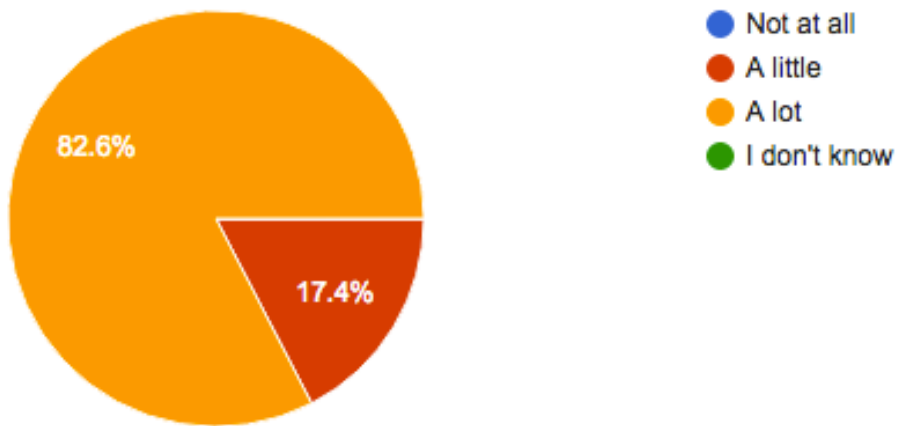


Queen's University

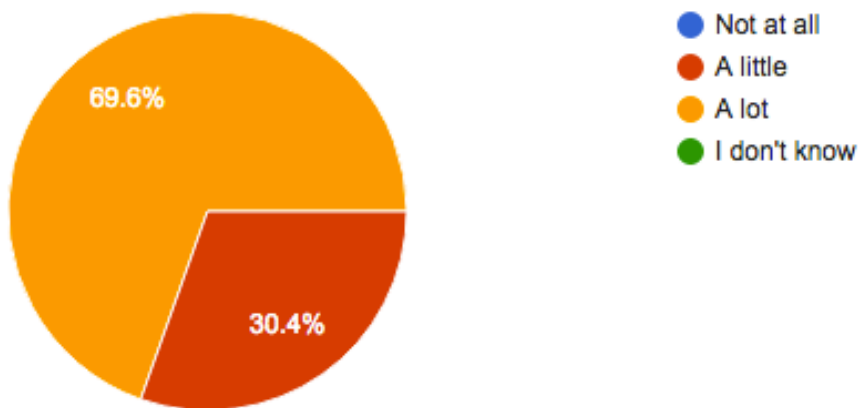
March 16, 2017

N= 28 evaluations, ~ 40 people in attendance

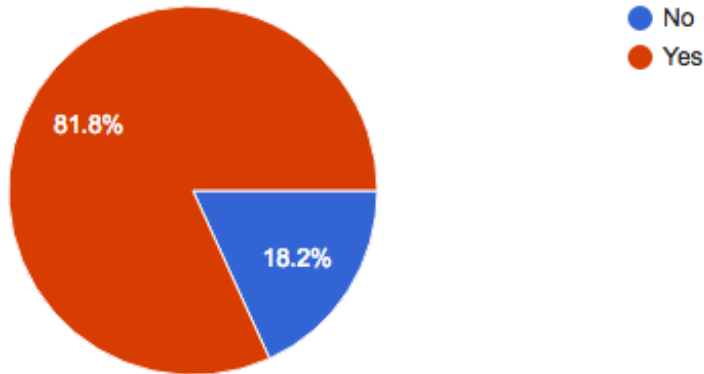
In your opinion, did this event create awareness of mental health issues?



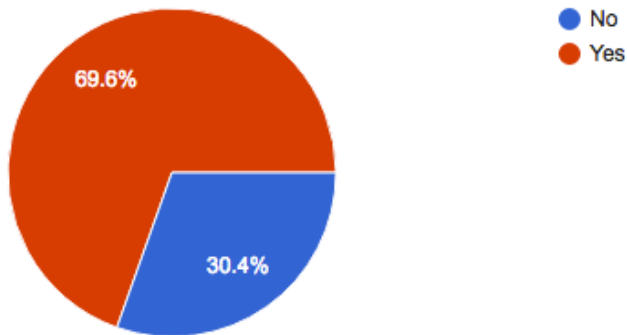
In your opinion, did this event reduce stigma related to mental illness?



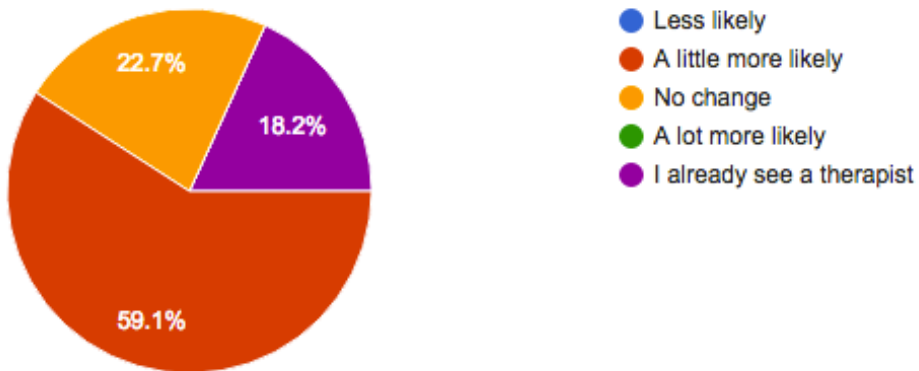
Did you know about your school's counselling services before this event?



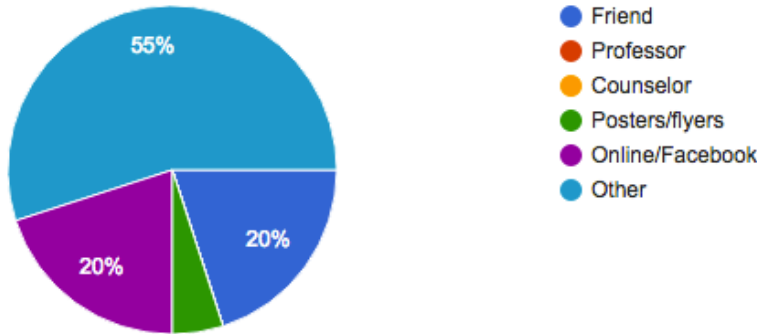
Did you know about community resources before this event?



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



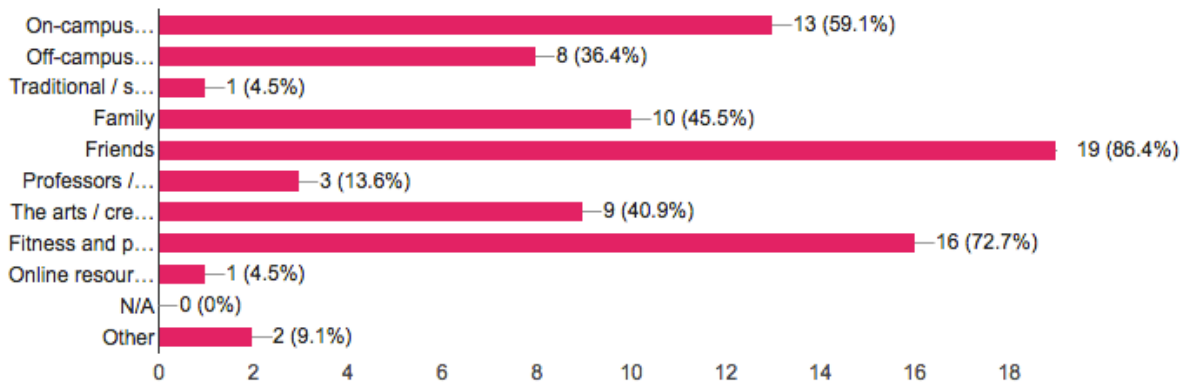
Referral Source - How did you hear about this event?



Other includes:

- MHAC (7)
- QFTB (1)
- My housemate speaking on the panel

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



- Friends and fitness / physical activity the highest responses
- On campus services, family and the arts / creativity second highest responses

What was your main takeaway?

- It's ok not to be ok (2)
- Treatment must be individualized (3)
- Creative expression = great self-care!
- Trying to get someone to seek help isn't always easy and forcing them could set them back
- Talking about mental health / illness and how it is individual and can be experienced by everyone is important
- There are lots of places to find support for mental health on and off campus (2)

- Seeking support in times of need is important
- Appreciating a new format to start the discussion on mental health (art/film)
- Healing is little steps and everyone is individualized
- Many resources are available, many people are going through same thing
- Really well organized and well done! Focused on the positive :)
- I actually knew one of the panel members, and saw them intoxicated at a party. Next time I would definitely follow up to make sure they were okay.
- We need to talk about mental health
- Learning effective ways to talk and help

How would you describe this event to a friend?

- A great learning opportunity
- A great way to discuss / learn about mental health and the importance of awareness / education
- A look at mental health from many different perspectives
- A new perspective on mental health, an open, informative, respectful, safe environment
- A positive creative space!
- A very intimate and safe space where people shared their stories and we explored how art can heal
- Creative and cool
- Enlightening
- Event to bring awareness to mental health
- Eye opening (2)
- Informative and impactful (2)
- Insightful, modern and super important
- Insightful. Especially the panel. Wasn't a huge fan of 'how did movies make you feel' but besides that good :)
- Interesting and relevant and useful
- It was meaningful and connecting, great examples of what mental health can look and feel like and great discussion
- Loved the honesty and vulnerability by student speakers
- Really good, both informative, interesting and brought out the 'feels'
- Thought-provoking
- Using art to raise discussion on mental wellness

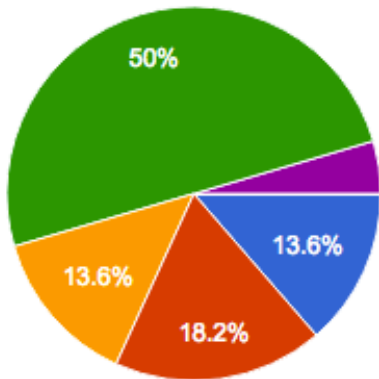
How can we improve this event in the future?

- Perhaps a classroom setting, sitting in groups facilitate discussion
- Show maybe more short films of different mental illnesses / experiences

Major:

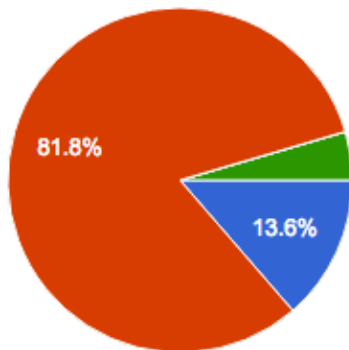
BBPH
Bio-Psych
Biology and Psychology
Con-Ed, Env Sci
Drama
Environmental Sciences
Life Sciences (3)
Physics
Political Studies
Psychology (5)
Psychology - French

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 American	Hispanic / Latinx	White / Caucasian	Middle Eastern	Black / African Canadian	Other
5	1	14	2	2	2
22.7%	4.5%	63.6%	9.1%	9.1%	9.1%