

Movies for Mental Health (Online)

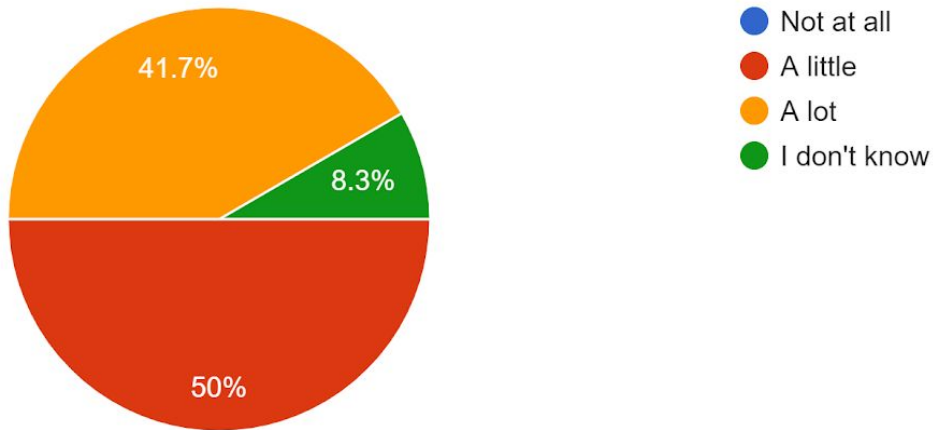
Post-Workshop Evaluations

Hamilton Artists Inc
July 29, 2020

Number of attendees: 33
Number of evaluations: 12

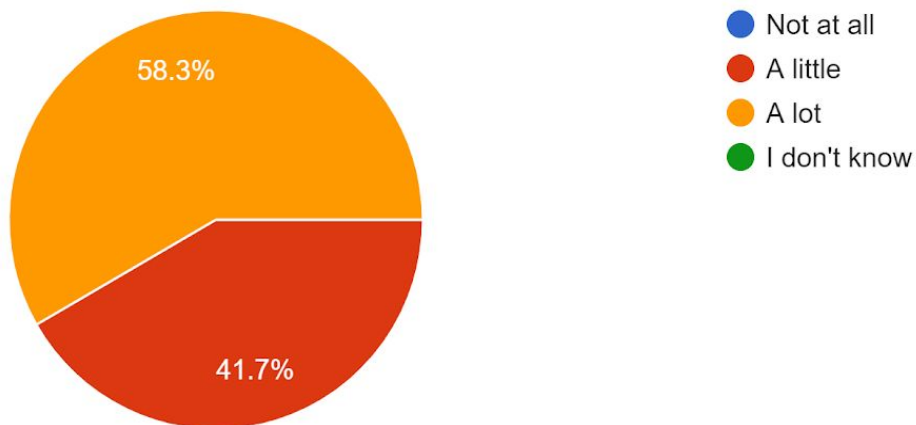
In your opinion, did this workshop increase your awareness of mental health issues?

12 responses



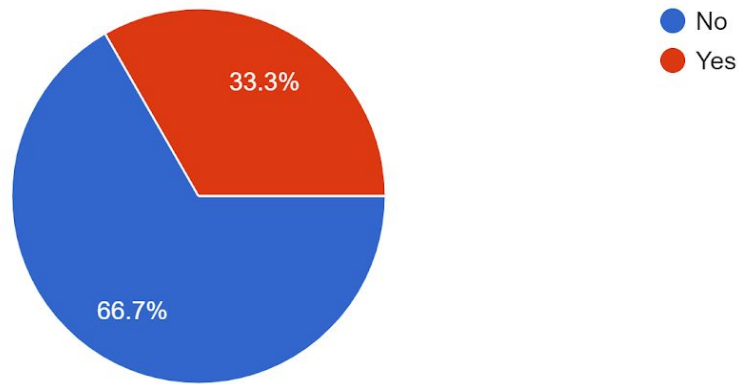
In your opinion, did this workshop help you confront and address stigma related to mental illness?

12 responses



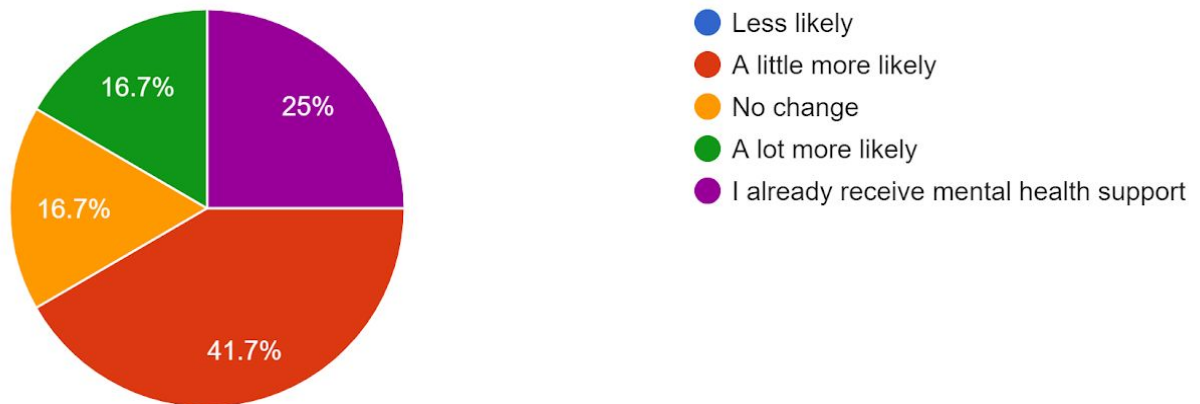
Did you know about the community resources before this event?

12 responses



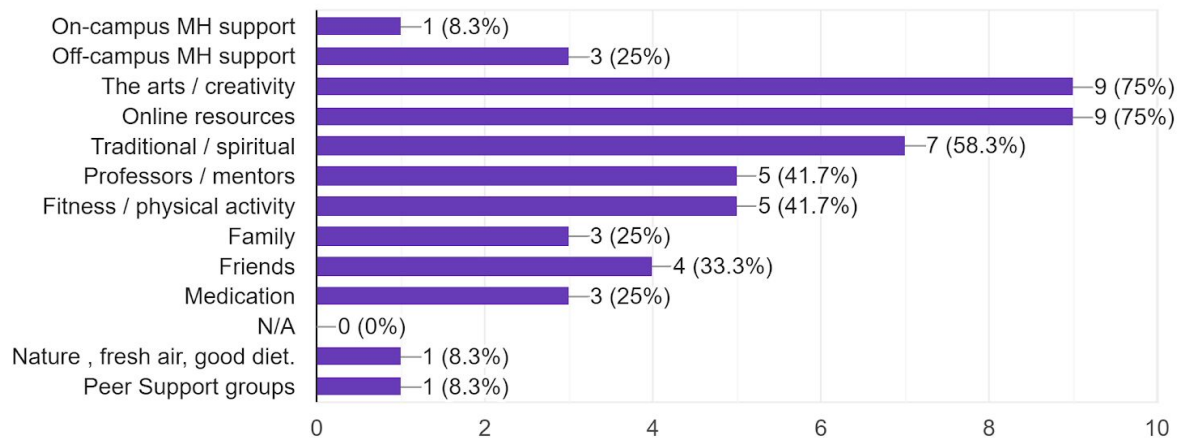
After this event, are you more or less likely to seek support for your mental health?

12 responses



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

12 responses



How did you hear about this event?	
Friend	33%
Facebook	25%
Email	17%
Instagram, Factory Media Centre, Reddit	8% each

What was your main takeaway?
<ul style="list-style-type: none"> • Validation for various issues related to mental illness. • Diversity of issues presented • the recognition of difficulty for people who are transgender • Lots of people are experiencing similar things and I'm not alone • just great info shared. CPSD. • It was great to come together to discuss mental health and mental illness. • feeling less alone and more connected • think more to seek help • the importance of considering different experiences of mental illness (particularly POC and LGBTQ) • Absolutely loved it!!!!!! I loved the breakdown of everything and how interactive it was. I didn't feel like I HAD to participate like previous workshops. Rebecca was so so so so so awesome and welcoming!! JUST ABSOLUTELY LOVED IT. Thank you for making this free :)

If you were telling a friend about this workshop, you would describe it as: (Highlights: see raw data for full list)
<ul style="list-style-type: none"> • Really good, useful, wide variety of info. • very insightful • a true experience of mental health awareness • A patient, non-judgemental discussion space • learn and hear about great ways to engage on the issue of mental health. • A welcoming space with great content. • helpful resourceful and insightful • important, relaxing, warm and friendly • very helpful • a supportive environment to watch and learn from movies on mental illness; community of resources • BRILLIANT. INSPIRING. EMPOWERING.

How might you use what you learned today?

- It's just very comforting & also useful to know that people are working on putting more resources out there.
- relay the information back to our Community
- creativity
- I will revisit the films posted on Arts With Impact
- great videos.
- I would like to invite the speakers to be special guests at the free monthly Peer Support group BADSupport.
- build more relationships and I found out what neuroindivergent meant
- i will, thank you
- use peer support
- I can use it for work (mental health professional)

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

(Highlights: see raw data for full list)

- Somehow it's difficult to decide or find what resources apply in my case per diagnosis and location.
- Stigma
- Time - working for low wages and have high rent/bills
- stigmas.
- Setting unrealistic expectations for myself.
- being able to go outside
- someone can trust to confess to
- the pressure I put on myself; push by doctors to use pharmaceuticals as primary approach
- Stigma, family guilt

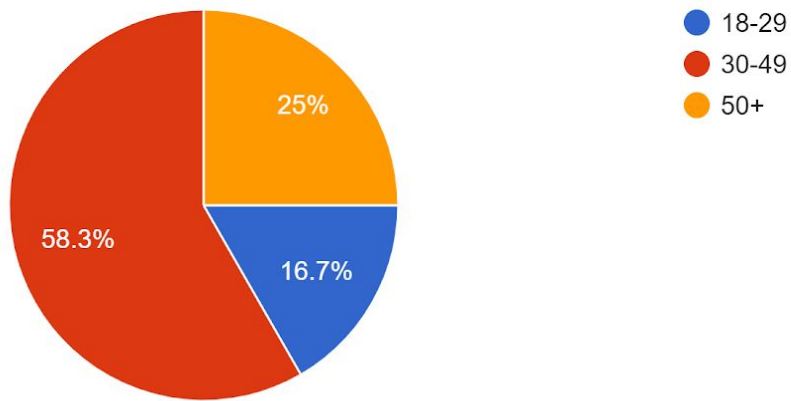
How can we improve this event in the future?

- The only complaint I have is that at the beginning the sound from the facilitator was kindof choppy. I don't know why.
- Acceptance in the Community
- thought it was great
- I would like more artists/filmmakers on the panel portion
- loved the level of interaction.
- I'm not sure at this time.
- honestly..... nothing? Maybe supports/resources for youth

Occupation
<ul style="list-style-type: none"> • unemployed, on ODSP for GAD & chronic depression • life coach • Arts Administrator • University administration. • Peer Support Worker • Artist, Nature Forest Therapy Guide (I don't like the word therapy though lol) Forest nature is the therapist i am the guide. • accountant • recruiter • Recreation Therapist

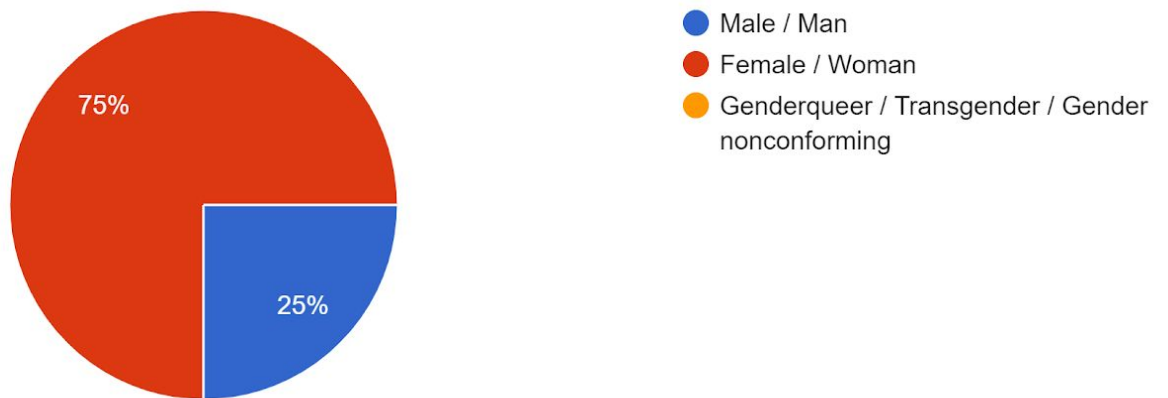
Age Range

12 responses



Gender Identity

12 responses



Race / Ethnicity		
Asian / Asian-American	1	8%
Hispanic / Latinx	2	17%
White / Caucasian	9	75%