

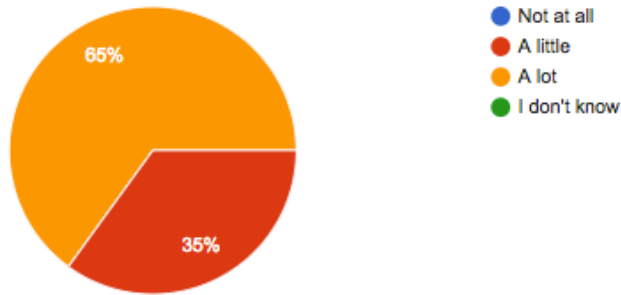
Lakehead University

March 6, 2018

N= 22 evaluations, ~ 32 people in attendance

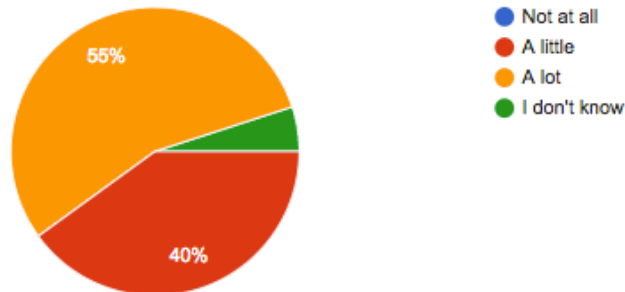
In your opinion, did this event create awareness of mental health issues?

20 responses



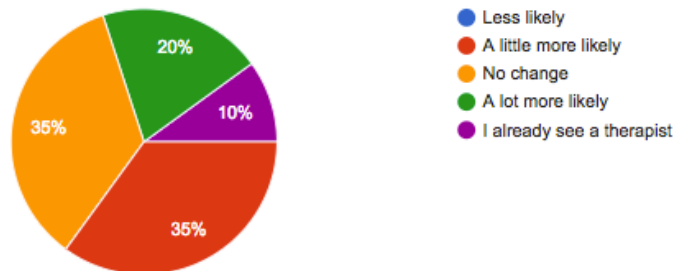
In your opinion, did this event reduce stigma related to mental illness?

20 responses



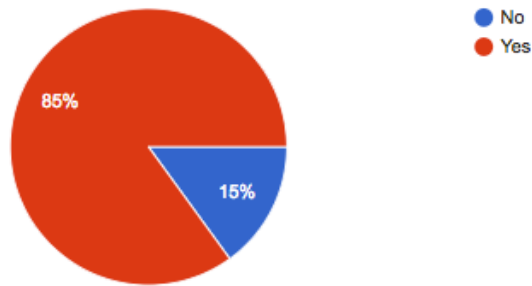
After this event, are you more or less likely to seek support for your mental health?

20 responses



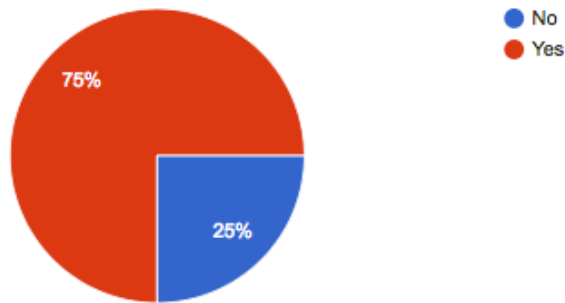
Did you know about your school's counseling services before this event?

20 responses



Did you know about community based mental health resources before the workshop?

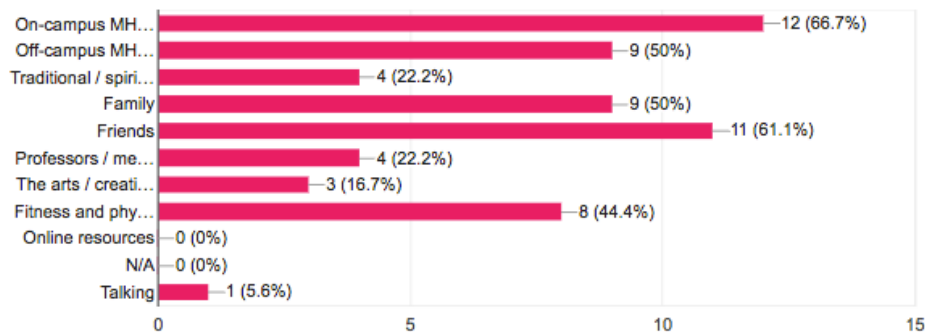
20 responses



Support Category

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

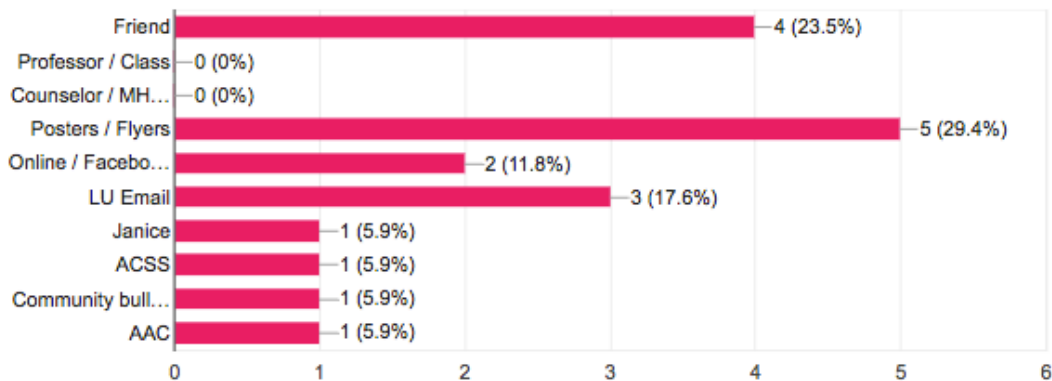
18 responses



* On campus MH support indicated as most useful, followed by Friends

Referral Source - How did you hear about this event?

17 responses



What was your main takeaway?

- Talk about it. It helps.
- Awareness about mental health issues
- Common with others
- Keep the conversation going
- Movies are cool
- Different forms of expressing mental health
- The difference between stigma and stereotype
- To talk about what you are going through to someone who genuinely cares and wants to listen
- Mental health is too stigmatized and events like this can reduce the stigma
- That I am going to keep talking and educating people

How would you describe this event to a friend?

- Help you understand more information about mental health
- Informing
- Very discussion-based personal look at mental health
- It was good, very informative
- Informational
- Good, worth staying
- Very informative, a lot of good info
- Interactive ted talk
- Artsy form of mental health enlightenment

How can we improve this event in the future?

- More knowledgeable presenter
- It was great
- More video focused
- Cake!
- Ensure electronics are in order

- Get the word about sooner - I heard about it last minute
- Awareness of activities

What are the biggest barriers to your MW and/or receiving help?

- Time (10%)
- Money (10%)
- Trouble finding a therapist (20%)
- Stigma / Judgment (40%)
- Pride (20%)
- Myself (40%)
- Not knowing how to talk about it (10%)

Others:

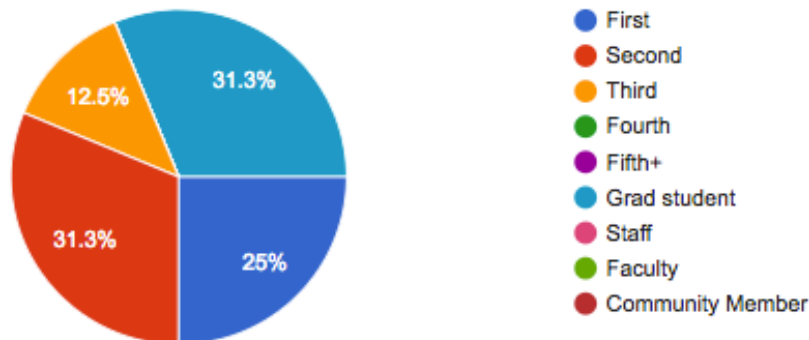
“Overcoming your own perceived thoughts of what you are struggling with ie. Needing help thinking that you are weak”

“Grief, lack of friends, isolation”

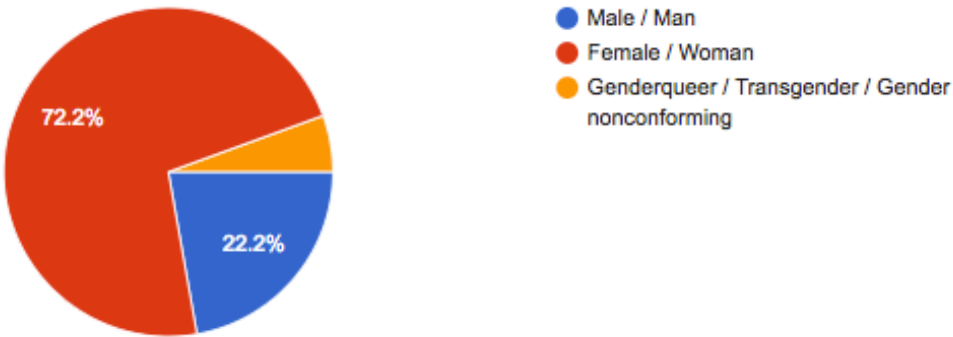
Major:

- Computer Science
- Clinical Psychology
- MA in Electrical Engineering
- Education
- Social work
- Psychology
- Social work / Indigenous learning
- Kinesiology
- Sociology

Year



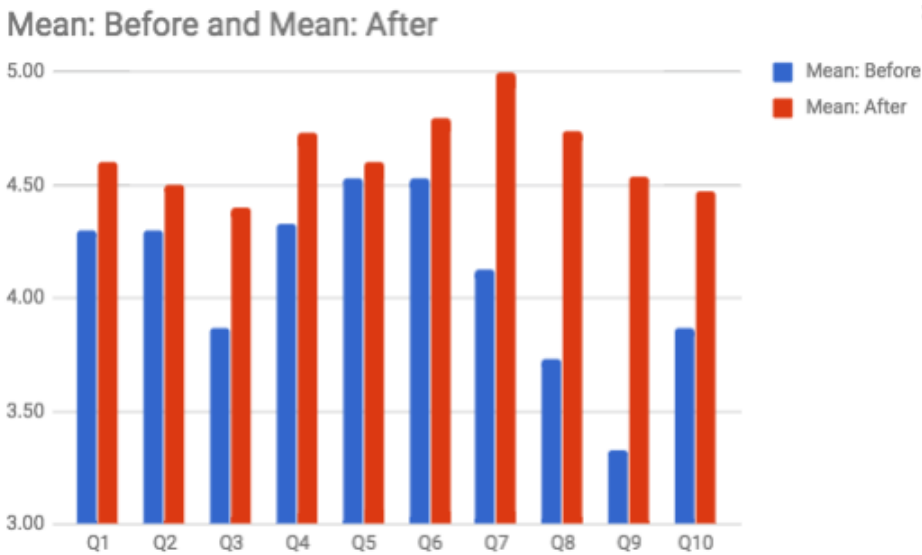
Gender



Ethnicity

Asian / Asian Canadian – 5.9%
White / Caucasian – 41.2%
Aboriginal / Indigenous Canadian - 41.2%
Indian / South Asian – 11.8%

Before / After Surveys



Biggest changes:

Q9 – I know of ways that the arts / creativity raise awareness of mental health (average start of 3.3, end of 4.5/5)

Q8 – I can name at least one community resource available to me

Q7 – I can name at least one on-campus resource available to me