

# Movies for Mental Health

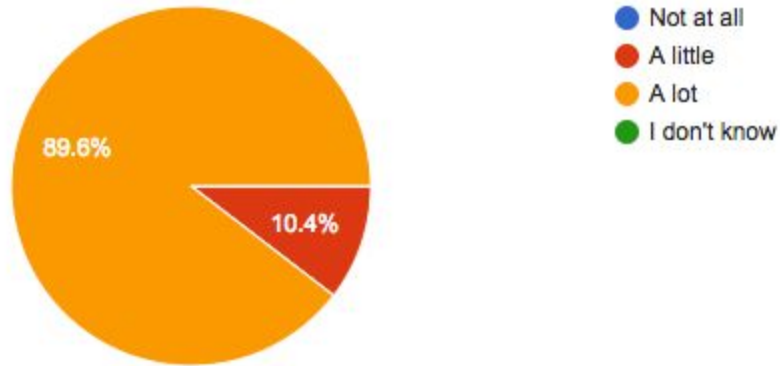
## Post-Workshop Evaluations

Red Deer College  
January 22, 2019

Number of attendees: 96  
Number of evaluations: 115

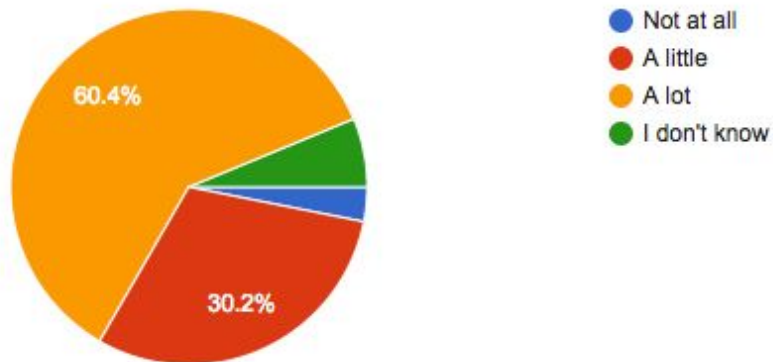
In your opinion, did this event create awareness of mental health issues?

96 responses



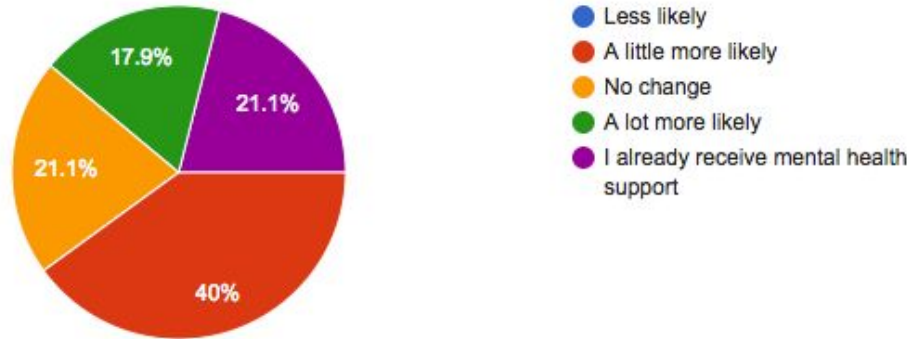
In your opinion, did this event reduce stigma related to mental illness?

96 responses



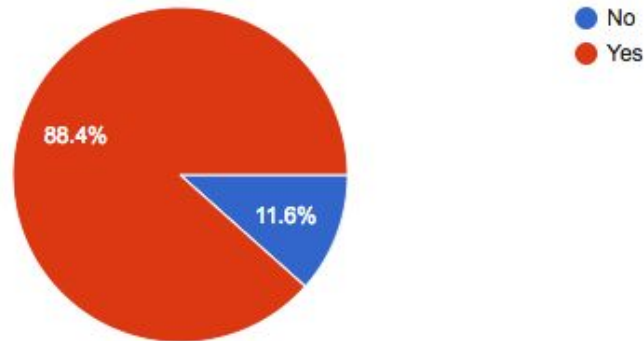
### After this event, are you more or less likely to seek support for your mental health?

95 responses



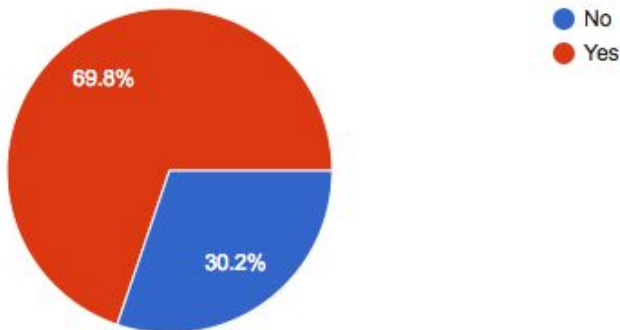
### Did you know about your school's counselling services before this event?

95 responses



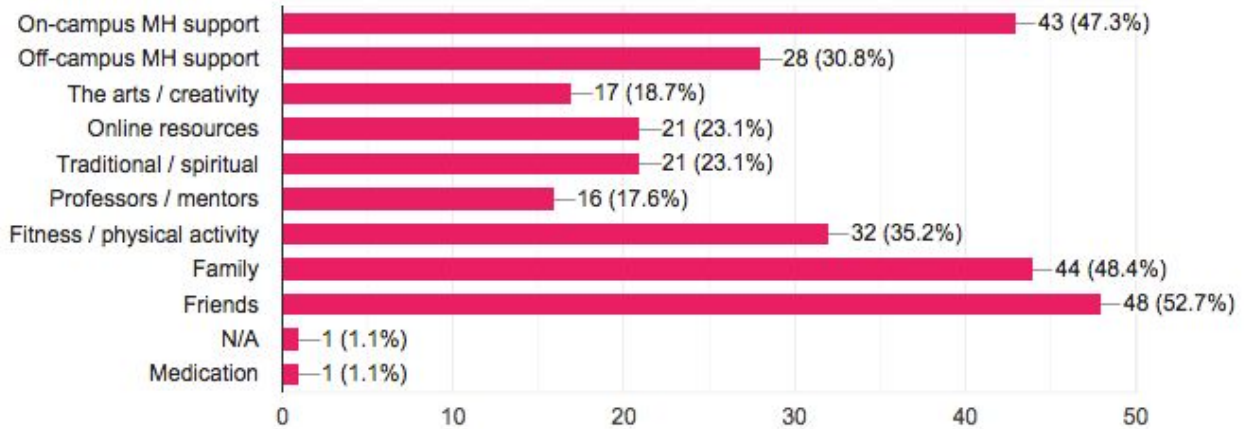
### Did you know about community resources before this event?

96 responses



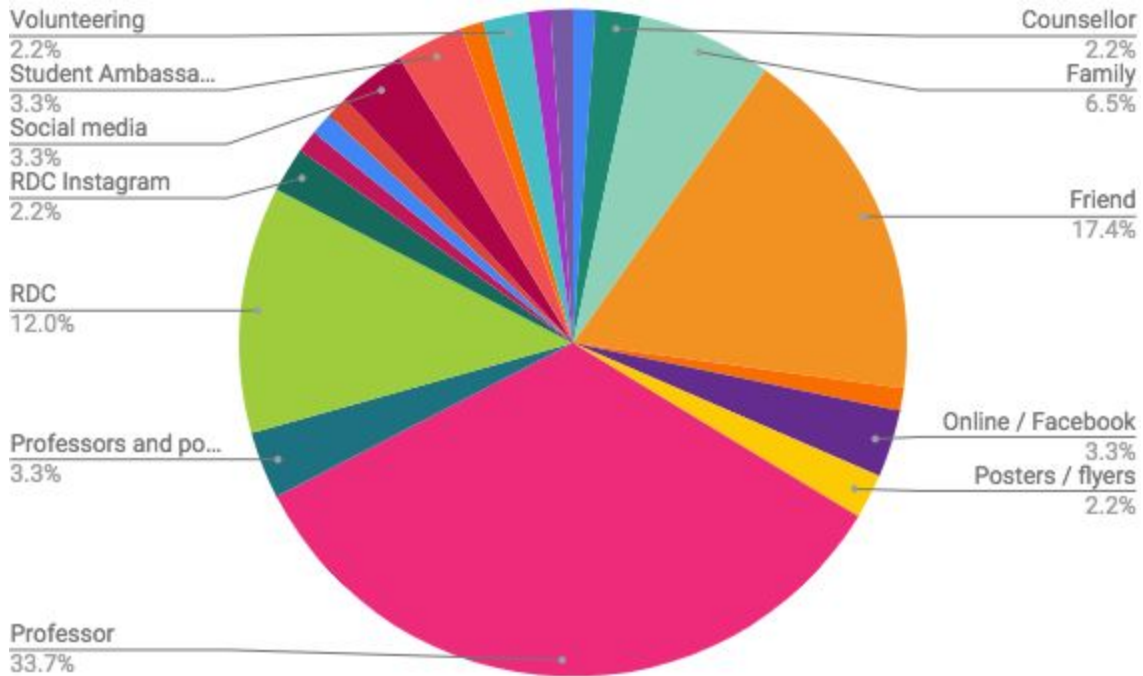
What type of mental health support do you think would be most useful to you?

91 responses



How did you hear about this event?

92 responses



Plus: Word of mouth - 1%    Came last year - 1%    Work - 1%

## What was your main takeaway?

(Highlights: see raw data for full list)

- :)
- Allow myself to speak up
- Always get help if you feel like you need it
- Available resources
- Awareness (4)
- Be who you are
- Bringing issues to light makes them less scary
- Discussion is key in reducing stigma
- Don't have to be alone to navigate life
- Education has power to reduce stigma
- Everyone has their own experiences (2)
- Get ADHD help. Look into grief counselling
- Getting help isn't weak
- I am not alone in my struggle
- I AM NOT ALONE!
- I enjoy hearing everything will be fine. It is okay to not be okay
- I really liked everything. The awareness of everything
- Info about services. Good explanation of the definition of stigma
- Information is very helpful
- It is important to know you are not the only one
- It was very eye opening
- It's okay not to be okay (4)
- It's okay to have a mental health issue
- Learned about services available (2)
- Lots of people dealing with mental illness
- Mental health is very real and it's okay and important to talk about it (2)
- Mental health affects everyone (3)
- Mental health shouldn't be ignored
- Mental health, self care (2)
- People struggle and we don't even know
- Realizing there is a stigma and we need to change that
- Reducing stigma (5)
- Seek help when you need it
- So many people feel similar or relatable to how I feel
- Stigma and stereotypes are different
- Talk more and check in on everyone
- Talking about your struggles should not be stigmatized
- That everyone struggles differently (2)
- That it's okay to discuss these issues
- That mental health is ok
- That the arts can be a great tool to achieve mental wellness
- That there are many people struggling
- The community can come together to raise awareness thanks to the arts
- The films were very real, and unsanitized which is refreshing
- The need to accept support and accept that someone may not be ok.
- There are many forms of help...no one is alone
- There are so many more people than you realize that are managing mental illness
- To ensure all people are being respected for their mental abilities, wellness and illness

- Understanding that even the same mental illness can be different from person to person, it's common
- We can do it!
- You can talk about mental health in a non judgmental environment
- You try to look normal, when there is a rollercoaster inside you

If you were telling a friend about this workshop, you would describe it as:  
(Highlights: see raw data for full list)

- A helpful inside to what mental health is and some guidance (2)
- A unique and educational experience
- Amazing experience
- Amazing, very helpful
- An exposure to and discussion about mental health, insightful
- Beneficial, worthwhile
- Creative, knowledgeable
- Deep
- Educational and emotionally impacting experience
- Educational, helpful
- Emotional / powerful (in a good way), made me think and understand mental health more
- Emotionally opening
- Enlightening
- Excellent information
- Eye opening
- Eye opening and encouraging
- Fun, involved, receptive
- Good to understand what people are going through
- Great learning tool (2)
- Group discussion, mental health short films, spread of information
- Helpful
- Created a space to talk about mental health that felt unique
- Illuminating and very worthwhile
- Informal (in a good conversational way), meaningful conversations
- Informative and comfortable
- Informative and inspiring - the notion of using your insecurities to create art is really cool to me
- Informative and supportive
- Informative, honest, needed
- Informative, practical, realistic (panel)
- Informative, safe space
- Insightful and informative (4)
- Insightful, identify that you are not alone
- Insightful, makes you think
- Intellectual
- Intense / useful
- Interesting and useful if you don't already know what's up
- Interesting, personal experiences
- It was really great, loved the films done by young people, eye opening
- Mind opening
- Powerful

- Real
- Recognizing mental health and its importance
- Relatable
- Relatable and thought provoking
- Supportive
- Surreal
- Uplifting, comforting, supportive
- Very eye opening and useful
- Very helpful to people whom may be in the dark about mental health
- Very informative
- Very informative and diverse subject
- Very informative and super interesting
- Very insightful, would recommend
- Welcoming and providing a segue to help

## How might you use what you learned today?

(Highlights: see raw data for full list)

- Accessing supports
- Adjust my language, help friends dealing with mental health, also myself
- Advice to my friends to always talk to me if they have problems
- Advice, people around me
- Apply different ways to use self care
- Be more likely to discuss the topics with others
- Be more mindful of what others are going through
- Be more open / seek help
- Be more open when talking to others
- Be more willing about other people's illnesses
- Be supportive
- Be very aware, kind, understanding with myself and others
- Begin a journey to understand a family member
- Being more mindful
- Being more open
- By spreading the message and letting others know that mental health awareness is important
- Career / peers (5)
- Changing my language
- Even further self-reflection
- Everyday language
- Find help
- For my own mental health
- Help those around me
- How to be more mindful
- I can use it to help my friends and loved ones
- Ideas about how to share more
- Improve my ability to talk to other people about mental health
- In dealing with stress
- In relating to others
- Inform others
- It was great to know more about community resources

- Look into resources for self and family re: grief and loss
- Look out for more services for own support, and advocate
- Mindful of others
- Mindful of others and myself. And that there is help and we are never alone.
- New dialogue
- Not be so hard on myself, not feel so isolated
- Not feel as alone
- Notice signs of people struggling
- Pass it on
- Potentially helping people who need knowledge within this subject
- Relating to others, starting conversations
- Seeking the help I now know I may need
- Share awareness
- Share the services
- Sharing helpful info / services with people I know who need it
- Sharing the knowledge with friends and family
- Sharing with others "word of mouth"
- Smile
- Spread the word
- Start conversations about mental health
- Support, help
- Take time to slow down and be present in situations
- Talk more about my issues
- Talk more to people
- Talk to someone
- Talking about what I learned with other people
- The availability of counselling
- To access my own thinking when considering mental health
- To help my mental health by being self aware
- To help others
- To help someone I care about
- To spread understanding
- To understand when a friend is asking for help
- Try to talk with friends etc. about mental health, theirs and my own
- Trying to be mindful of others
- Trying to get rid of stigmas
- Utilize personal knowledge and inform others
- Utilize services more
- Will talk more about mental health

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

(Highlights: see raw data for full list)

- Anxiety
- Being informed of resources or recognizing symptoms
- Being misunderstood / unable to articulate
- Being okay with talking about not being okay
- Convenience

- Don't think my issues are that big
- Don't want to open up
- Doubt
- Family
- Fear
- Fear, anxiety
- Fear, high functioning
- Fear, judgment
- Fearing seeking help / support
- Feeling like I have to hold it all together
- Feeling like my struggles aren't as 'big' as other people so it's not worth it for me to get help
- Feeling like what is happening to me is only happening to me
- Friends, family
- Have issues talking to people
- Internal peace
- Judgment (2)
- Lack of supporters / access
- My fear of seeking help and money
- Myself (4)
- Not admitting to them
- Not knowing when there's something wrong
- Not sick enough. Embarrassed (stigma). Think I can deal myself
- Not trusting others to be judgmental
- Opening up
- Outside of college it is expensive (therapy)
- People to talk to, for support
- Recognizing the problem and accepting 'help' as the way out
- Scared of not being understood
- Seeking help
- Self conscious. Too 'proud'
- Self doubt or hatred
- Spend more time with people and love
- Stigma (3)
- Stigma / understanding
- Stigma and opening up to others
- Stigma in my profession
- Stigma, finances, education
- The fear they may think I'm weird or I'll be a burden
- Thinking I'm not as bad as I could have been
- Thinking it is a weakness
- Time (4)
- Time - I need to take more time for meditation and mindfulness
- Time from work to care for myself
- Time, I have so little time to spare as a student and am exhausted
- Who to talk to!

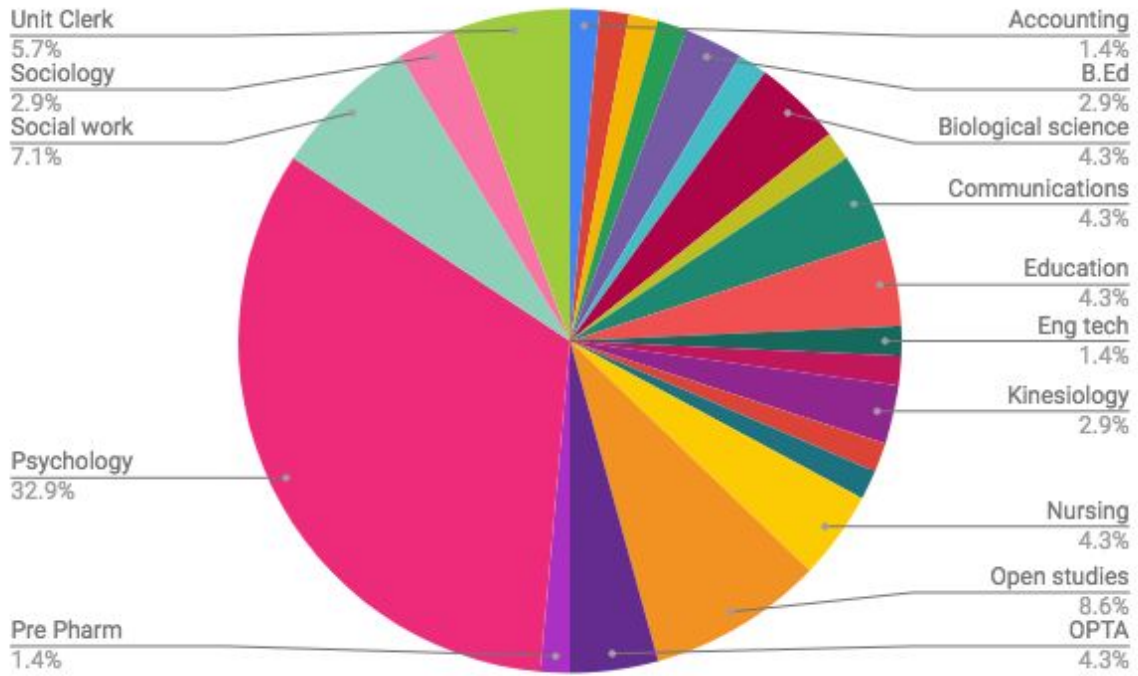


## How can we improve this event in the future?

- :)
- A brief brake (3)
- Additional ads or longer workshop
- Advertise more to bring in more people to attend
- A little more info to what panel people's services are
- Bigger venue
- Bigger water cups!
- Continuing to break down barriers / stigma
- Discourage sharing outside of appropriate times (to keep pace)
- For the time it was plenty
- Good as is
- Have other types of therapists on panel - yoga, nutrition, herbal medicine, etc
- I don't know honestly, it was really good
- I think the event is great help on its own
- I thought it was pretty dope. I didn't like how a lot of people would just leave at times. It distracted me. But people will be people
- In the end, we hear more about the filmmaker's perspective after group discussion
- It was good :)
- It's a lot of talking
- It's great! (2)
- Keeping a closer eye on time :)
- Larger room for next time
- Less group discussion / more panel time, Q&A time. Could be a bit more advertised
- Make incentives for people to stay the whole time
- More pizza!
- More structure / time management with the panel
- More student panelists (2)
- More talk about local, on campus services
- More time to hear people speak
- More videos (5)
- More videos, less panel
- Not sure, it was good
- Nothing off the top of my head. It was great!
- Possibly smaller group (2)
- Providing info booths from free walk in services
- Reign in the talkers
- Start on time or say goes til 8pm (in newspaper said 5:30-7:30pm)
- Was perfect

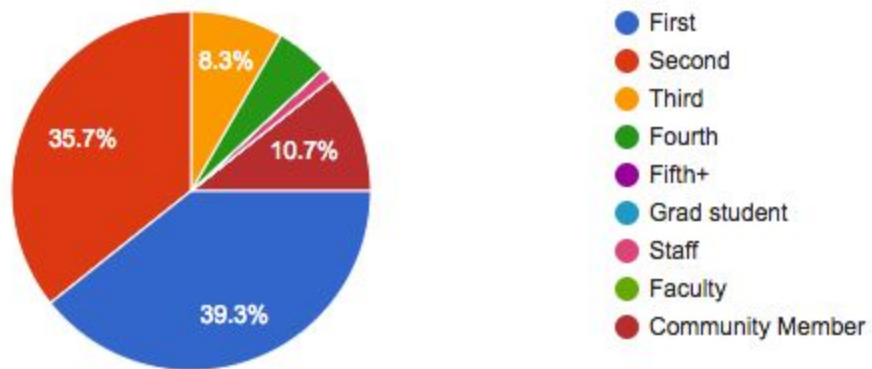
## Major

70 responses



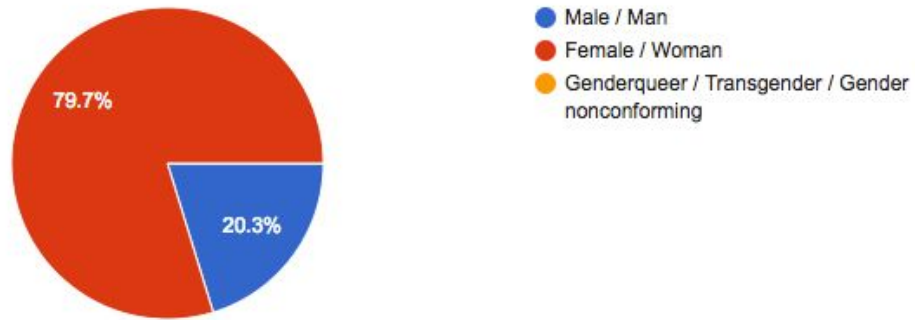
## Year

84 responses



## Gender Identity

79 responses



## Race / Ethnicity

