

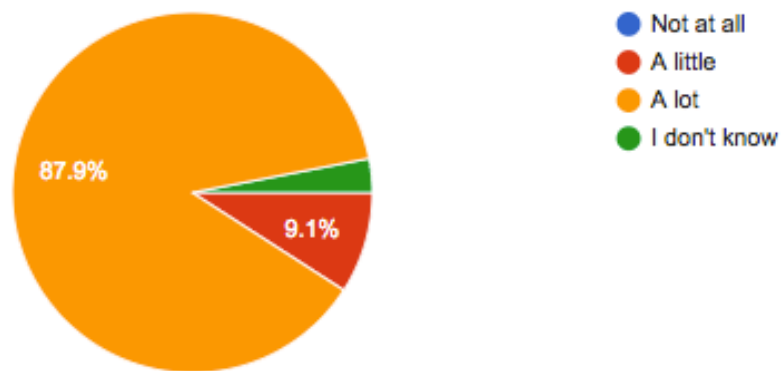
NorQuest College  
March 21, 2018

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N= 33 evaluations, ~ 60 people in attendance

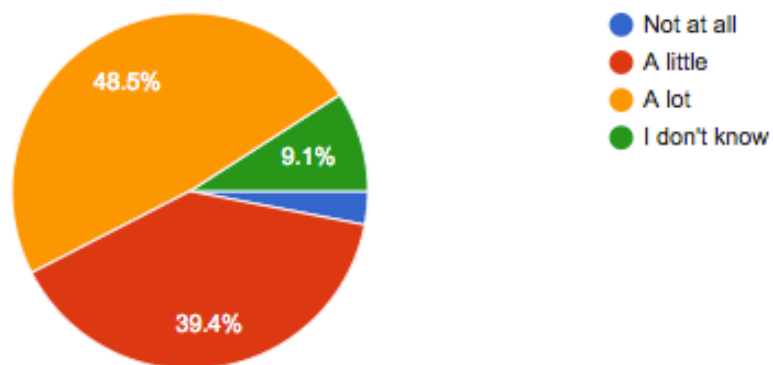
**In your opinion, did this event create awareness of mental health issues?**

33 responses



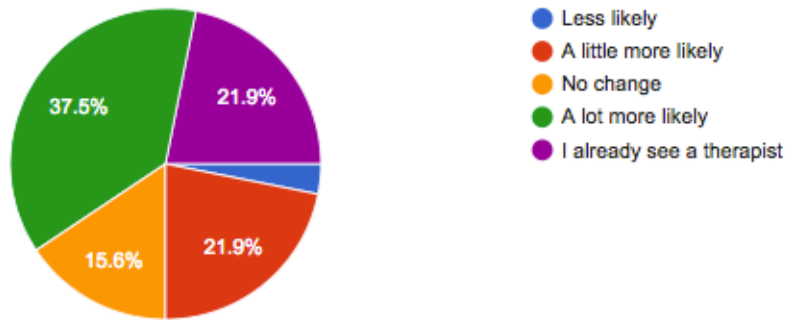
**In your opinion, did this event reduce stigma related to mental illness?**

33 responses



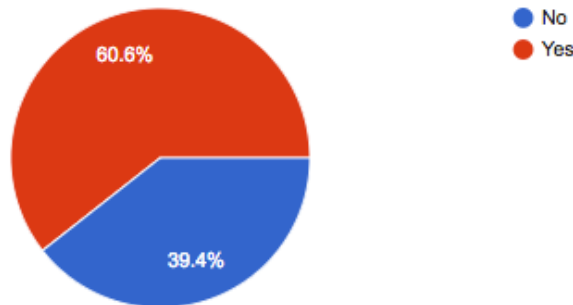
### After this event, are you more or less likely to seek support for your mental health?

32 responses



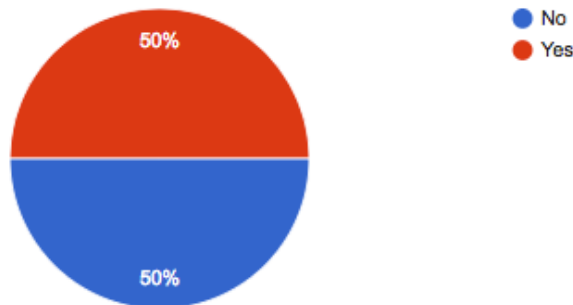
### Did you know about your school's counseling services before this event?

33 responses

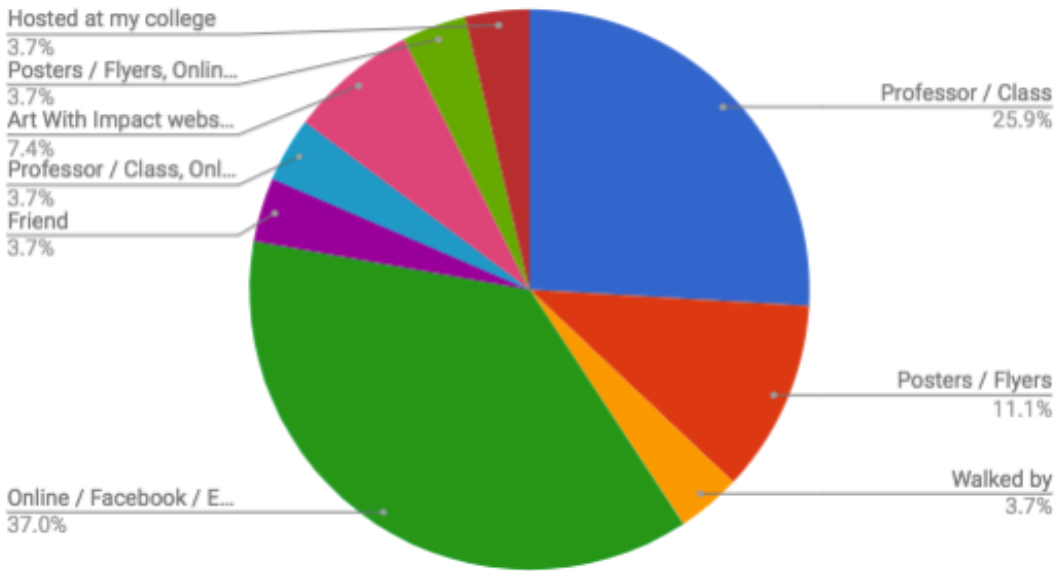


### Did you know about the community-based mental health resources before this event?

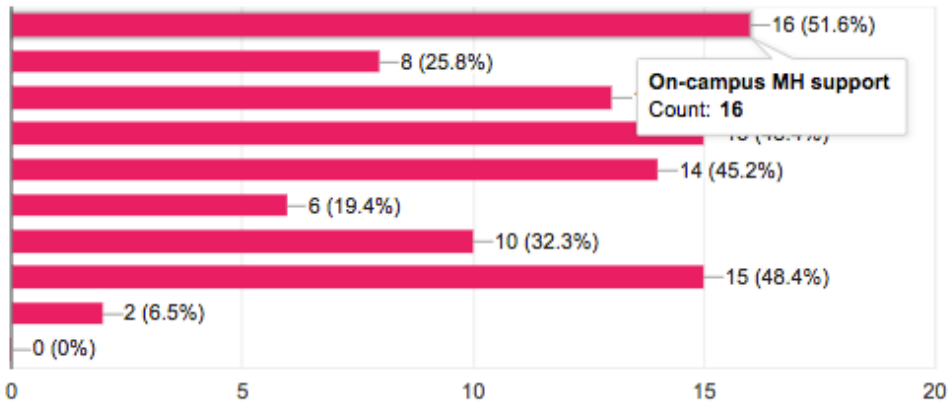
32 responses



**Referral Source** - How did you hear about this event?



**Support Category** - What type of mental health support would be most useful to you?  
(students can select up to as many as are relevant)



- 51% - On-campus MH support
- 48% - Fitness and Physical activity; Family
- 45% - Friends
- 42% - Traditional, spiritual
- 32% - The arts / creativity
- 26% - Off-campus MH support
- 19% - Professors / mentors
- 6.5% - Online resources

**What was your main takeaway?**

- Acknowledgement.
- All of it.

- Awareness and acceptance.
- Be nice - to others - to yourself. (2)
- Help is available.
- It is OK to get help.
- Knowledge.
- Love your inner child.
- Name of films, how it looks like mentally ill, able to understand someone's feeling.
- Not alone. (2)
- Openness of clients to share their experience, show reduction in stigma.
- The ability to show lots of experiences through film.
- There is help available.
- You can become better than you were.

### **How would you describe this event to a friend?**

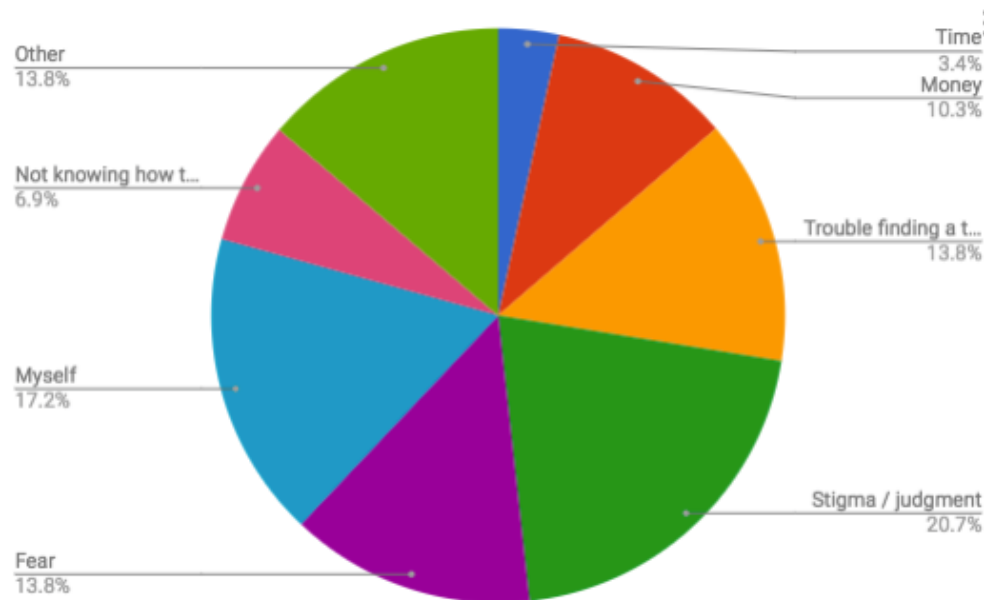
- An event which is full with knowledge and awareness.
- A lot of knowledge about mental health.
- About stigma of mental illness is not true.
- Awareness.
- Awesome.
- Entertaining, emotional, conversational.
- Give information about mental health and show photos.
- Helpful and would like for more events like this.
- Helpful.
- Info on stress and mental illness.
- Informative.
- Interesting for someone who knows very little about mental health.
- It is helpful.
- It's triggering but helpful and educational.
- Mind-opening event to understand what it's like to be in someone else's shoes.
- Short films on mental health starting a conversation about mental health.
- They should get help if you need it.
- Useful, and a really good event.
- Very informative, very interactive.
- Very interesting.
- Very Powerful.

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

- By more description (around content) – (2)
- Give persons in the audience to share if they wish.
- Go around handing papers out
- Have more students on the panel (2)
- Having public interaction triggers anxiety. It's hard to listen when you're afraid

- Include something with samples from all cultures, instead of just black people
- It did cause anxiety to feel like I have to participate
- Let people know that there is help out there
- Little audio disturbance / sound (3)
- More activities
- More media
- Spread the word

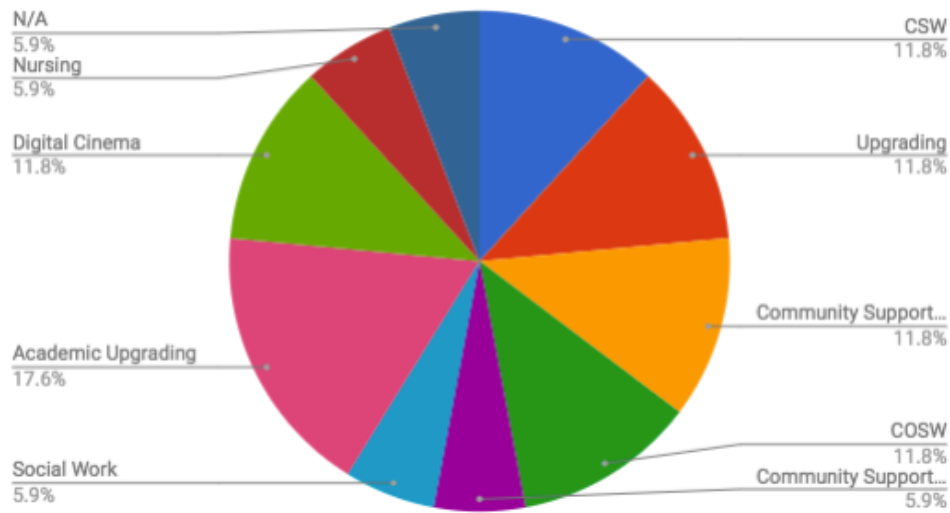
### What are the biggest barriers to your MW and/or receiving help?



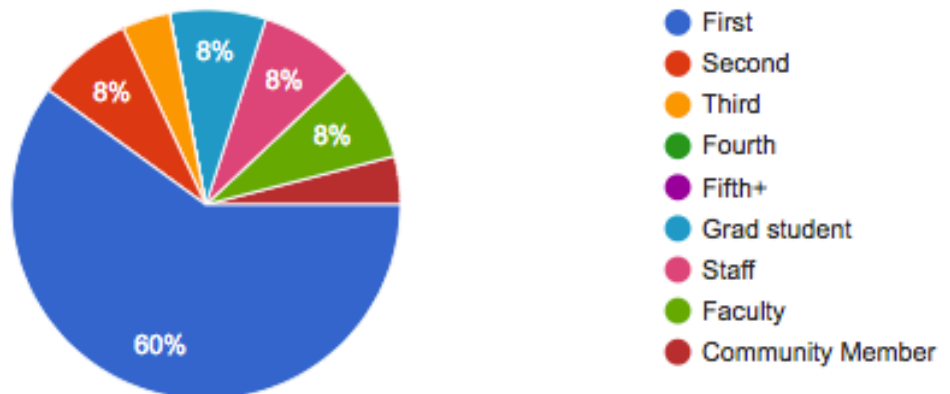
- Shame and fear (2)
- Accepting that it might be a process and it's OK to continue seeking help until you are better.
- Finding support and making the first step.
- Close mind
- Afraid, not sure what to say, shy
- Cultural barrier
- Busy schedule of family and friends
- Continuing seeking help.
- Economy / Money (2)
- I went after my husband died - the counselor was useless so I quit.
- Myself and motivation to seek help
- Talking to someone
- Psychiatrist wait times / myself
- Myself
- Myself / stigma internalized
- Substance use

- Shame
- Acceptance
- Stigma, doubt, finance
- Stigma / scared
- Barrier is that what other think about me
- Just don't like to say how I feel, feel awkward
- Talking to friends / family

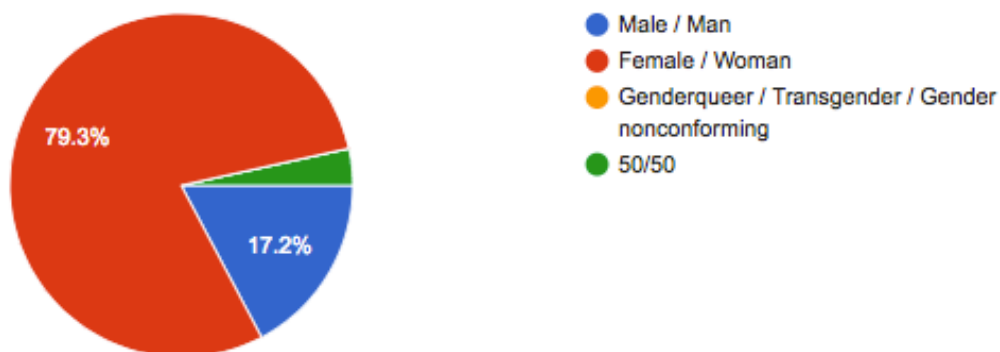
**Major:**



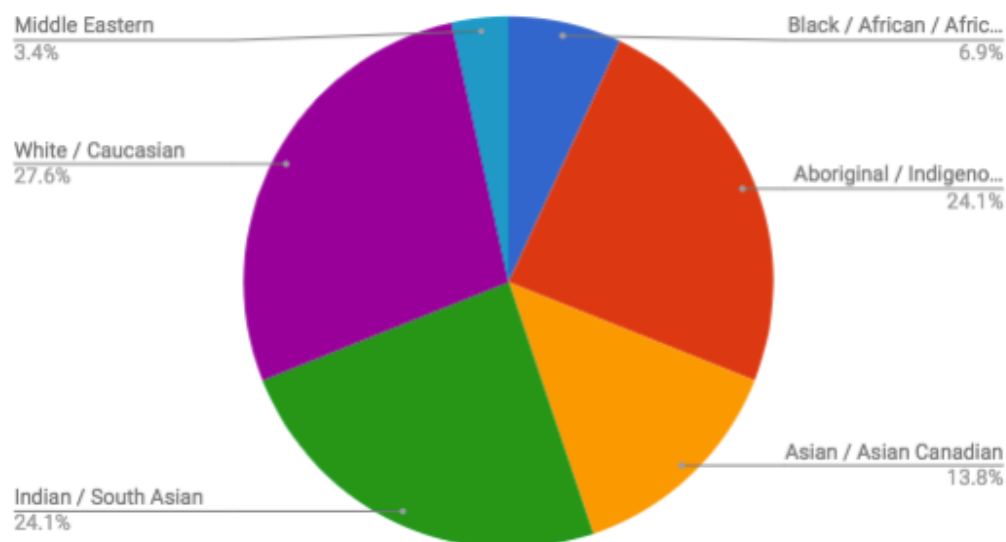
**Year**



## Gender



## Identifiers



## Before / After Results

Questions with the largest increase (see below):

- I know of at least one specific on-campus mental health resource available to me. (3.2 → 4.3)
- I know of at least one specific community / off-campus mental health resource available to me. (3.1 → 4.1)
- I know of specific ways that the arts and creativity can raise awareness about mental health issues. (3.7 → 4.6)

## Mean: Before and Mean: After

