

Movies for Mental Health (Online)

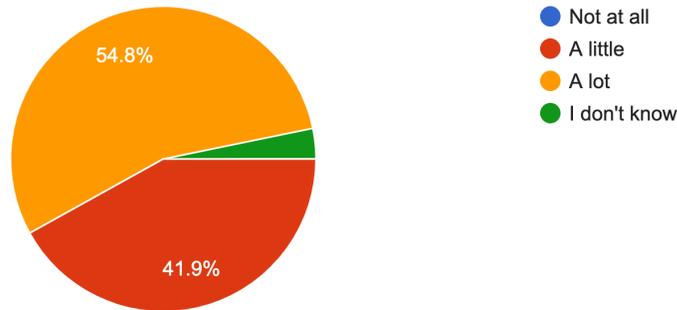
Post-Workshop Evaluations

Confederation College
November 9, 2021

Approximate maximum attendance: 44
Number of evaluations: 31

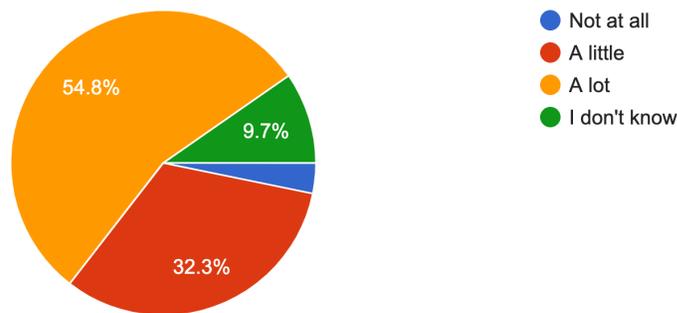
In your opinion, did this workshop increase your awareness of mental health issues?

31 responses



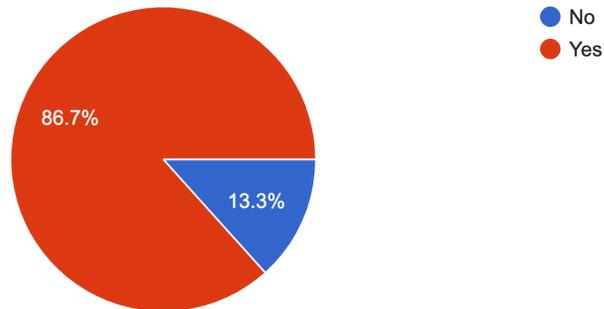
In your opinion, did this workshop help you confront and address stigma related to mental illness?

31 responses



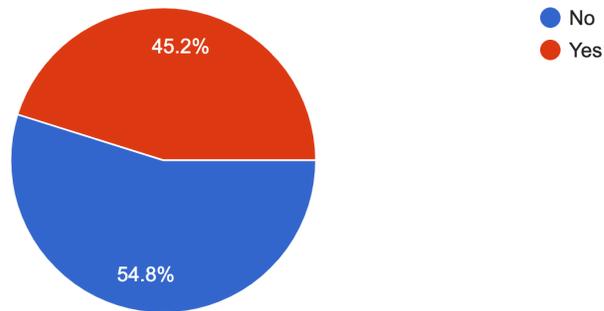
Did you know about your school's counseling services before this event?

30 responses



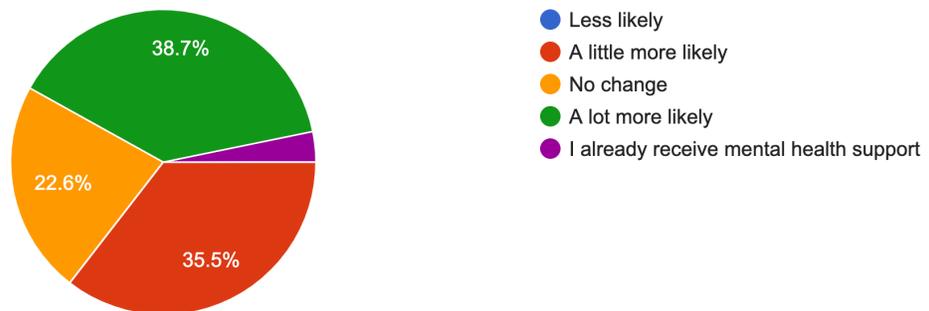
Did you know about the community resources before this event?

31 responses



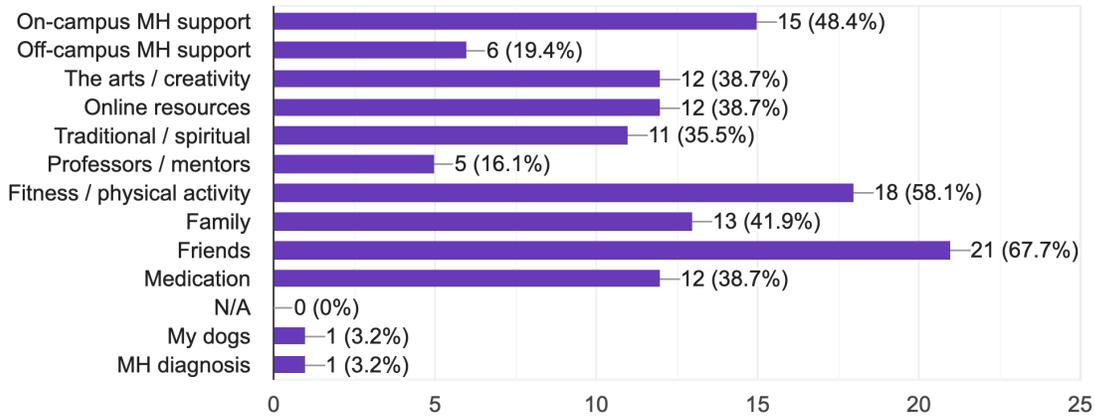
After this event, are you more or less likely to seek support for your mental health?

31 responses



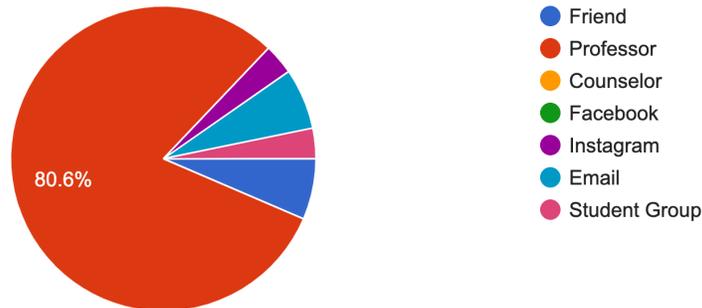
What type of mental health support do you think would be most useful to you?

31 responses



How did you hear about this event?

31 responses



What was your main takeaway?

Mental health is very important and it is okay to share what you feel rather than hiding it and suffering alone. Our lives are much more important than what we think.
 It made me feel more human as someone who struggles with mental health.
 Mental health is a large spectrum and there are many ways to help your mental health.
 I realized the value of mental health and realize that sleep plays a role as well in mental well-being.
 There actually are genuine people out there who care.
 That it is important to get help.
 Its okay to reach out to people.
 Responsibilities pressure.
 We are all not alone in this battle.
 That I don't need to fear reaching out for help.
 Various areas of mental health are not discussed.

Don't hesitate to ask for help when in need.
Self-care is important.
Only you know yourself the best, do what needs to be done when it comes to wellness.
it is okay to be not okay and reach out if you need help.
To speak your truth and to seek help shouldn't be feared.
That you're not alone in this.
Mental wellness is an important thing that everybody should be aware of and practice.
Its ok to have mental health issues and there are services for us to use if we do.
It's okay to not be okay, reach out for mental health support.
To be understanding of what others may be going through.
I'm not the only one who feels the stigma.

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

A great eye-opener of how many mental health resources are out there.
Validation, counselling but educational
A great experience with great people
great videos about mental health
Awesome workshop, very informative
a good way to figure more about yourself
Useful and that everyone should attend.
It was about mental health and how to overcome it.
Insightful, aids awareness, comforting.
It is very informative session about how to manage mental illness and deal with it
A workshop having really good information and making people more aware.
A good way to find out about mental health resources.
A nice short workshop which'll answer your concerns.
An open discussion about mental health and resources available to help.
Great for people who are worried about their mental health
Moving, informative, and engaging.

How might you use what you learned today?

I will use resources I learned about today to better my mental health.
I will use what I learned today to be more open, understanding, and to be an active listener to support those struggling with mental health.
Let my friends know about the mental health support services.
Depends on situation.
I feel better about seeking help for my issues I have.
I might use what I've learned today in my future work in the social services field.
I can use what I learned to help myself better cope with stress and everyday living.
In my future career.
Always try to be positive.
Should probably do something about my issues.
I'll try not to suppress my feeling and get help when needed.
I really enjoyed the meditation part and as I am going into social work, there's a big chance I will use it in my practice as well.
I will never take a wrong decision when I will be in stress and always ask for help

By being more empathetic and a good listener.
In my daily life, work and college life and in my relationships.
I might consider counseling at the college.
The breathing exercises to calm myself.
I have reinforced my knowledge about mental health awareness and how to get help for it.
Apply to my personal mental health situation by discussing my mental health with a doctor. I also shared the crisis response talk line with my friends/family as a contact and saved it in my phone.
The breathing exercises.
I will be more understanding of my fellow classmates that may be going through something that I don't know about.
I didn't learn anything since I've been in therapy literally my whole life but you did have some good points others probably didn't know.
I would use the breathing exercises when I'm stressed.

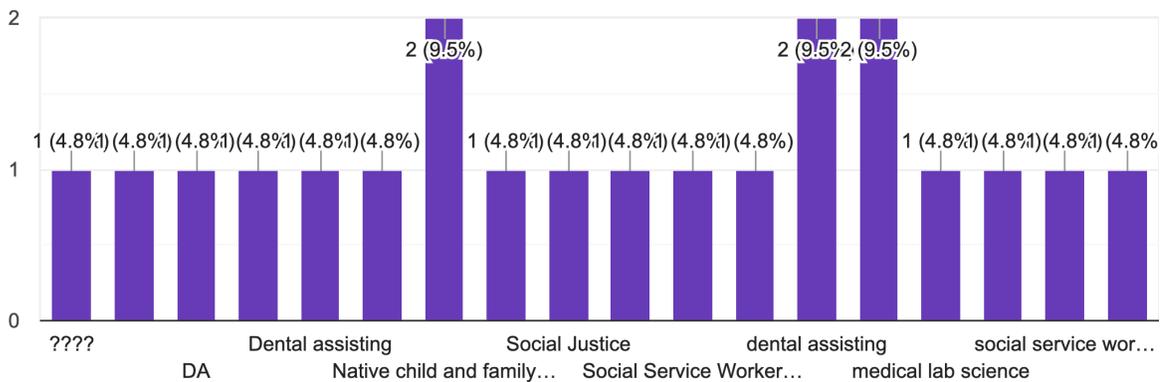
What are the biggest barriers to your mental wellness and/or receiving mental health support? (Highlights: see raw data for full list)

The negative stigma around mental health that one is not capable of anything if the struggle with GAD
The inability to express how I feel and others inability to understand.
Don't know how to speak my feelings.
First step, reaching out.
Feeling embarrassed or not heard.
Stigma, my own brain.
I've been raised to think seeking help is for the weak. Mainly taught this through culture & stereotypes.
Anxiety of meeting new people and panic attacks.
Past experiences and then anxiety I experience around judgment and trust.
Overthinking.
Lack of time to do mental health practices.
Being introvert, it is about coming out of my comfort zone.
Worried I will be judged.
Stigma, shame, perceived as weak.
Being introverted, it is difficult to come out of my comfort zone and being confident.
Lack of time for self-care.
Anxiety/fear of judgement.
Finding the time to address it.
Fears about confronting emotions and doing the emotional work involved in mental wellness & accessing support.
Personally I think mentally I am in a good place, I don't see any barriers. For others maybe a barrier would be shame, embarrassment, overwhelmed (don't know where to start).
The cost for the type of help I want/need.

How can we improve this event in the future?

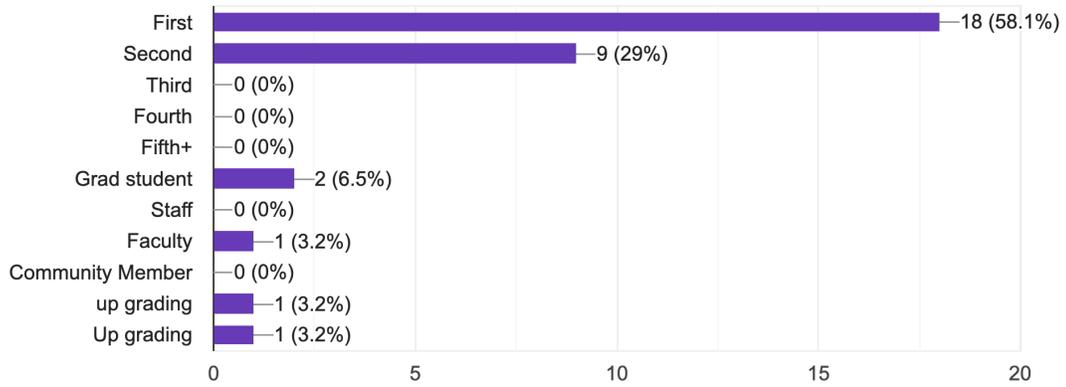
it was good! I think it should have more discussions in the future.
 Have more engaging things.
 Mental health check-ins.
 By doing it in person.
 I think it is helpful and doesn't need improvement.
 I don't think there could be any improvements, it was great!
 Maybe wait a little while longer to ensure everyone has finished watching the video.
 Have it in person.
 I would love for this workshop to be longer or possibly more hands on.
 By adding more video component and visuals to it.
 By focusing more on the cure rather than the cause.
 You can add voice options for those of you are interested to talk.
 Maybe a kahoot or something like that.
 Could have added voice options.
 It was great - speaker was very engaging.
 Nothing needs to me changed.
 There's not much else you could do differently.
 Include more cultural perspectives including Indigenous perspectives.
 More pill/games maybe
 I'm not really sure how you could improve this event. It was informative and gave you lots of resources to use if you needed help.
 Was perfectly done.

Major
 21 responses



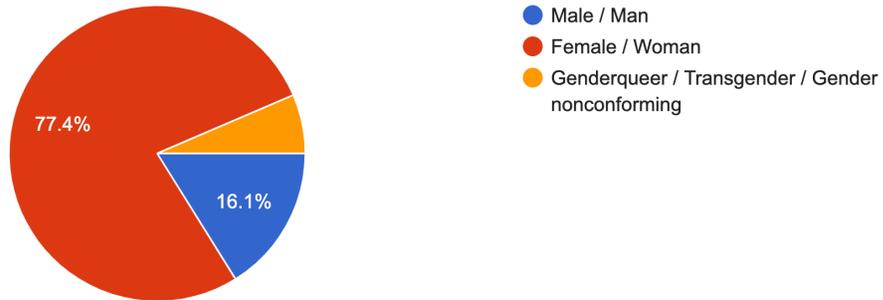
Year

31 responses



Gender Identity

31 responses



Ethnicity

31 responses

