

Movies for Mental Health

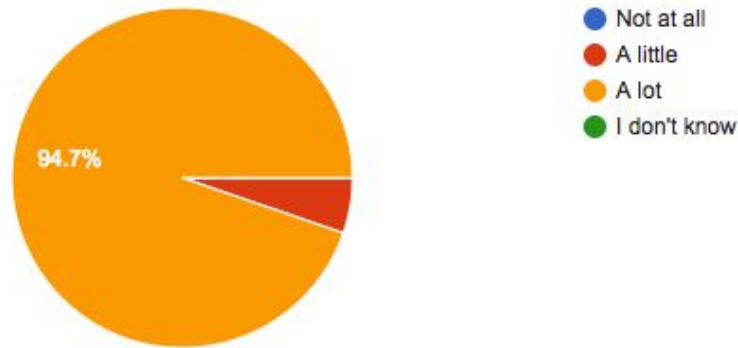
Post-Workshop Evaluations

Lethbridge College
November 14, 2018

Number of attendees: 25
Number of evaluations: 19

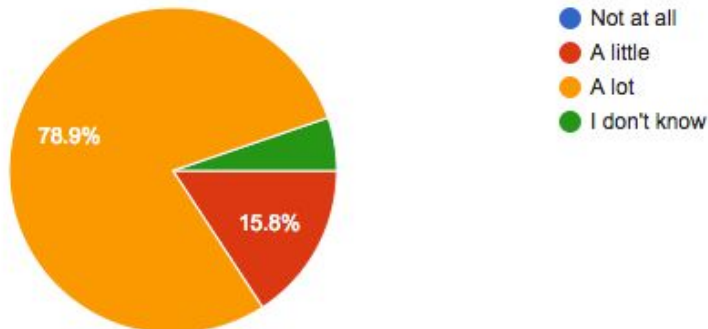
In your opinion, did this event create awareness of mental health issues?

19 responses



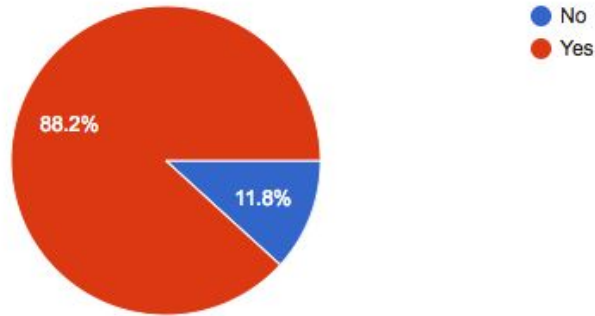
In your opinion, did this event reduce stigma related to mental illness?

19 responses



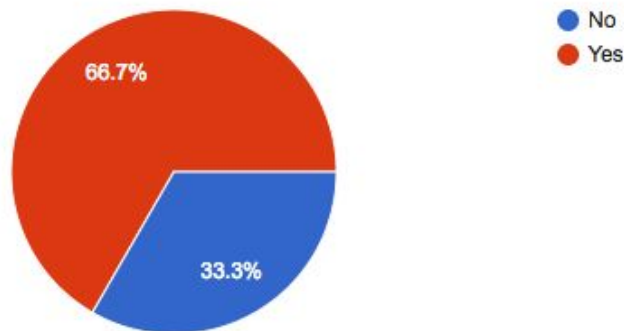
Did you know about your school's counselling services before this event?

17 responses



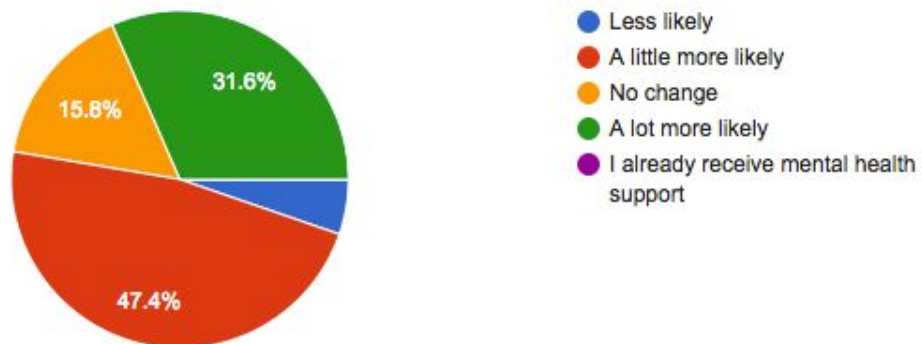
Did you know about community resources before this event?

18 responses



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

19 responses



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

On-campus MH support	5
Off-campus MH support	7
Traditional / spiritual	4
Family	9
Friends	11
Professors / mentors	3
The arts / creativity	9
Fitness / physical activity	4
Online resources	6

How did you hear about this event?

Friend	41.2%
Professor / class	11.8%
AHS Staff in Canmore	5.9%
Facebook	5.9%
Email	5.9%
Posters / flyers	11.8%
Allen	5.9%
College Newsletter	5.9%

What was your main takeaway?

(Highlights: see raw data for full list)

- Don't be afraid to reach out or don't give up if one thing doesn't work for you.
- Stigma within the African Canadian community (2)
- The effect of mental illness
- There are also cultural differences within mental health disorders

- Great event! Want it in our community
- We have come a long way in talking about mental health
- Very eye opening and helpful
- Mental health problems and weakness
- Reducing stigma
- We need to raise more awareness within the Black community
- Mental health issues are real
- Cultural presentations
- Amazing on campus services
- The personal stories

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

- Lots of resources and information about mental health
- Eye opening, helpful
- Enlightening, informative
- Informative
- Healthy mentality
- Such great sharing! Highly engaging
- Beneficial for those suffering or curious about the topic
- Helpful, supportive
- Good
- Informative, educational
- On awareness of mental health
- An exciting way to learn about mental health
- Informative
- Very interactive
- A must attend

How might you use what you learned today?
(Highlights: see raw data for full list)

- Remember self care, reach out to people who may need it.
- Will understand the influence of stigma and implement referrals to community resources in my nursing career.
- To help myself and the people around me
- Share this information for those in need. Allow them to feel there is support if needed.
- Learn more, understand and talk about it more!

- I think I need to be more aware that everyone has a struggle and story to tell
- Talk more
- In my nursing course
- I will try to inform more people. Be more conscious and raise awareness
- Remind myself during practice
- Tell friends

What are the biggest barriers to your mental wellness and/or receiving mental health support?
 (Highlights: see raw data for full list)

- Stopping counselling then having to find a new counsellor when I'm ready again
- Scared it won't work or help
- Stigma, fears
- Afraid of not being misunderstood
- Awareness and stigma
- I don't feel any barriers
- Not having someone being able to understand
- Time
- Cultural and racial barriers
- Feeling uncomfortable talking about it
- Accessibility

How can we improve this event in the future?

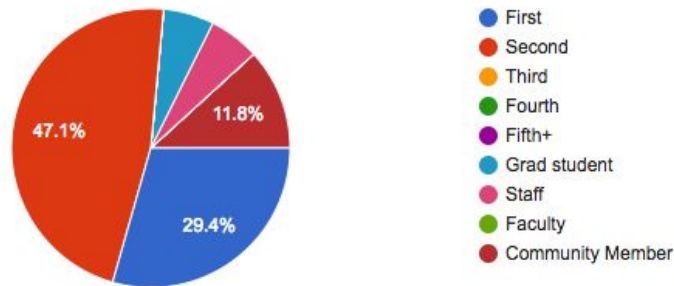
- Maybe make it more fun, I know it's a hard topic but maybe an activity at the beginning and end to lighten the mood
- More advertising (2)
- More of them!
- Not sure - I really appreciated the sharing!
- Provide more examples and videos
- More discussion

Major	
Social Work	1
Psychology	1

Nursing	5
Child and Youth	4
General Studies	1
NESA	1

Year

17 responses



Race / Ethnicity		
Asian / Asian-Canadian	1	5.9%
Black / African / African-Canadian	4	23.5%
Hispanic / Latinx	1	5.9%
Indigenous / Aboriginal / First Nations	1	5.9%
White / Caucasian	11	64.75%

Gender Identity

11 responses

