

Movies for Mental Health (Online)

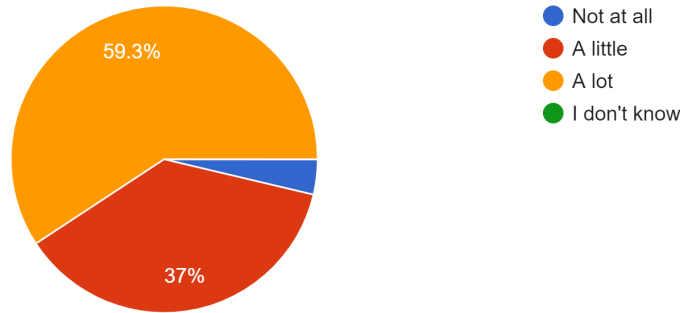
Post-Workshop Evaluations

Kwantlen Polytechnic University
April 1, 2021

Approximate maximum
attendance: 32
Number of evaluations: 28

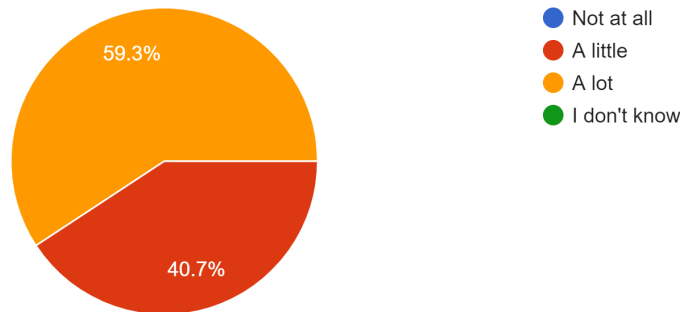
In your opinion, did this workshop increase your awareness of mental health issues?

27 responses



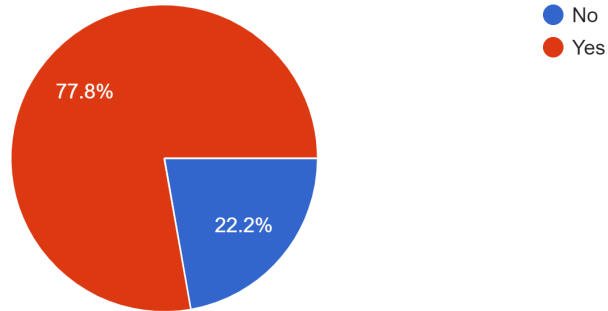
In your opinion, did this workshop help you confront and address stigma related to mental illness?

27 responses



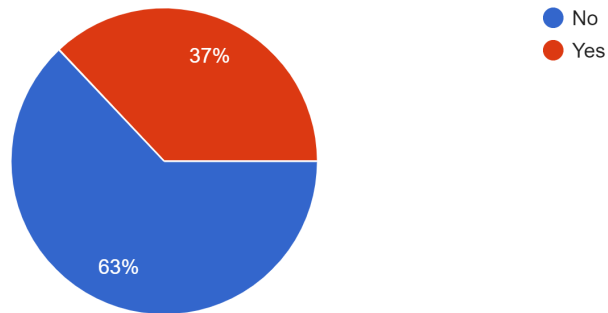
Did you know about your school's counseling services before this event?

27 responses



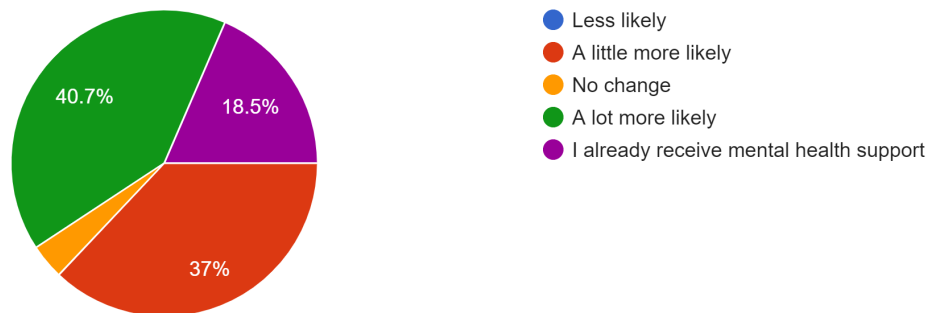
Did you know about the community resources before this event?

27 responses



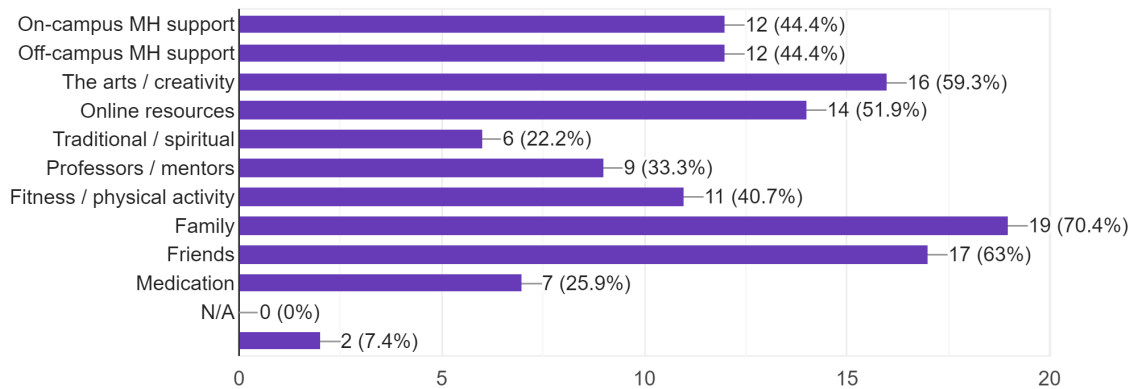
After this event, are you more or less likely to seek support for your mental health?

27 responses



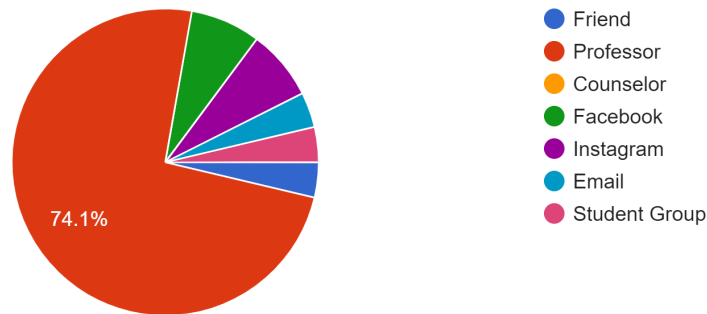
What type of mental health support do you think would be most useful to you?

27 responses



How did you hear about this event?

27 responses



What was your main takeaway?

(Highlights: see raw data for full list)

- The power and importance of engaging online with others. I have never attended an online community workshop and I am happy I did. I am glad to have so many new resources. It is great connecting with like-minded people that are passionate about mental health.
- How amazing and diverse mental health is, and how we all are on our own beautiful journey to finding our peace and becoming the best version of ourselves
- there are many resources available out there that don't necessarily cost money, like the bounce back program.
- Having a mental illness does not make you any different from others.
- Hearing other people's stories can make you feel less alone
- Everyone has their own experience and journey
- That mental health stigma is more prevalent than I thought
- its ok to care for yourself when caring for others

- I liked how the facilitators addressed stigma that sometimes prevents people from seeking support for mental health issues that they may be facing.
- The body scan: it was something new for me and it really helped me
- I got awareness about mental health
- That mental health is really complex

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

- Welcoming, supportive, uplifting and encouraging, It is full of important information, resources and discussion. The topics were relatable and impactful. I would say that people shared honest and meaningful stories that resonated with me.
- A life changing experience where you get to learn so much from a community where you feel so welcomed and safe. Its truly a paradise of learning and an abundance of an experience
- Great workshop to learn about mental health. It can change your perspective on thing and open your eyes
- Extremely informational, welcoming and insightful
- The best way to heal yourself and engage in it.
- Informative with a supportive environment.
- Open discussion, therapeutic
- Interesting, challenging, empowering and impactful
- The best way to relief stress

How might you use what you learned today?

- I plan to look into the resources and get more involved in the community. I will take what was shared about self-care, moving past stigma and seeking help into my own life.
- Staying connected, use the resources, and remembering that everyone has a story and to be kind
- I will share the short films and try to actively practice more empathy and compassion towards others and myself
- I will definitely be implementing more self care into my routine because as everyone said, its important for us to take time for ourselves and put us first sometimes
- To engage other people in talking about stress and depression for example making them aware about it.
- If I need help, I can contact my counsellors
- Remind myself that it is ok to reach out for help if you need it.
- I can apply the breathing and body awareness exercises to my daily routine.
- work more on some self-stigma and try and get more help for myself rather than running away from it.
- To have compassion for myself and give self-care.
- Take more time for self care
- I might try some breathing exercises
- I would tell others about it and use resources
- I would like to discuss it with friends and family

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

(Highlights: see raw data for full list)

- Cost. I need a qualified psychologist, and most of them charge \$150-200 an hour. Our insurance only pays \$25 per appointment. We need actual mental health coverage, not just a handful of overburdened counsellors
- Guilt and specific insecurities. I hope my focus on self-acceptance and self-compassion can help to get past these barriers. I think being in counselling shows that I am on that journey already.
- Not knowing which support I can get and not knowing what type of support was available
- Sometimes not feeling like I have enough time to focus on myself and that other priorities are more important
- cultural and societal stigma
- unfamiliar people and trusting them with information
- reluctance, self-stigma, money
- Fear of judgment/stigma
- Busy with school and small support system
- Lack of Time management

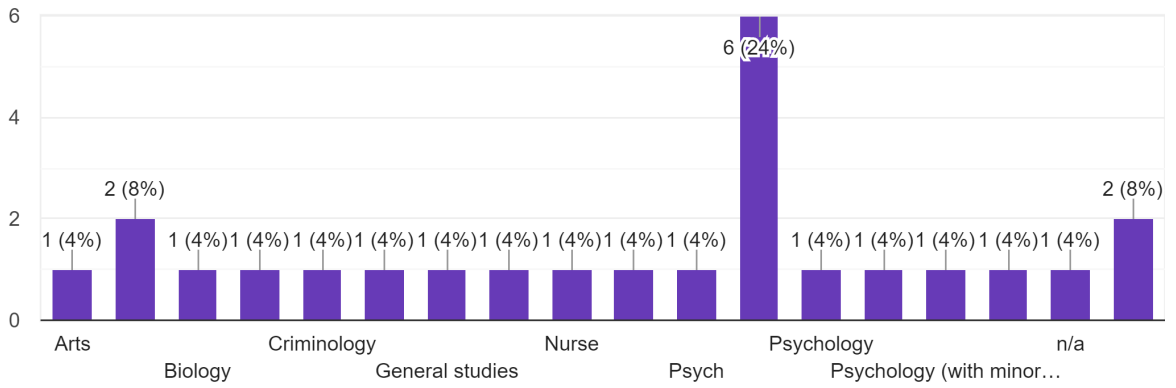
How can we improve this event in the future?

(Highlights: see raw data for full list)

- I think the event was great as is! An addition I am considering is more suggestions of tools to utilize (at home) similar to the relaxation exercises. Not in replace of professional support, but suggestions on how to take care of oneself in the moment. As we discussed self-care is important, but perhaps more specific to MH could be helpful. I know for myself that when anxiety is overwhelming my typical self-care isn't enough.
- Include people with disabilities?
- Have more exercises
- make it longer! it was amazing, i wish we could have addressed more questions!
- More about resources
- more information on mental health support systems
- by physically conducting the events
- By individually inviting people and discuss it
- I think it was beautifully executed, keep doing what you're doing!
- More info for mental health resources
- I liked the workshop, but maybe more chat opportunities in the future would be nice.
- Some more discussion questions would be great
- Discussing the mental health videos more in depth and the disorders possibly

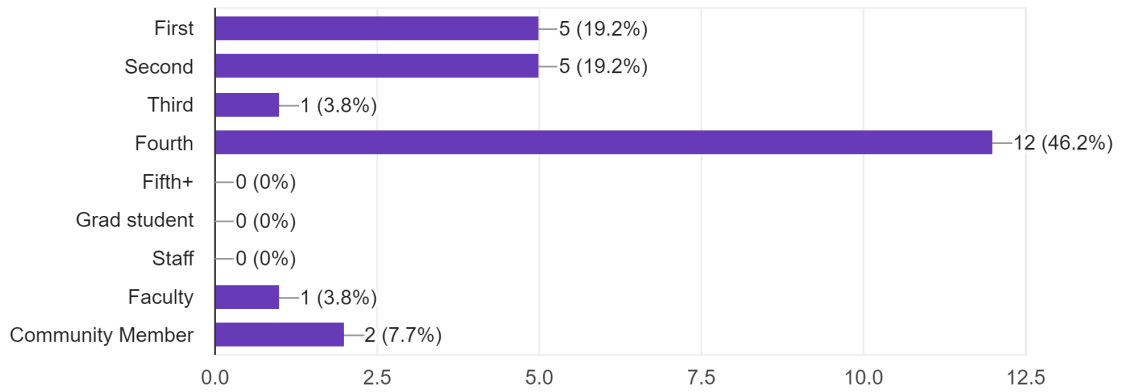
Major

25 responses

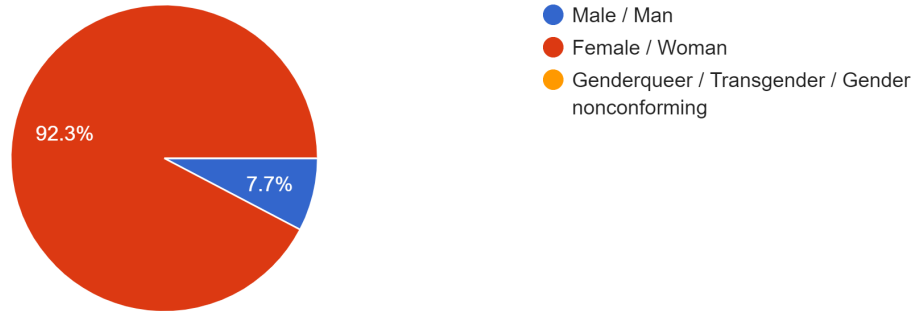


Year

26 responses



Gender Identity
26 responses



Race / Ethnicity		
Asian/Asian Canadian	7	26%
Black/African/African Canadian		
Indian/South Asian	11	41%
Middle Eastern		
Indigenous / First Nations / Métis / Inuit	1	4%
White/Caucasian	8	30%
Hispanic/Latinx	1	4%
Pacific Islander		
Multiracial	2	7%
Other		