

Movies for Mental Health

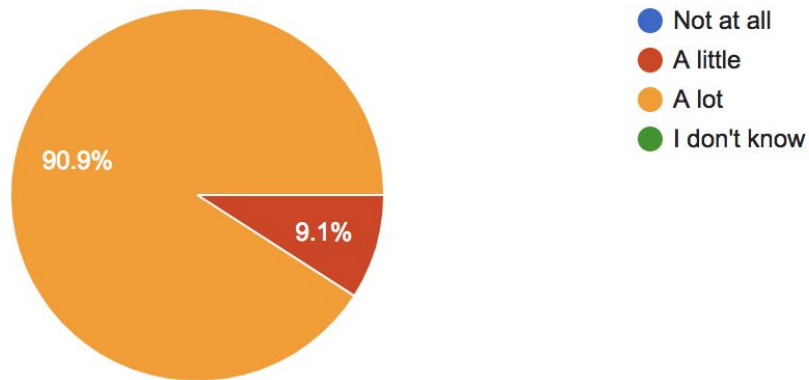
Post-Workshop Evaluations

Mohawk College
February 13, 2019

Number of attendees: 25
Number of evaluations: 11

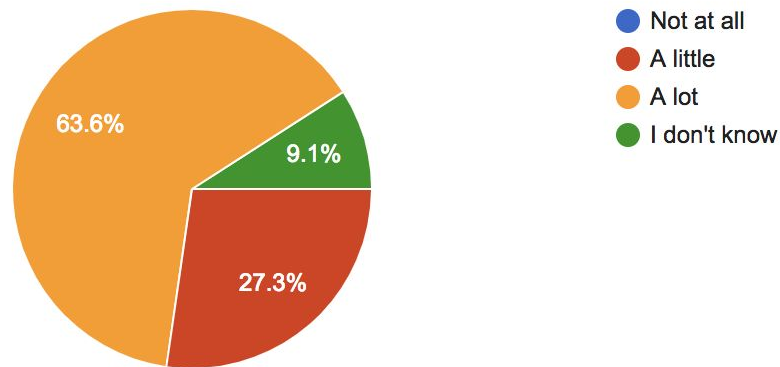
In your opinion, did this event create awareness of mental health issues?

11 responses



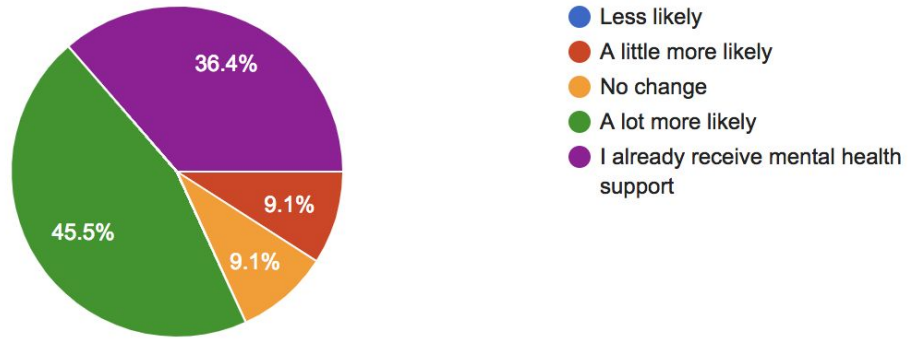
In your opinion, did this event reduce stigma related to mental illness?

11 responses



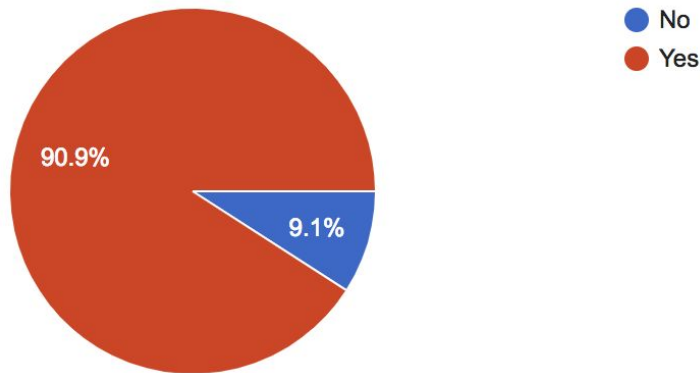
After this event, are you more or less likely to seek support for your mental health?

11 responses



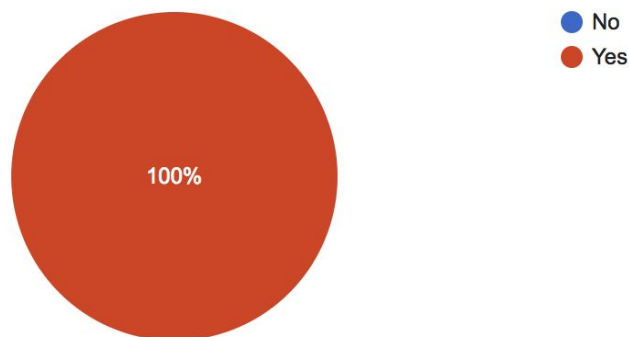
Did you know about community resources before this event?

11 responses



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

11 responses



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

On-campus MH support	6
Off-campus MH support	6
Traditional / spiritual	1
Family	2
Friends	4
The arts / creativity	3
Fitness / physical activity	5
Online resources	3

How did you hear about this event?

Friend	18%
Student Voice	9%
Part of wellness advisory council	9%
Online / Facebook	9%
Email	27%
Student Voice	9%
ELearn	27%

What was your main takeaway?

- Emotions
- That it is okay to feel and I'm not alone
- Be brave
- Awareness about mental illness
- We need to normalize it
- You never know what someone is going through, be kind
- Mental health disorders can solve
- People are not alone in their mental health issues

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

- Insightful
- A fun workshop on mental health
- Informative and engaging
- Honest
- Helpful
- Very good workshop enlightening about stigmas around mental health
- Eye opening
- Wonderful
- It was great I can provide some information about movies.
- Informational, inspirational, pizza

How might you use what you learned today?

- Talk about services available
- By reminding myself that it's okay to feel
- To help a friend or loved one
- More willing to talk
- Spreading awareness
- Awareness
- Share my experience (2)
- In everyday life
- There is hope, tomorrow may be changed by some help
- Every little bit of information which I didn't know before can be used in situations in everyday life or in a clinical setting

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

- Self-criticism
- Pride and shame
- Feeling like I can do it all
- None (2)
- Waitlists and money
- Fear
- Busy schedule
- Thinking so much things at the same time
- Self-esteem, need to be on my own, I would love to seek mental health support, but waitlists are too long.

How can we improve this event in the future?

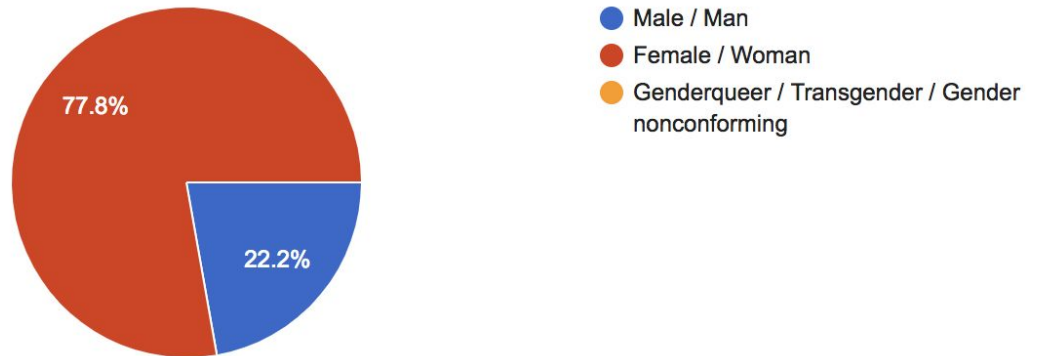
- Quieter environment
- A more enclosed space like a classroom in order to reduce noise and interruptions
- Not sure really liked it
- More advertising to increase turnout
- Less snow next time please :)

Major

SSW	56%
Psychology	22%
CYC	22%

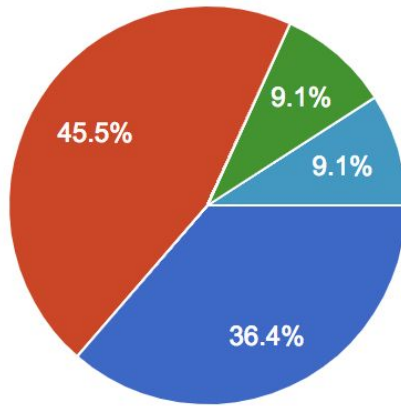
Gender Identity

9 responses



Year

11 responses



- First
- Second
- Third
- Fourth
- Fifth+
- Grad student
- Staff
- Faculty
- Community Member

Race / Ethnicity		
Black / African / African-Canadian	1	9%
Indian / South Asian	2	18%
Middle Eastern	1	9%
Indigenous / Aboriginal / First Nations	2	18%
White / Caucasian	6	55%