Movies for Mental Health (Online)
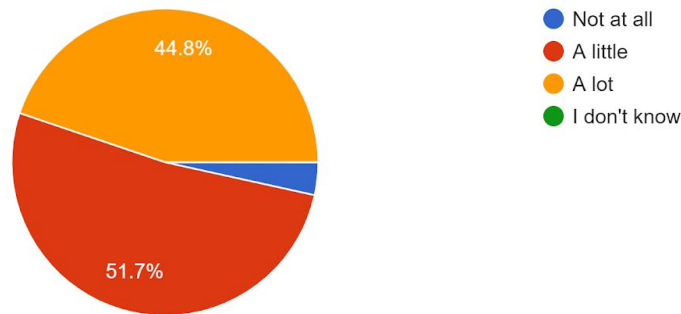
Post-Workshop Evaluations

|	
Dawson College February 25, 2021	Approximate maximum number of attendees: 43 Number of evaluations: 29

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

29 responses

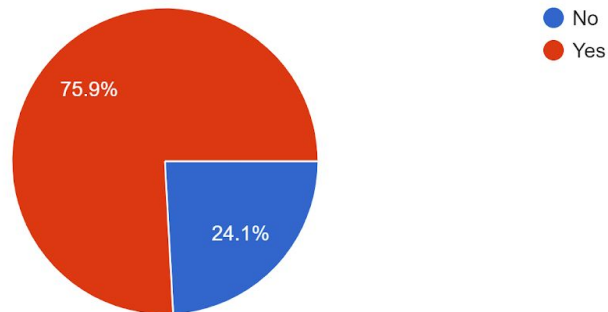- ● Not at all
- ● A little
- ● A lot
- ● I don't know

44.8%
51.7%

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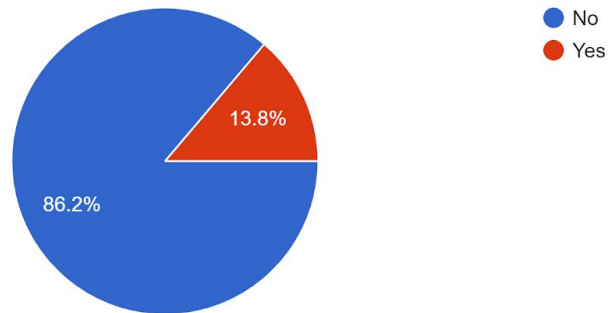
28 responses

- ● Not at all
- ● A little
- ● A lot
- ● I don't know

53.6%
39.3%
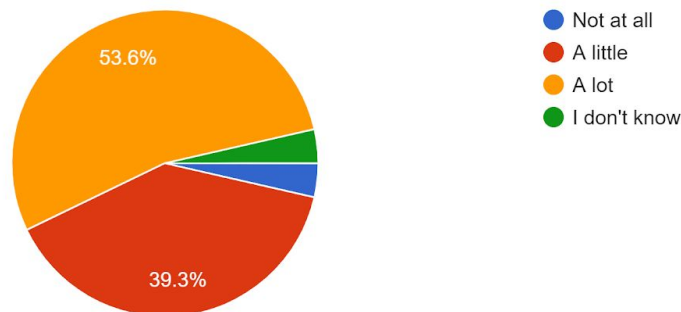
Did you know about your school's counseling services before this event?
29 responses

- ● No
- ● Yes

75.9%

24.1%

Did you know about the community resources before this event?
29 responses

- ● No
- ● Yes

86.2%

13.8%

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

- ● Less likely
- ● A little more likely
- ● No change
- ● A lot more likely
- ● I already receive mental health support

34.5%

20.7%

41.4%
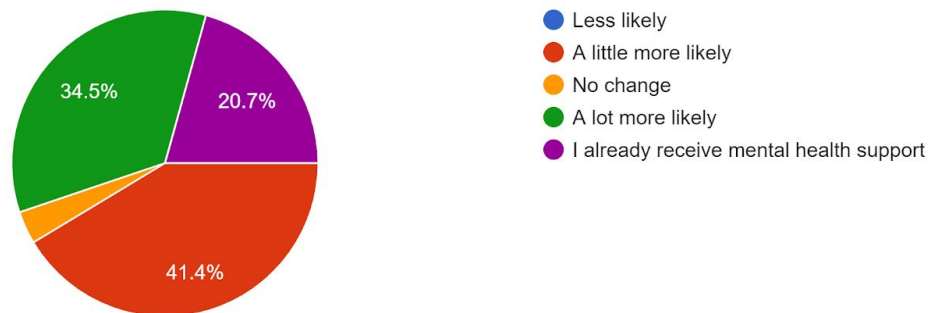
What type of mental health support do you think would be most useful to you?
29 responses

Support type	Count (%)
On-campus MH support	13 (44.8%)
Off-campus MH support	16 (55.2%)
The arts / creativity	12 (41.4%)
Online resources	13 (44.8%)
Traditional / spiritual	12 (41.4%)
Professors / mentors	9 (31%)
Fitness / physical activity	16 (55.2%)
Family	13 (44.8%)
Friends	19 (65.5%)
Medication	4 (13.8%)
N/A	1 (3.4%)
Medication (but HRT)	1 (3.4%)
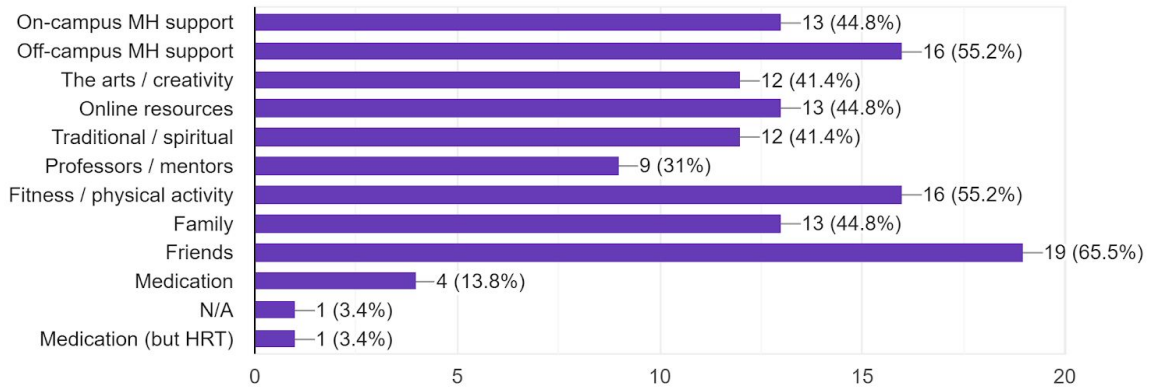
How did you hear about this event?
29 responses

Legend:
- Friend
- Professor
- Counselor
- Facebook
- Instagram
- Email
- Student Group
- omnivox Dawson
- Mio through Dawson Omnivox
- through my program coordinator
- Dawson's website(on omnivox)

Pie chart values: 34.5%, 13.8%, 10.3%, 10.3%, 6.9%

▲ 1/2 ▼   ▲ 2/2 ▼
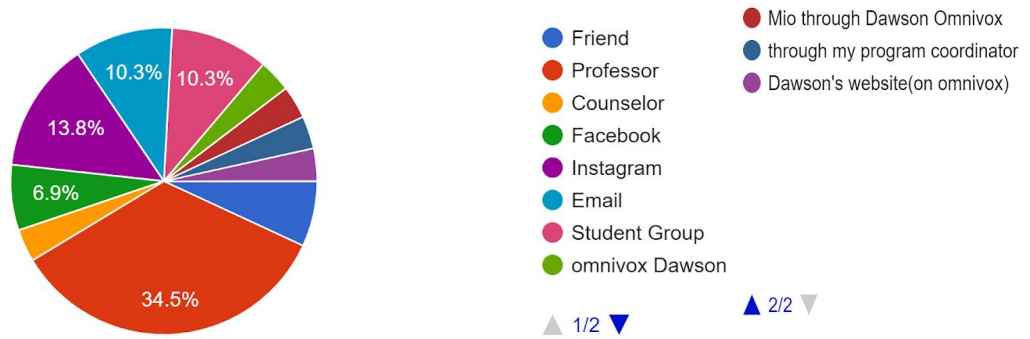
What was your main takeaway?
● A lot of mental health issues are shared/ communal experiences. We're all collectively aware of the issues, but may not be aware of the avenues available to us to help.
● There are resources out there for me; I am not alone.
● That there are so many more techniques and resources out there than I knew about!
● I think the short films showed how personal mental health is. It is very difficult for someone who isn't in a particular mind space, to understand how different mental illnesses make you feel. There isn't one solution that works for everybody and, as demonstrated by the panelists, there are many things you can do to improve your mental wellness
● The Breathing and Body Scan exercises can be really beneficial to my mental health. There are a lot of organizations in the city that can help people with mental health issues
● It's time to break down the stigma surrounding mental health.
● it's okay to not always be feeling the best, it's ok if I'm feeling down and I can go seek out help for it if I need
● that discussions about mental health doesn't have to be dreaded, it can be casual and not draining

- the waves and combining of mental illness and mental wellness. Also, the films we watched really solidified the fact that interpretations/depictions/feelings of mental health can be very different for everyone! And the breathing techniques!
- I learned how severe panic attacks can be and feel more motivated to seek mental health aid for myself
- The third film we watched made me realize how young kids are growing in a society filled with stereotypes and stigmas that influence them greatly and I hope we can change that as soon as possible.
- Self-awareness and going inside yourself through breathing and 'body scans' help with feeling more relaxed.
- mental illness & mental wellness are on different spectrums
- Many people turn to friends for support
- I learned that there are various type of support today and that we can be mentally well by doing small things
- My main takeaway is that stigmas affect people more than I'd thought by being internalised.
- Care for others, but don't throw your own mental/physical health under the bus in order to help others.
- Help is there if I need it!
- There are different solutions for everyone
- Hopefully I can get help
- How anxious people feel in their head. The movie was so well done.
- Acceptance and understanding stigmas
- Validation

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

- I would describe it as affirming, and a safe space for somebody who is perhaps unwilling to admit they may struggle with mental illness. I would recommend it to a friend who is curious as to what a mental health workshop looks like.
- Incredibly user friendly. It did not feel forced like many conferences do. It surprised me
- A fascinatingly educational workshop, that might teach you something new and/or even ground you!!
- a good place to open up about mental health or just to talk to others about it how can relate
- A raw look into mental health, destigmatizing it bit by bit
- accepting and supportive
- An approachable discussion on the mental illnesses that most commonly affect teenagers
- An insightful, safe and fun talk! The way things were addressed and the live support we could reach out to at any moment reassured me very much. The pols and live chat were very fun.
- an interesting workshop
- As an interesting workshop which opened my mind to the realities of mental health.
- Dynamic
- Educational, supportive, reassuring, positive, relaxing
- Welcoming, Warm, Helpful, Mindful

How might you use what you learned today?
(Highlights: see raw data for full list)

- I think I felt validated for seeking help, both on-campus and off-campus (so post Covid). I think the introduction of resources is especially important.
- I'm definitely feeling a little more connected with myself and my mental health. I feel more inclined to get myself some professional help to deal with my chronic depression. I'd like to further my mental wellness!
- I will absolutely be more mindful of my struggles. I also will adapt the body scan to my everyday use!
- To better adapt to my mental health and how to better help friends that are suffering from mental health issues.
- To support friends who are struggling or seek help myself.
- I'd be more patient and give more space to my friends when they're going through things, not be overbearing, but still letting them know I'm here.
- I'll definitely use the breathing exercises again to calm myself and my friends (when meeting up in person with friends becomes a thing again).

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

- Social stigma; conservative ethnic cultures are more unwilling to admit that people may struggle with their emotional health.
- Myself, actually. It's hard to admit to yourself that you need help.
- Thinking I'm strong enough to cope and not acknowledging my feelings.
- Fear of not being believed, not being understood and being treated different , also being judged based on the stigma there is
- I tend to hide that I am not doing okay, very well, and some people really never see if I'm not doing well. So an obstacle for me would be when I ask my parents to go consult my psychologist again, I am scared that they might say "What? I thought you were okay! Are you really not okay anymore?" so sometimes I'm scared that my reason is not a good reason for paying my psychologist for a session.
- Lack of courage; negative self-talk; I don't know how to talk about it ; fear of judgement
- myself and my pride and my denial and my expectations
- Lack of time and energy in finding resources. Also, the cost of therapy is so high.
- Money, Trust that it will work, Having a family that believes therapists are crooks.
- I am currently seeking the means to better my mental health (socially transitioning) and the legal requirements are the biggest barriers to my mental wellness.
- My stress and prioritizing my mental health over other life aspects like school, home life, etc. Also not having a family doctor really limits me with professional help.
- feeling like I don't have it that bad
- The myth that "Men don't cry"
- The lack of privacy I have during online appointments concerns me, I wouldn't feel comfortable opening up with my parents nearby.
- the fear of being a burden
- finding the right people that work for you and establishing a good support system
- lack of motivation/sense of self-worth

How can we improve this event in the future?

- I think that the panel might be more varied; I'd like to see a biracial or PoC like myself on it.
- make this workshop longer please! more movies, more polls! they were really amazing and helped me stay very engaged!
- Keep doing the polls and interactive questions in the public chat, it was very nice seeing and relating to the opinions and feelings of others
- I enjoyed everything from this event! The only suggestion I could make is the clarification of how to access the event in the email because I didn't know if it was going to be a zoom link or something (maybe I just didn't see it if it was mentioned in the email) but that would be the only suggestion I have.
- I really enjoyed doing the polls, keep that up!
- It was very insightful, helpful and interactive. I wouldn't change anything.
- It was pretty ok all in all
- I have no complaints!
- Honestly I can't see how this can improve. It seemed fully formed and exhaustive to me :)
- I honestly don't think theres much to improve, it was pretty great already! Perhaps sharing through mics sometimes instead of only chat for participants!
- More diverse films
- maybe speak a little slower
- the technological problems disrupted the discussion a bit
- Maybe making the link more easy to find? I struggled to find it a bit at first
- Have the host talk slower.
- A longer event would be nice! I do love the interactive aspects of it a lot.
- Doing this in real life would have been fun! A nice chance to socialize.
- talking about mental health, about our own experiences with mental health will help remove stigma and help people understand how we feel and how they can support someone with a mental illness
- more movies
- I would've wanted to talk more about the films after screening them
- I thought it was great
- it was perfect and well balanced. Kept us interested.
- Smaller groups allowing for conversation among participants?
- Show more films.

Major

24 responses
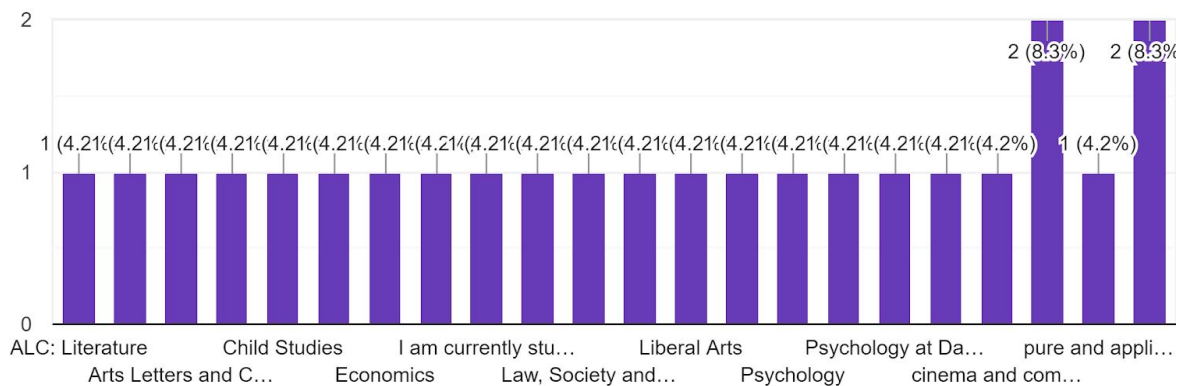
Year

Gender Identity

29 responses

- 🔵 Male / Man
- 🔴 Female / Woman
- 🟠 Genderqueer / Transgender / Gender nonconforming
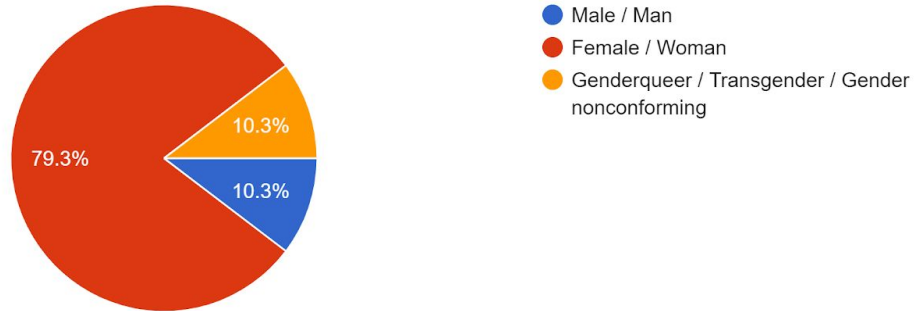
Race / Ethnicity		
Asian/Asian Canadian	2	7%
Black/African/African Canadian		
Indian/South Asian	2	7%
Middle Eastern	3	10%
Indigenous / First Nations /Métis / Inuit		
White/Caucasian	18	62%
Hispanic/Latinx	3	10%
Pacific Islander		
Multiracial	4	14%
Other	1	3%