

# Movies for Mental Health

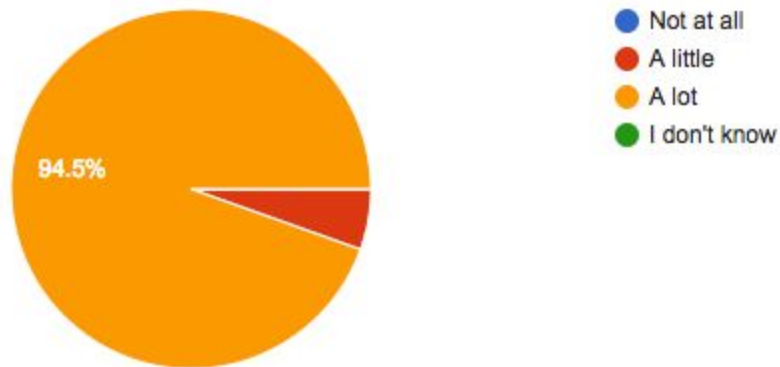
## Post-Workshop Evaluations

University of Guelph  
January 16, 2019

Number of attendees: 110  
Number of evaluations: 55

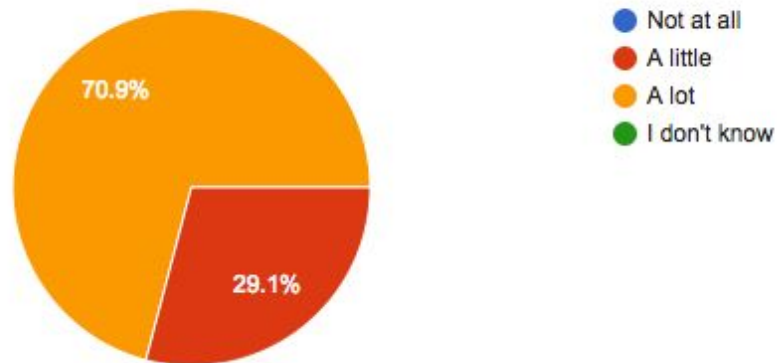
**In your opinion, did this event create awareness of mental health issues?**

55 responses



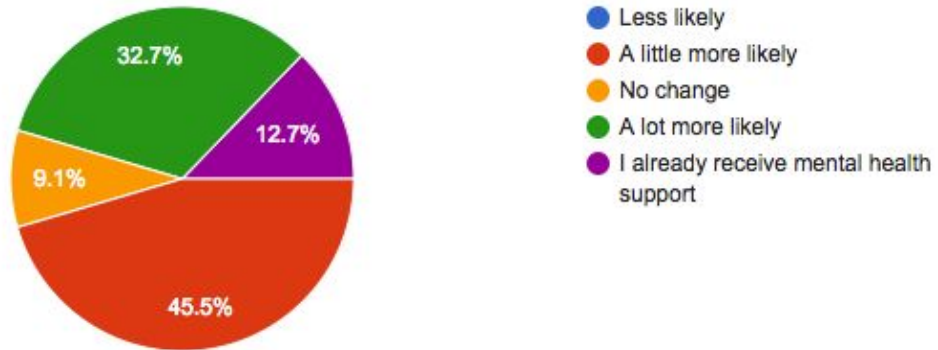
**In your opinion, did this event reduce stigma related to mental illness?**

55 responses



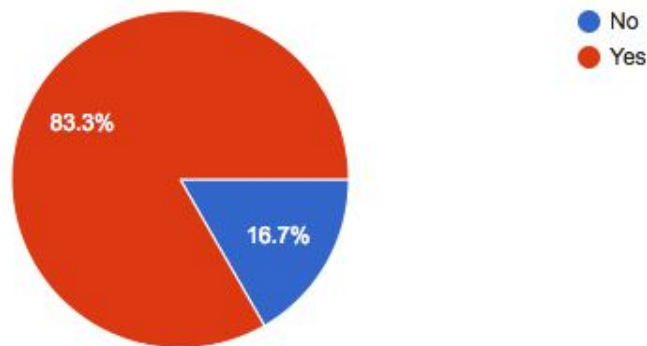
## After this event, are you more or less likely to seek support for your mental health?

55 responses



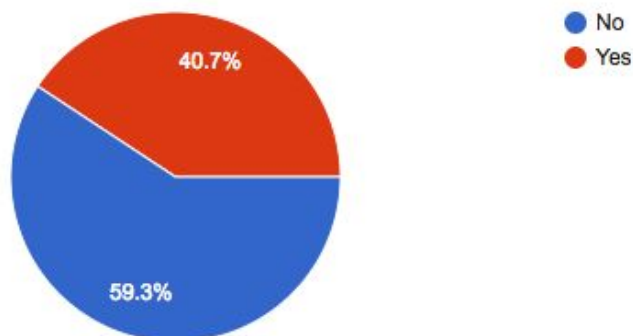
## Did you know about your school's counselling services before this event?

54 responses



## Did you know about community resources before this event?

54 responses



What type of mental health support do you think would be most useful to you?	
On-campus MH support	<b>35</b>
Off-campus MH support	<b>10</b>
Traditional / spiritual	<b>4</b>
Family	<b>22</b>
Friends	<b>31</b>
Professors / mentors	<b>7</b>
The arts / creativity	<b>12</b>
Fitness / physical activity	<b>19</b>
Online resources	<b>9</b>

How did you hear about this event?		
PSYC 1500	<b>15</b>	<b>28%</b>
Professor	<b>13</b>	<b>25%</b>
Wellness Education Centre	<b>7</b>	<b>12%</b>
Friend	<b>6</b>	<b>11%</b>
Announcement in class	<b>2</b>	<b>4%</b>
FRHD 2400 Class	<b>2</b>	<b>4%</b>
Involved in planning	<b>2</b>	<b>4%</b>
Events at U of G website	<b>1</b>	<b>2%</b>
From my volunteering	<b>1</b>	<b>2%</b>
Human services class	<b>1</b>	<b>2%</b>
Sara Kafashan-Shine	<b>1</b>	<b>2%</b>
Student support network	<b>1</b>	<b>2%</b>
Through Art With Impact Canada	<b>1</b>	<b>2%</b>

## What was your main takeaway?

(Highlights: see raw data for full list)

- A better understanding of what other people go through
- Addressing your mental health is tough but worth it
- Everybody is facing a battle and we all cope differently
- Everyone has mental health, it's okay to seek help
- Everyone has their own journey and cope differently (2)
- Everyone is fighting their own battle
- Everyone's mental health is different but there's always someone there to help
- Experience many people can also relate to
- Get help if you need it
- Hearing people's individual stories is beneficial for you AND them
- Help is sometimes mandatory
- How different mental health is to everyone
- How hard it can be dealing with a mental illness
- I want to make sure people feel loved and appreciated
- I was surprised by the student stories, "you are not alone"
- Impactful and inspiring experience
- It brought me face to face with my fears and feelings
- It is very normal to reach out and talk about issues
- It's ok not to be okay (4)
- It's ok to talk about mental health
- Learned a lot about mental health, volunteer panel very empowering
- Mental health and illness is not always easy to see--check in with friends. It's ok not to be ok!
- Mental health is serious
- Mental illness can take many forms
- Mental illnesses are not a thing to be ashamed of and there are resources to help you.
- Mental wellness is not a linear process (2)
- No matter how bad things can get, there's always a path available to get better
- People have different experiences with mental illness
- Road to recovery different for everyone, everyone expresses how they feel differently
- Seek help and don't be ashamed if you need it
- Take care of yourself, you are not alone
- That I am not alone on my journey to getting better
- The personal stories that were shared
- There are so many people to help
- There is a lot of support if you reach out, people do care
- To make more of an effort to be a support within the community I am in
- Today's youth are courageous, smart, and give me hope for the future!
- You can get through mental health struggles (2)

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

(Highlights: see raw data for full list)\*

- A life-changing series of stories and discussion
- A really powerful and inspiring experience
- A welcoming talk on mental-health related subjects
- A welcoming, inclusive space
- A workshop discussing mental health and movies

- An enlightening discussion on mental health issues
- An informative event for mental health awareness
- Beneficial, self-realization
- Empowering
- Empowering, emotional, honest, eye-opening
- Empowering, perspective-changing, essential to listen in on
- Enlightening
- Enlightening, empowering, moving, emotional.
- Extremely helpful event which DEFINITELY reduces stigma
- Eye-opening (2)
- Eye-opening, thought-provoking, community-building
- Great
- Great because there's a lot of learnings from it
- Heavy but also inspiring and very informative
- Heavy, but in a good way
- Helpful
- Helpful and eye-opening
- Helpful and insightful
- Helpful and very emotional
- Helpful but intense
- Helpful, makes you feel supported
- Important
- Informative and empowering
- Informative, eye-opening
- Informative, inspiring
- Innovative, creative, thoughtful
- Inspiring, emotional, eye-opening
- Interactive and educational
- Interesting and touching
- It was a great event that helped reduce stigma related to mental illness
- Kind of intense but valuable
- Moving and resourceful
- Outstanding, it really opens your eyes
- Powerful
- Powerful, eye-opening
- Thought provoking (2)
- Very impactful
- Very impactful and motivating to seek help
- Very insightful, very open/real
- Very intense, informative, but inspiring workshop
- Very moving and eye-opening
- Very moving, real, and informative

## How might you use what you learned today?

(Highlights: see raw data for full list)

- Actually go out and get myself counselling
- Always reach out in times of need
- Apply it in my everyday life (2)
- Be more encouraged to talk, ask, and listen about mental health

- Everybody has a different story and mental illness is not always visible, so be kind to others and always be there to help
- First applying it to myself, fix myself then help others
- Give myself time
- Go to see a counsellor myself (2)
- Going to speak more openly about mental health because there really is no reason not to
- Help others
- Helps make me fully understand what some people go through, it can happen to anyone
- I may use some of the language I heard today when listening to others' struggles and reassuring them
- I need to start looking after myself and my mental health
- I will productively seek help
- I will use it as motivation to be an advocate in my community and also reach out for myself
- I would like to help my sister more with her depression
- If a friend needs me. If I ever feel alone, I can think about what the panel had to say
- Let people I know and love that I'm there for them
- Look more into services offered to help me
- More comfortable asking for help
- Now I know where to go for help
- Practice self-care
- Recognizing the signs in my friends who I think may be struggling
- Seek help if needed and not feel embarrassed
- Self-care in everyday life
- Share it with my peers
- Share videos with others
- Spread mental health awareness through my position as a wellness peer helper
- Student Support Network, I already use Here 24/7
- Support mental wellness among my friends and family
- Talk about feelings more
- Talk more to people about mental health and mental illness
- Tell people about resources
- Telling these messages to my friends and family
- To be more aware of how others feel and have experienced
- To better my own mental health, and support friends who are struggling.
- To get help for my own mental struggles
- To help a friend and to keep my mental health well
- To help myself and my friends (2)
- Will help me help myself and hopefully those around me

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

(Highlights: see raw data for full list)

- "Weakness," talking about it
- Accepting something was wrong (2)
- Access
- Admitting to myself I may need help
- All of the speakers has major struggles and mine don't seem like they're bad enough to take up the time of a counsellor/support
- Cost, time, worried that I won't see results

- Don't know exactly what help I need nor where to go; slowly working away at this
- Don't like to feel vulnerable or like a burden
- Fear and judgment
- Fear of being judged
- Feeling like a burden, guilt
- Feeling like my problems are trivial, especially in comparison to others
- Feeling that I've been strong enough to get through it alone in the past
- Feeling weak and annoying when asking for help
- Having difficulty finding a "holistic" way of dealing with things
- I am scared
- I am uncomfortable talking about it
- I'm an adult male so I should be able to handle it myself
- Maybe still in denial
- Money
- My mental illness is not as bad as others/others have it worse
- My own damn self. I need to work on myself is what I mean.
- My self-doubt and anxiety
- Not acknowledging that you need help
- Not feeling like my feelings are real or valid or help-able
- Not making it a priority in my life
- Not wanting to be questioned
- Personally, my therapist is in another city
- Scare that they won't believe me
- Scared to ask
- Seeing the positive side of things instead of the negative side
- Sometimes I feel okay so I feel like the bad is temporary, it's not as bad
- Stigma
- Stigma and being afraid
- The battle of acceptance
- The stigma that surrounds the issue
- Thinking I do not need help when things are ok
- Thinking you are bugging people when you need their support
- Time/trouble
- Very embarrassed

### How can we improve this event in the future?

- Enforce people to stay till the end
- Focus more on maybe one film, more personal stories
- I didn't gain a whole lot from the third film
- I honestly have no idea, sorry.
- I really enjoyed the panel--add more speakers
- I think this event was great and I can't think of any improvements at the time
- I'm not sure, it was pretty good!
- Include a panel member from on-campus services
- It is one of the best events I've attended on campus
- It was great, I wouldn't change it (2)
- It was real and vulnerable
- Less lecture-style part at the beginning
- Make the film discussions more focused on the messages of the films
- Maybe a bit more warnings (one of those videos was really intense)

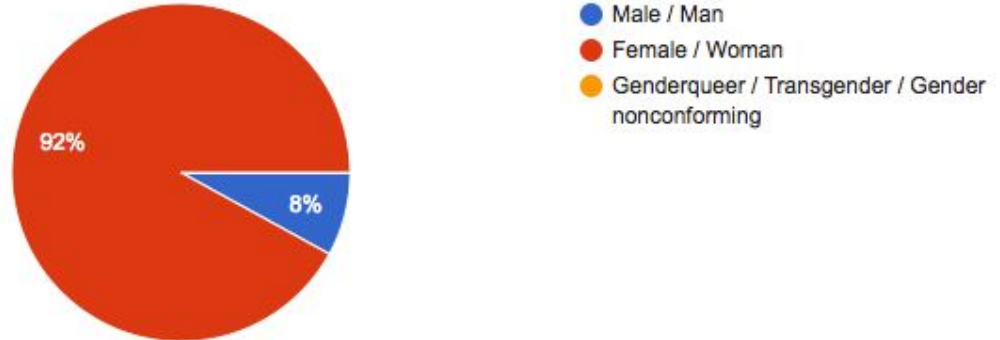
- Maybe more discussion of arts-based mental health resources to complement the film component
- More personal experience sharing (2)
- More pizza and better trigger warnings
- N/A--this event was very well structured
- No idea, it was wonderful!
- Nothing, it was amazing
- Order enough pizza
- Perhaps an epileptic warning before Hanging, just in case, as I know it could have triggered a seizure
- Probably more films
- Put stories at start and resources
- Talk more about helping a loved one
- Too much talking at the start
- Vegan pizza

Major	
Psychology	<b>28</b>
Child, Youth, Family	<b>4</b>
Adult development	<b>2</b>
Criminal Justice	<b>2</b>
AHN Animal biology Anthropology Biomedical science Chemistry Economics Environmental biology Genetics History Honours psychology MBG Nutrition PhD in Biopolymers Psychology and sociology Public health	<b>1 each</b>



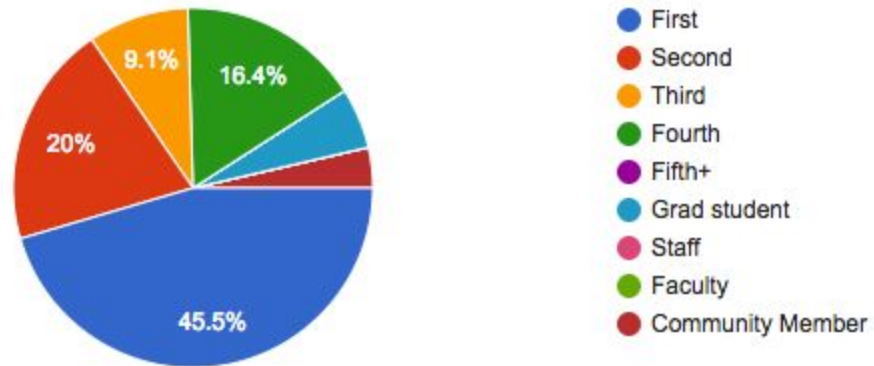
## Gender Identity

50 responses



## Year

55 responses



Race / Ethnicity		
Asian / Asian-Canadian	3	6%
Black / African / African-Canadian	2	4%
Hispanic / Latinx	2	4%
Indian / South Asian	7	12%
Middle Eastern	1	1.9%
Indigenous / Aboriginal / First Nations	1	1.9%
White / Caucasian	42	79%
Other	1	1.9%

\*If you were telling a friend about this workshop, you would describe it as (most common adjectives):

Empowering	4
Enlightening	2
Emotional	4
Eye Opening	8
Helpful	5
Informative	4
Powerful	3
Thought-Provoking	2