

Movies for Mental Health

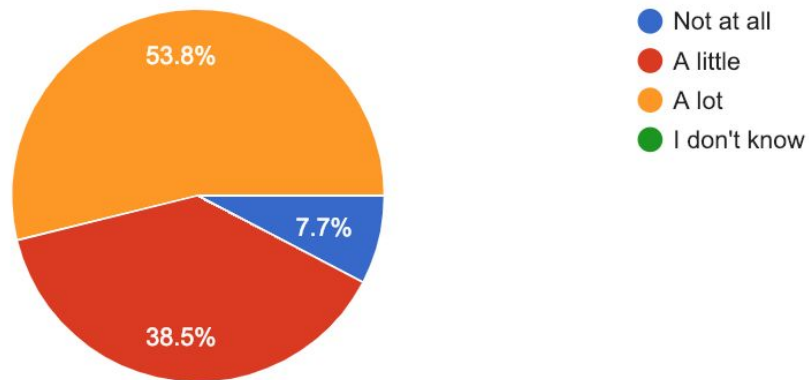
Post-Workshop Evaluations

University of Regina
February 5, 2019

Number of attendees: 23
Number of evaluations: 13

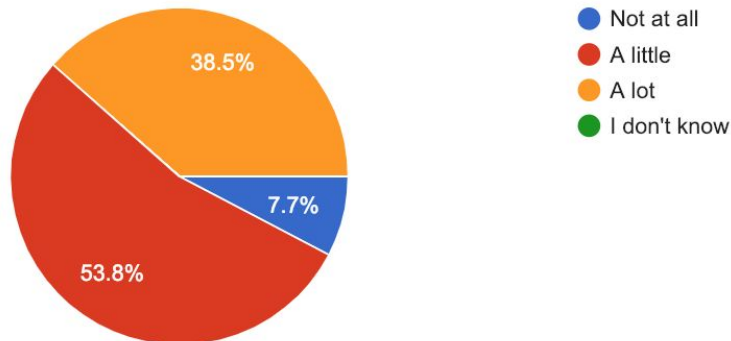
In your opinion, did this event create awareness of mental health issues?

13 responses



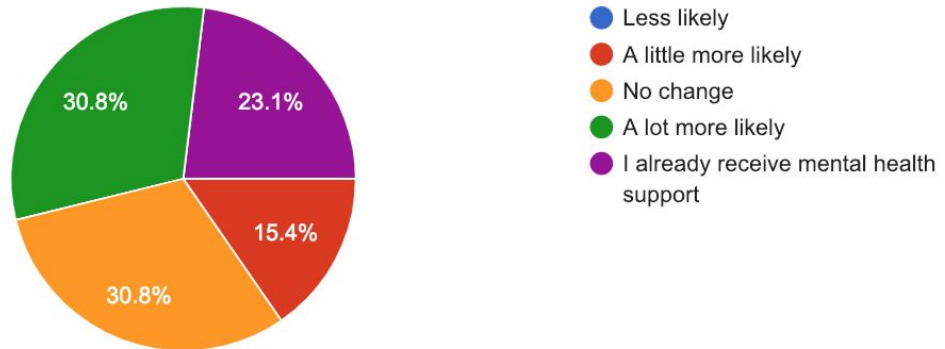
In your opinion, did this event reduce stigma related to mental illness?

13 responses



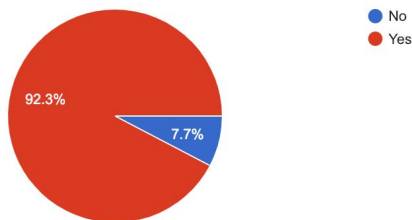
After this event, are you more or less likely to seek support for your mental health?

13 responses



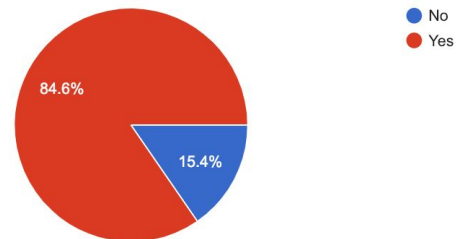
Did you know about your school's counselling services before this event?

13 responses



Did you know about community resources before this event?

13 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	1
Traditional / spiritual	3
Family	2
Friends	5
Professors / mentors	4
The arts / creativity	1
Fitness / physical activity	4

Online resources	3
------------------	----------

How did you hear about this event?

URSU	15%
Social media (unspecified)	15%
Friend	23%
Online	8%
Instagram	8%
Email	16%
Posters	16%
Post (?)	8%

What was your main takeaway?

- That there are movies that can depict mental health realistically without damage
- Intersectionality and oppression in the context of mental health
- Self identity
- Mental health is normal
- Important to seek help
- To seek support
- Film is powerful in portraying mental health

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

- Informative, safe, open
- Informative about mental illness and wellness in an accessible artistic format
- An organization for mental health support
- Really informal
- Not as good as it sounds
- Important and informative
- Inspiring
- Helpful
- A discussion on short films that feature mental health

How might you use what you learned today?

- Will inform how I picture mental health

- I'll reach out to my friend's and others to check up with them
- To help my friends and myself
- Using / talking with supports
- Talk about mental health
- Watch more of the short films, be more critical about movies and tv about mental health

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

- Stigma (3)
- Lack of time
- Trust
- Wait times
- Stigma / convenience
- Amount of resources available on campus

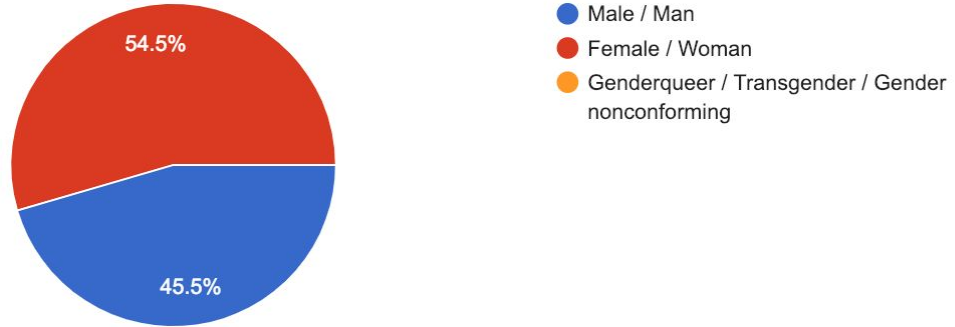
How can we improve this event in the future?

- Nothing :)
- More advertising / promo (2)
- Let people discuss together
- Shorter
- More engagement from facilitator

Major	
Clinical Psychology	22%
Econ	11%
Kinesiology	11%
MAP	11%
PE	11%
Psychology	11%
Science	11%
Social Work	11%

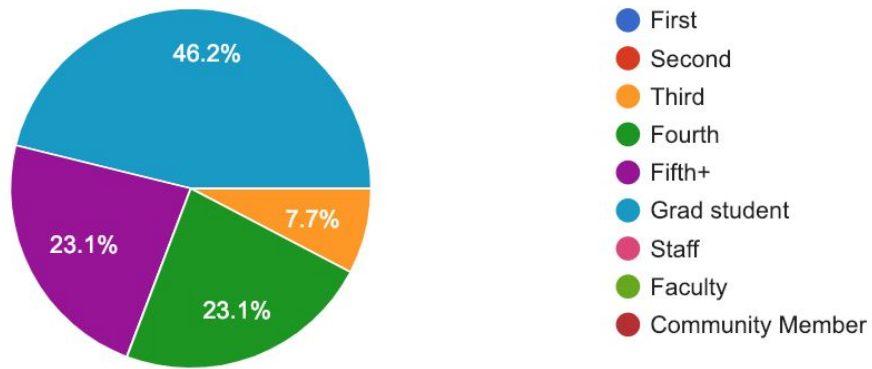
Gender Identity

11 responses



Year

13 responses



Race / Ethnicity		
Asian / Asian-Canadian	3	25%
Black / African / African-Canadian	1	8%
Indian / South Asian	1	8%
White / Caucasian	7	58.3%