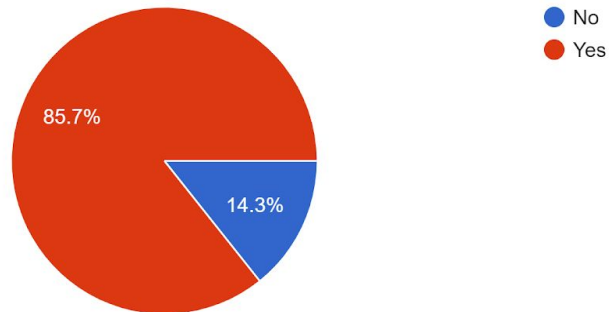
In your opinion, did this workshop help you confront and address stigma related to mental illness?

35 responses



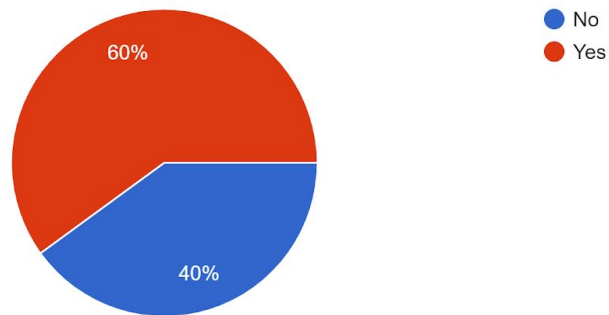
Did you know about your school's counseling services before this event?

35 responses



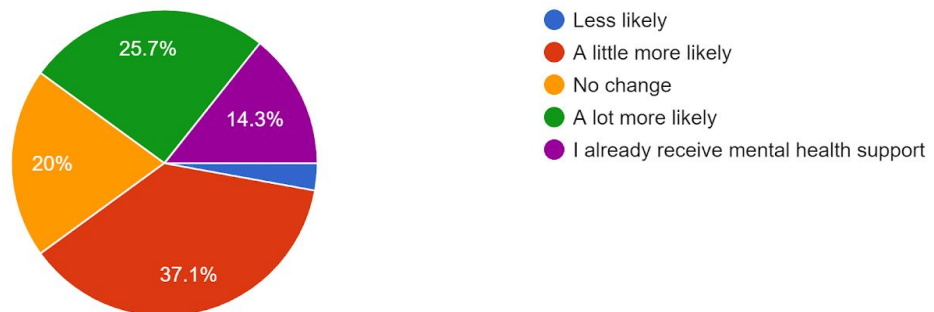
Did you know about the community resources before this event?

35 responses



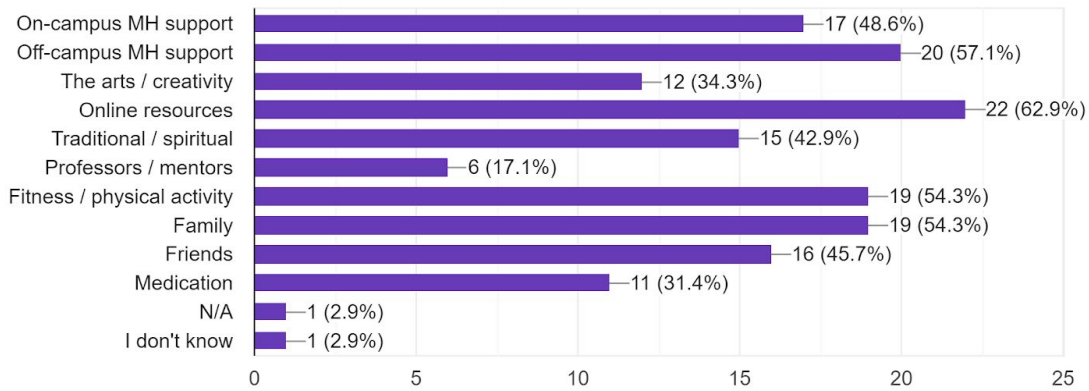
After this event, are you more or less likely to seek support for your mental health?

35 responses



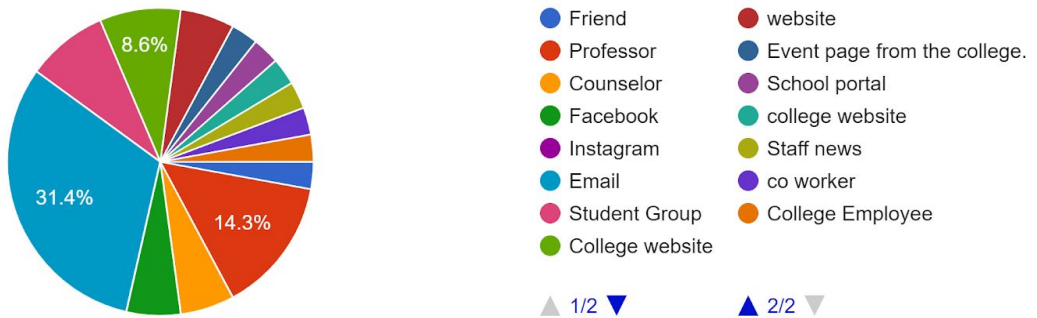
What type of mental health support do you think would be most useful to you?

35 responses



How did you hear about this event?

35 responses



What was your main takeaway?

- this was a beautiful session to create awareness and starting/continuing the conversation around mental health
- even the strongest people can have mental health issues - no one is immune completely and that is ok, everyone deals with their situation differently
- Everyone has their own journey, we are no one to judge a person.
- I liked the emphasis on compassion for each other!
- Taking care of yourself and getting support is important
- AWI is super cool and I want to be involved
- Check in with yourself and others
- Cultural differences re mental health
- don't be afraid to ask for help
- Everyone struggles sometimes with their mental health

- Everything was great
- Help, seek and listen
- How to support people who reach out
- I am not alone
- It's okay to feel the way you feel and it's okay to seek help
- Lots of people have mental health issues
- More aware
- Positivity
- students need a lot of support including international
- Take care of yourself
- That I'm able to talk about what I have too.
- that many of our students are struggling
- That there are many supports available
- The AWI is a fantastic resource
- The need to normalize mental health/self care
- The stigma spans so much more than just western culture and in more intense ways in some cases.
- the well being of myself.

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

- A gentle, non-threatening learning experience
- A safe space to talk, discuss about Mental health Wellness.
- it is a welcoming safe space, there are great resources, meeting new people, learning
- It was an informative interactive mental health workshop focused on stigma
- educational
- engaging
- Enlightening
- Excellent, a must to attend
- helpful and informative
- Informative and eye opening
- Interactive workshop with discussion and films, low-key no pressure
- introduction about school's counselling services
- Knowledge growth about resources and different experiences
- Learning about mental health
- Useful for people still learning about mental health issues
- Useful for students
- useful information
- very informative
- Very interesting
- Welcoming - safe space
- well done

How might you use what you learned today?

(Highlights: see raw data for full list)

- Point people to various resources and/or use them myself
- take the time to talk to students outside the college
- As a reminder to be grateful and check on friends and family regularly.
- i know where to get help if needed
- Learn how to use the resources available to me
- Accessing the college resources
- Start talking about my own mental illness
- Talk more openly with my support group about mental health
- I will use the resource list and post it for my students
- Share the resources you've provided with students
- contacting counselling services.
- Talk about my mental health more
- access community resources when needed
- Listening, give space
- Better my own mental health
- I will check all the services provided and get along with the one that suits me.
- creating accessible mental health resources for those in my immediate community, posting vids resources on my social platforms
- By helping others breaking the stigma
- Approach people with less expectations for their experience to match mine
- Keep going on my path to wellness
- Using video to start a conversation
- Actively Listen, take care of yourself, self-check
- supporting others and myself

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

(Highlights: see raw data for full list)

- Afraid of family
- Anxiety
- Before I got help, I was terrified of being told I was lying and there was nothing wrong with me.
- Cost and a viability
- Covid-19
- distance and not knowing where to go or how to begin.
- fear and uncertainty
- Fear of being judged
- Feeling like I need to have to have it all together. Feeling like my emotions are too much and too chaotic to ask others to step into
- I'm just tired of talking about things
- Internal checking in of if I need to or not.
- Lack of resources and motivation
- My mind telling me not to.
- Personal/school
- Really hard to find good, free, consistent counselling

- Setting boundaries and recognizing when I need help
- shyness
- stigmas surrounding culture
- the stigma of weakness
- there's a pandemic....

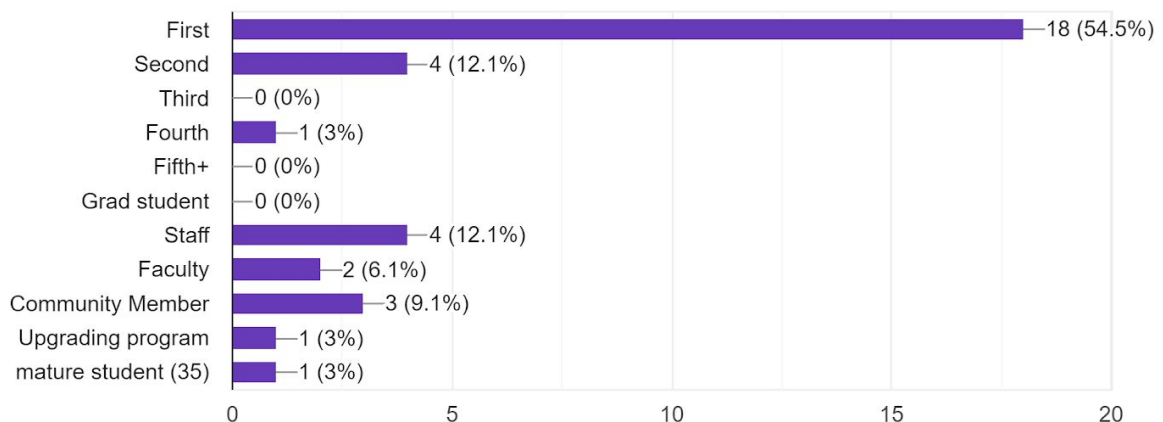
How can we improve this event in the future?

(Highlights: see raw data for full list)

- Honestly this has helped so much
- I can't think of anything! Except in person, but that's not an option this year sadly
- In person
- Interact with the group more
- It was a great, I just feel well informed already
- It was great, interactive & insightful
- It was perfect!
- more details about how to get in touch, where to begin and what kind of help can we get
- More films and film discussion
- More information about putting knowledge into practice
- More resources
- More time talking about the short films after viewing
- Nothing. Rebecca is amazing. Great movies. Thank you
- same but more of 'they are not alone' and better days are ahead
- sharing great practices, sharing more stories, creating more communities, open forum to students/attendees to share
- The event was well timed, but sometimes it felt a little too quick. I would suggest a 2 or 2:30 hour session next time to allow for this. Also, sometimes I found that they addressing of personal pronouns to be a little invasive. Some people may not be ready to say their pronouns and it could "out them" unnecessarily
- this event was awesome

Year

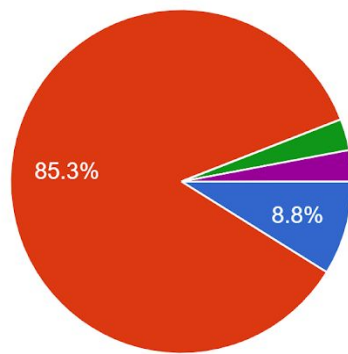
33 responses



Major	
Autism and behavioural science / Business / Environmental Technician / Early Childhood Education / General Arts and Science // Health Informatics / HR Management / Office Admin / Palliative Care / Volunteer Management	1 each
Dental Hygiene / Child and Youth Care	2 each
Recreation Therapy	3
Social Service Work	4

Gender Identity

34 responses



- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming
- 2-spirited
- I do conform to my gender from the outside but I feel more comfortable as "they"

Race / Ethnicity		
Asian/Asian Canadian	2	6%
Black/African/African Canadian	1	3%
Indian/South Asian	1	3%
Middle Eastern	1	3%
Indigenous / First Nations / Métis / Inuit	3	9%
White/Caucasian	24	70%
Hispanic/Latinx	-	-
Pacific Islander	-	-
Multiracial	1	3%

