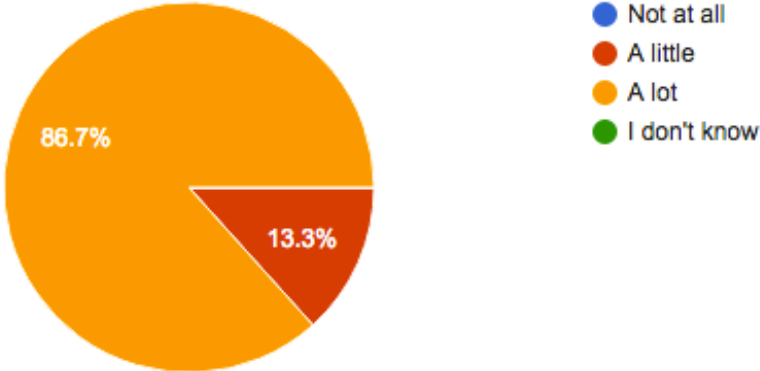


Memorial University

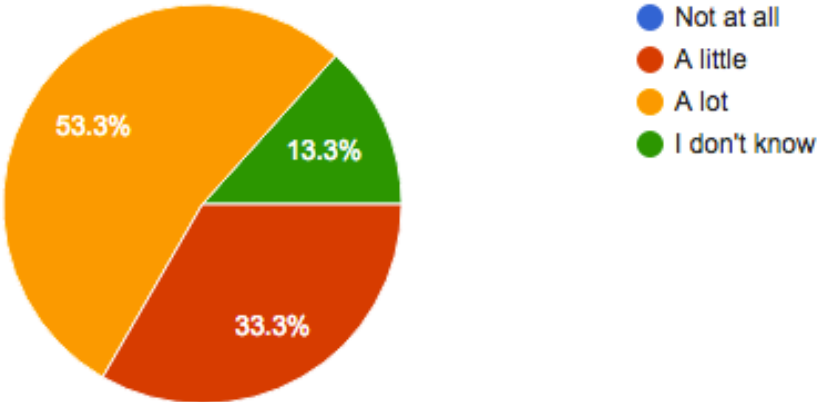
March 16, 2017

N= 15 evaluations, ~ 21 people in attendance

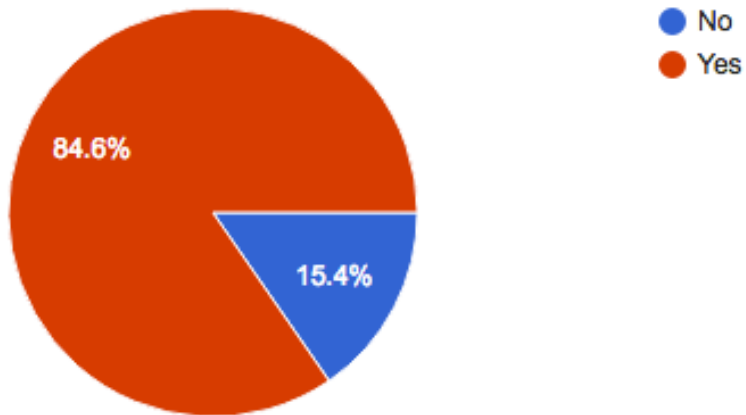
In your opinion, did this event create awareness of mental health issues?



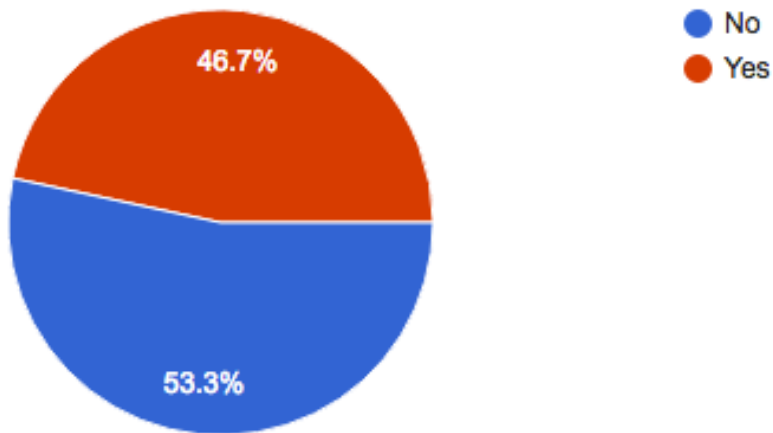
In your opinion, did this event reduce stigma related to mental illness?



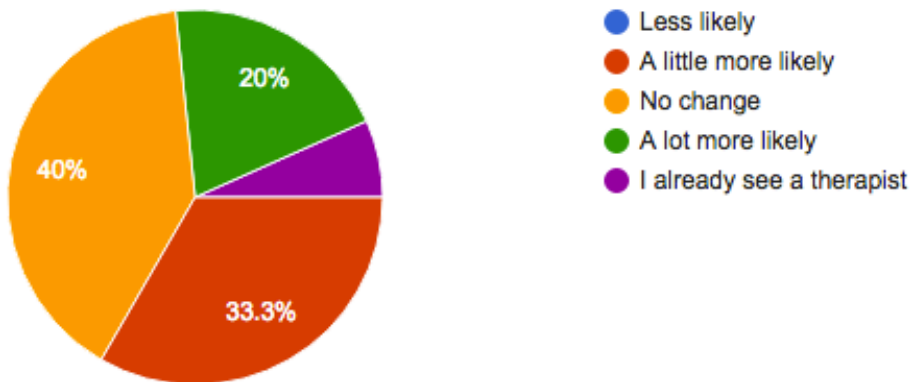
Did you know about your school's counselling services before this event?



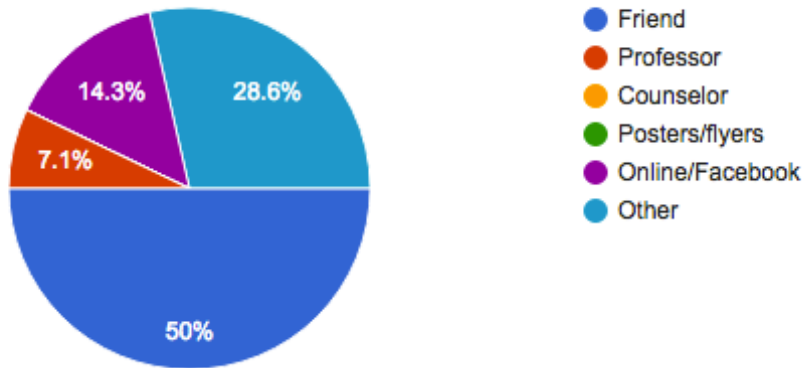
Did you know about community resources before this event?



After this event, are you more or less likely to use your school's counselling services?

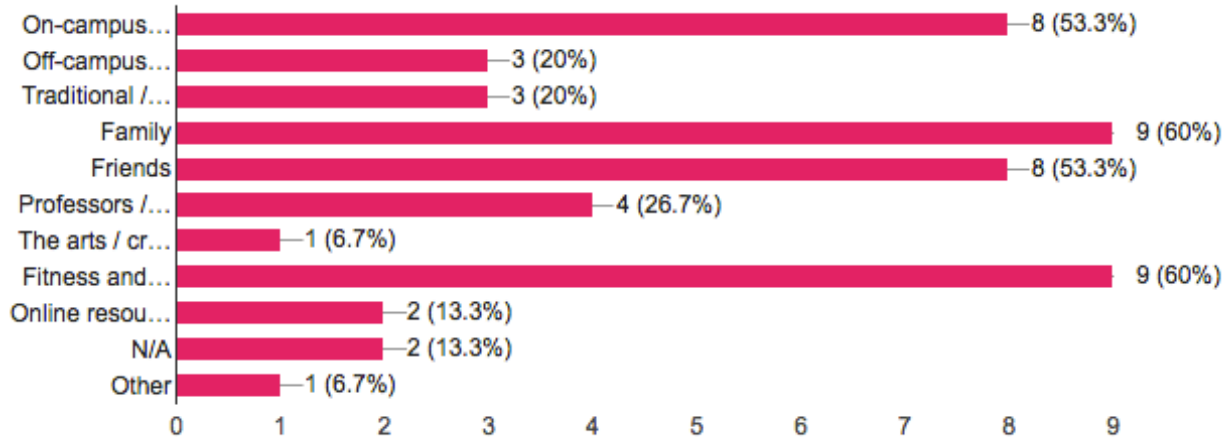


Referral Source - How did you hear about this event?



Others include:
 Disability network
 MUN Minds - 2

Support Category - What type of mental health support would be most useful to you?



- Family, Fitness / physical activities had the highest responses
- Friends and on-campus services second highest responses

What was your main takeaway (of workshop + conference)?

- Awareness, understanding
- How to make yourself calm down
- Knowledge and awareness of mental health
- Mental health is something that needs to be talked about so that people who need help don't feel embarrassed / ashamed to get help.
- Mental health issues may not be obvious, stigmas really limit us in terms of the help we seek out
- Mindfulness - connection of the body and of the mind
- Mindfulness - focus on personal mental health through being present. Mental health - try

to empathize as much as possible because mental health is individual

- New resources for clients
- Other people feel stressed too!
- That terms, like stigma and mental illness have a vast number of meanings to different people, based on their own personal experience

How would you describe this event to a friend?

- A safe and comfortable place to learn and talk
- An eye opening experience that ties together film / art and mental health in a beautiful way
- Conference on mental health and mindfulness
- Deepening understanding of mental health
- Excellent event for mental health awareness
- For me, it made me more aware and understanding of myself and other mental illness. Where and how to get help.
- Good to know if you never notice mental health
- Great introduction to mindfulness
- I would let them know that this is an event about creating awareness about self and mental health.
- Insightful - increased communication brings new and fresh ideas and awareness
- Necessary for any person

How can we improve this event in the future?

- Background description for films, provide solutions for problems happening in films
- Bring diversity in your members from different facilities
- I really liked the opportunity to discuss and talk about the various films / winners - continue doing this
- Maybe create more advertising so that more people will come and experience (2)
- More local community representation

Major:

Bachelor of Electrical Engineering

Biology

Business

Civil Engineering

Cognitive and Behavioural Ecology

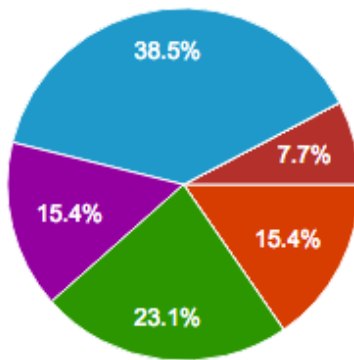
English

Law / Economics

Pharmacy (3)

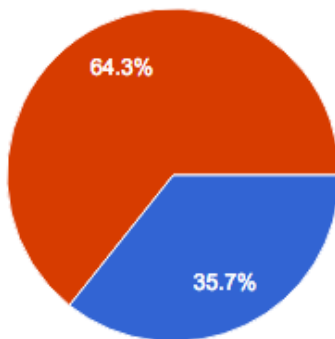
Political Science

Year



- First
- Second
- Third
- Fourth
- Fifth+
- Grad student
- Staff
- Faculty
- Community Member

Gender



- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming
- Other

Ethnicity

Asian / Asian Canadian	Indian / South Asian	White / Caucasian	Indigenous Canadian
4	1	10	1
27%	7%	67%	7%