

Movies for Mental Health

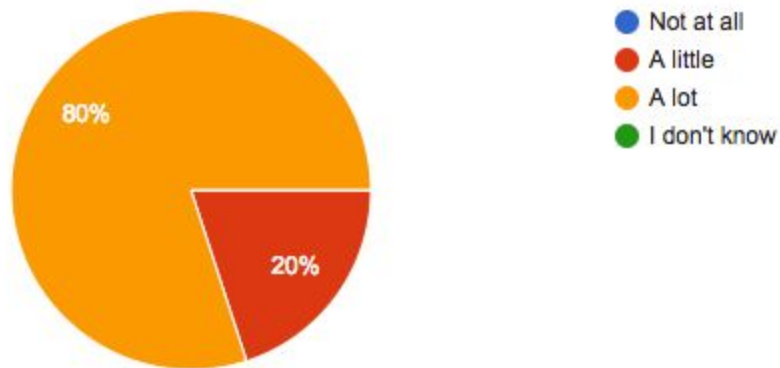
Post-Workshop Evaluations

Kwantlen Polytechnic University
October 16, 2018

Number of attendees: 22
Number of evaluations: 15

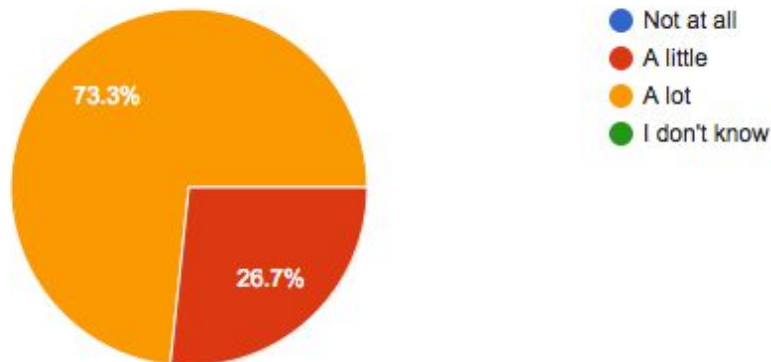
In your opinion, did this event create awareness of mental health issues?

15 responses



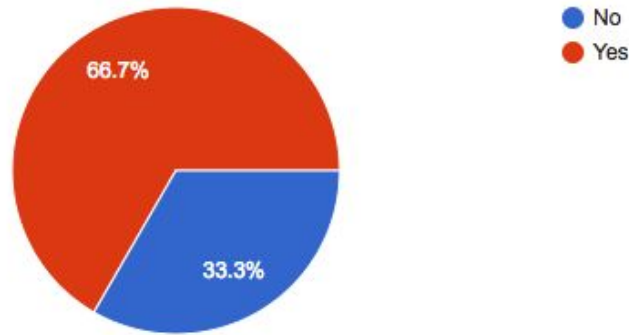
In your opinion, did this event reduce stigma related to mental illness?

15 responses



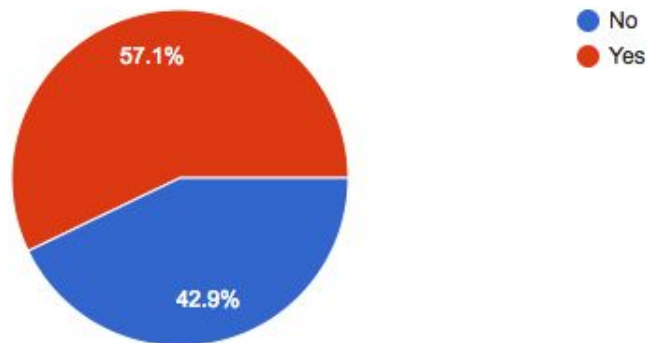
Did you know about your school's counselling services before this event?

15 responses



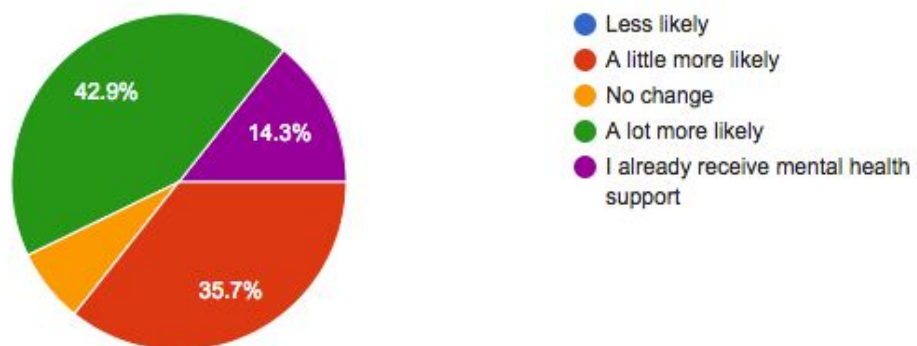
Did you know about community resources before this event?

14 responses



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

14 responses



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

On-campus MH support	7
Off-campus MH support	5
Traditional / spiritual	4
Family	8
Friends	9
Professors / mentors	4
The arts / creativity	4
Fitness / physical activity	8
Online resources	5

How did you hear about this event?

Friend	28.6%
Professor / class	7%
Peer support	7%
Email	28.6%
Posters / flyers	7%
Online / Facebook	14.3%
KSA	7%

What was your main takeaway?

(Highlights: see raw data for full list)

- Be open
- Identifying mental health isn't always black and white often it's difficult to identify there i something going on
- Resources
- It's okay to struggle and okay to reach out
- Understanding
- Combating stigma, mental health through the lens

- Community is important for mental health
- Reducing stigma and stereotypes
- Stigma and support
- Mental wellness and stigma
- Understanding and connection
- I'm not the only one
- Stigma and stereotype
- Created awareness

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

(Highlights: see raw data for full list)

- A workshop that provides a supportive space to talk about mental illness and wellness
- Effective
- Eye opening, informative, interactive
- Fun, worth attending
- Helpful
- Helpful info
- Informative
- Informative, eye opening, creating opportunities to discuss mental health
- Intriguing, engaging
- Open, accepting
- Worth it

How might you use what you learned today?

(Highlights: see raw data for full list)

- Be more supportive
- Conversations
- Discuss more with family and friends
- Help others, let other students know about the counselling
- How to talk to someone
- It's stuff I know - maybe just being more mindful
- Online resources
- Spread info
- While dealing with people and in my daily life

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

(Highlights: see raw data for full list)

- Anxiety and time management
- Being judged
- Fear of rejection
- Internal stigmatization
- My belief that I can independently handle my struggles on my own

- Not wanting to be a burden (so, myself)
- Stigma
- Stigma, stereotyping

How can we improve this event in the future?

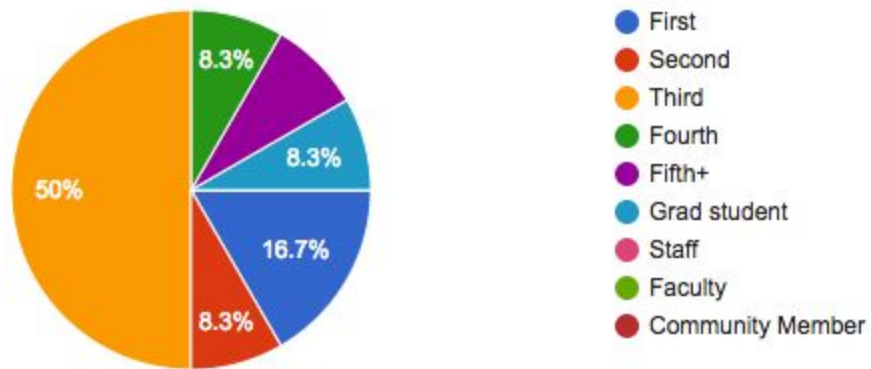
- Show more videos!
- Faster pace
- More movies
- It was great!
- Good

Major

Psychiatric Nursing	31%
Psychology	23%
BPN	7.7%
Criminology	7.7%
Biology	7.7%
Health Foundations	7.7%
Sociology	7.7%
Journalism	7.7%

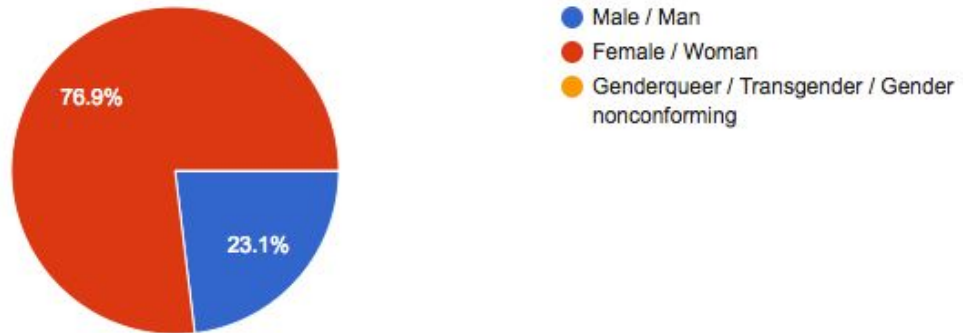
Year

12 responses



Gender Identity

13 responses



Race / Ethnicity		
Asian / Asian-Canadian	3	21%
Hispanic / Latinx	1	7%
Indian / South Asian	5	36%
White / Caucasian	7	50%