

Movies for Mental Health

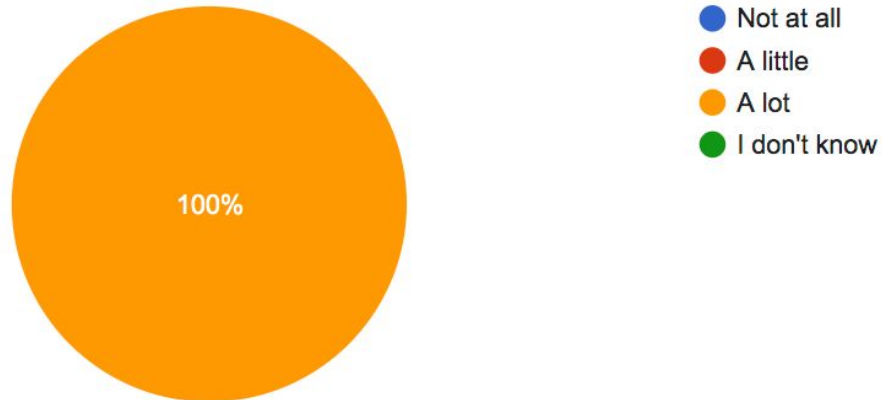
Post-Workshop Evaluations

Lethbridge College
March 10, 2020

Number of attendees:
Number of evaluations: 13

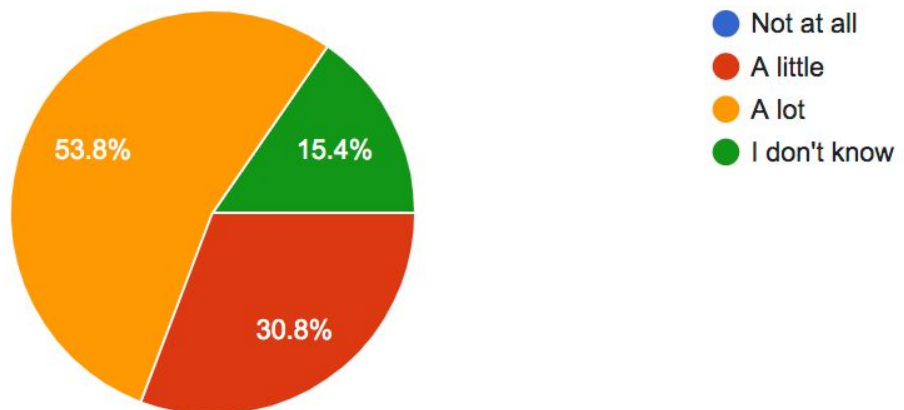
In your opinion, did this event create awareness of mental health issues?

13 responses



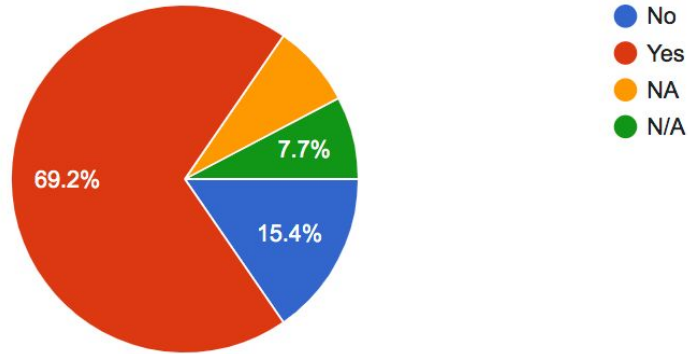
In your opinion, did this event reduce stigma related to mental illness?

13 responses



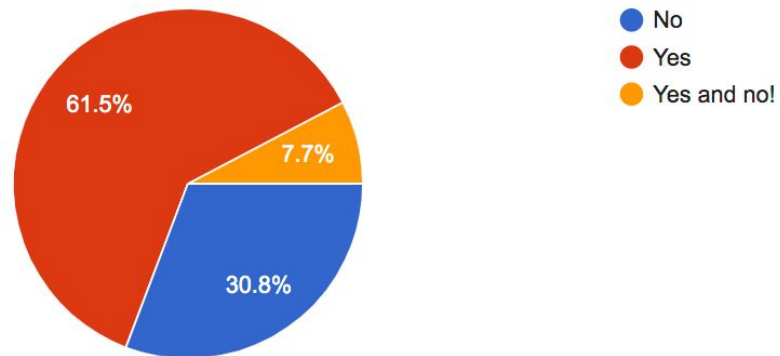
Did you know about your school's counselling services before this event?

13 responses



Did you know about the community resources before this event?

13 responses



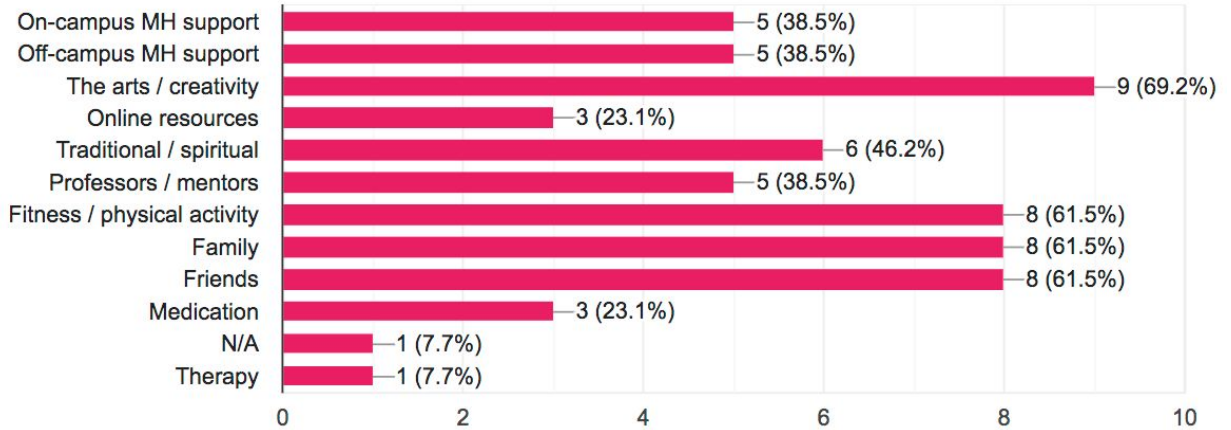
After this event, are you more or less likely to seek support for your mental health?

13 responses



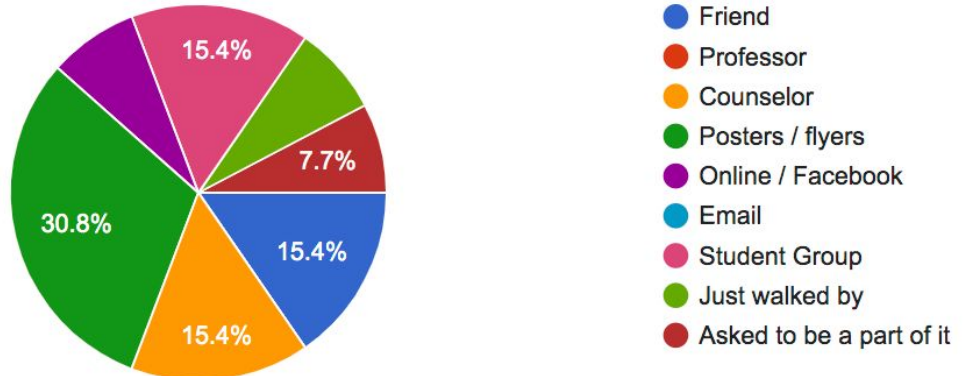
What type of mental health support do you think would be most useful to you?

13 responses



How did you hear about this event?

13 responses



What was your main takeaway?

- More awareness of mental health generally. My favourite part was talking about colonialism and mental health.
- The supports the college offers
- Amount of resources available and how much stigma there is
- Everyone needs help
- I loved the videos
- Just nice to hear people's experiences
- Stigma still exists but things are changing
- There are many resources available
- Educational and broke down stigma

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

- Open space to express yourself. Learn what others are maybe going through and have to say.
- A discussion group
- Video presentations and a panel based around mental health
- Great perspectives on art and mental health
- Helpful and a great place to start
- Cool ideas
- Very impactful
- Really good and genuine
- Really good, because it's interesting and the topics were good
- Safe space to broaden awareness
- Enlightening
- Informative, safe, and constructive
- We can talk about everything and be free to talk about our own experiences

How might you use what you learned today?

- Definitely to improve my language and help others share by my own example.
- Be positive
- If offered again let my fellow students know
- Referrals
- Talking with others to help them and myself
- I will use my voice against stigma
- Sit back and listen more
- Positive
- Continue to bring passion to your work
- Communicate about future events
- Educate others of services available to them
- See positive parts of life

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

- I don't like to talk about all of it, some yes but when I'm depressed I don't like to say it, I'm strong enough and if not I will be later.
- Time and money
- N/A
- Stigma
- Time!
- The stigma of my family and cost
- Finding appropriate mental health support
- Well supported and do not require service
- Lack of knowledge and resources

How can we improve this event in the future?

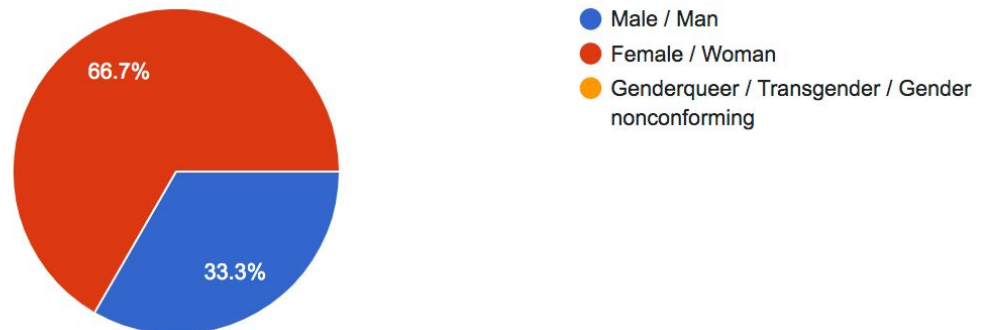
- More info on where to get help (I arrived late in case it was given).
- It's perfect
- Promote it more, mass email to students, there may have been one but I had no idea this was happening and I really enjoy these things
- Shorter discussion
- N/A
- Two days
- I thought it was great
- More communication that it is happening (2)
- More resources shared at the start
- Host more frequently! More students and staff. Incredible event! Loved the engagement and information.
- More advertising, I think it's so important

Major

AOP	25%
Business Admin	25%
ESL	25%
ESP Program	12.5%
N/A	12.5%

Gender Identity

9 responses



Year		
First	5	42%
Second	1	8%
Fifth+	1	8%
Grad Student	1	8%
Staff	1	8%
Community member	2	17%
Second year and staff	1	8%

Race / Ethnicity		
Asian / Asian-American	1	8.3%
Hispanic / Latinx	1	8.3%
Middle Eastern	1	8.3%
Indigenous / Aboriginal / First Nations	1	8.3%
White / Caucasian	8	66.7%