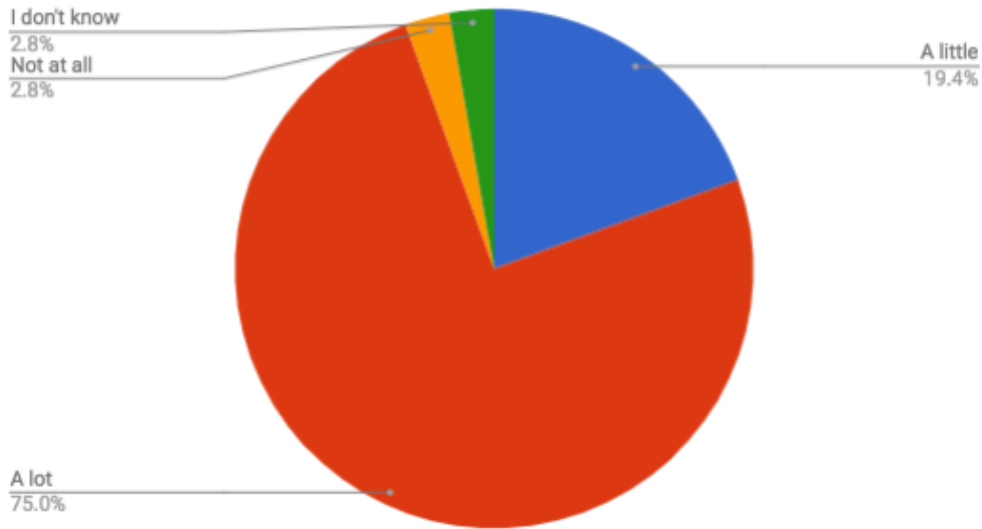


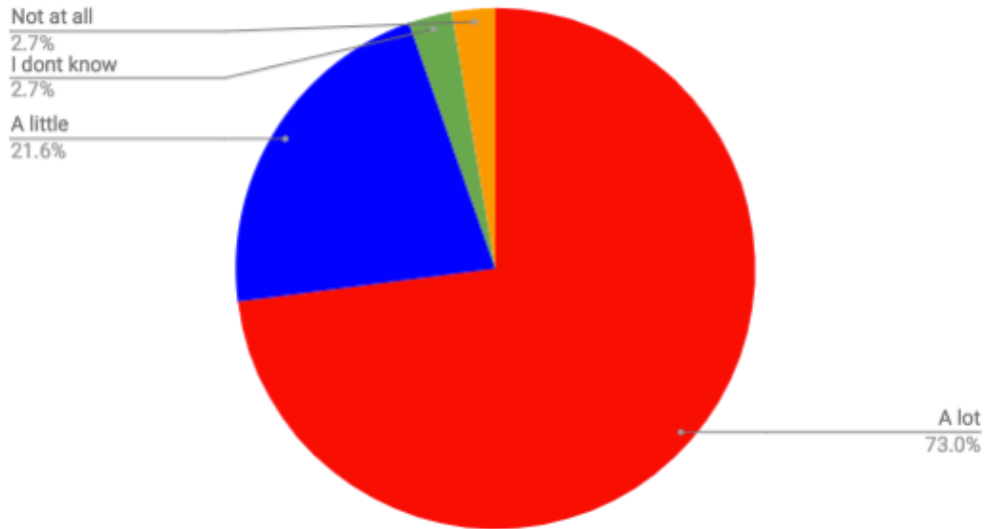
Red Deer College January 24, 2018

N= 40 evaluations, ~ 58 people in attendance

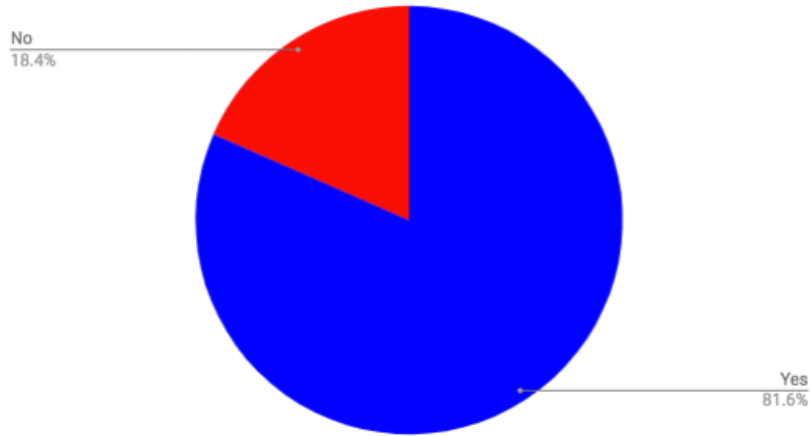
In your opinion, did this event create awareness of mental health issues?



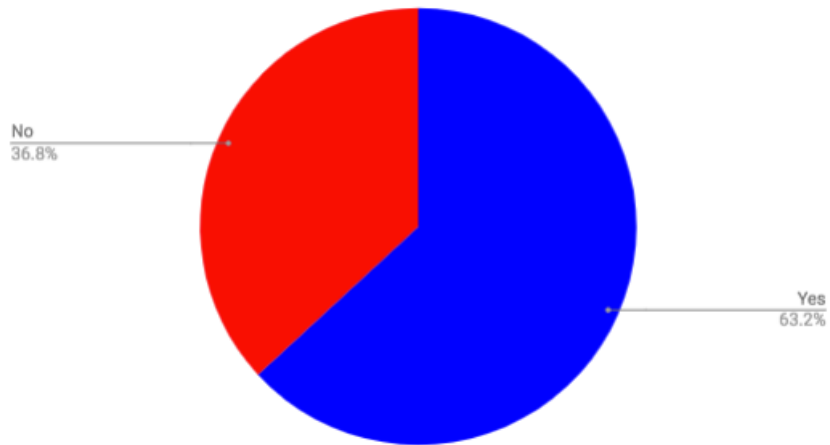
In your opinion, did this event reduce stigma related to mental illness?



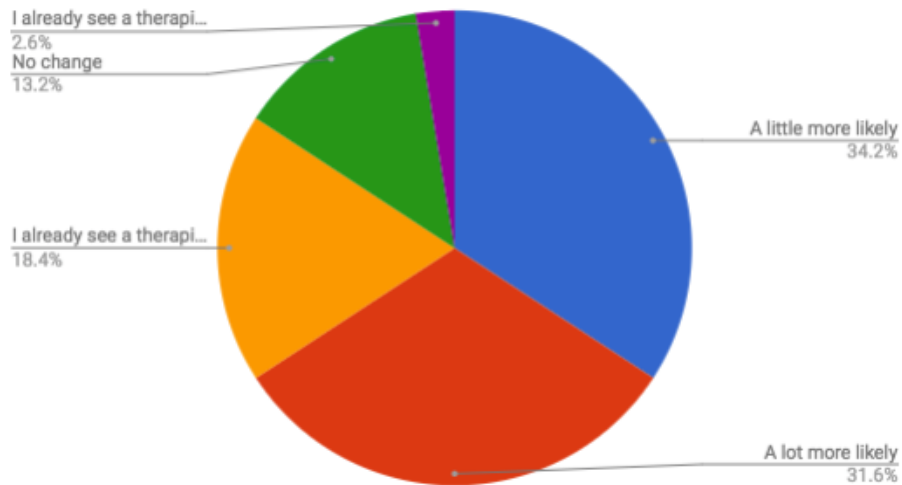
Did you know about your school's counselling services before this event?



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?

A poster
Campus advertising
Class
Facebook (2)
Flyers and information around school
Friends
I stumbled upon it as I was walking in, when I saw someone I knew.
My communications course instructor and posters around school
My psychology teacher (4)
Newspaper
Spoke at event
Online
Philosophy of science @ RDC
Posters at school (1)
Psych 369 Class
Psych 383 Class
School advertising (the forum, text, school) - 6
Student Ambassador program (2)
Teacher
Through Linnea / Anoni, SA (2)
Through my spouse

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

Off-campus	8
On-campus	15
Family	14
Friends	15
The arts / creativity	10
Professors / mentors	4
Fitness and physical activity	16
Pets	2
Diet	1
Online Resources	1

What was your main takeaway?

- Asking for help doesn't mean weakness (3)
- Everyone deserves help, better understand family members

- Experience from the 3 panellists
- Get help, notice it in others
- Get help! It's there for you
- Hearing others' stories
- How severe mental health / illness can be
- It is important to find help - many resources (3)
- Love and value people. Truly listen to people
- Meaning of stigma, resources where I can get help
- Mental health is nothing to be ashamed of
- Mental health is diverse and unique to individual, but there are things to learn and ways to help
- Never give up (2)
- No mental illness is worse than another
- Not to blame self for others' mental illness
- Sharing your story is vulnerable but powerful
- Stigma and perception of mental illness (2)
- That community coming together is an excellent thing and so powerful
- The library and resources that AWI provides
- There is help available. You're not alone
- There is hope
- There's nothing to be ashamed of with mental illness
- We need to reduce the stigma
- You are never alone

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

Anxiety

Attitudes, independence and desire to "cure" self, hope that the illness will go away and/or self-

Medicating

Barriers

Fear / stigma (4)

Fear of judgement. Preconceived notions.

Getting over myself. My pride and what I feel identifies me.

I feel different, even though I'm not

Independence

Labels and their stigma

Lack of services; embarrassment

Mental illness

My quest is my own

No time. Ashamed.

Not being able to properly vocalize what I am feeling

Not thinking I need it

Putting in the work and taking time needed for it

Self-doubt

The idea that as someone going into counselling, I wouldn't be able to help it if I myself have struggled.

Thinking my problems aren't large enough

Time and being scared to share (2)

Time, responsibility. I worry if I stop to think about this I will break and let down my family

Time, school can get busy

Where / to go

How would you describe this event to a friend?

- A great opportunity to learn about mental health, stigma, and what can be done to help our community when it comes to mental health
- A great way to learn through different avenues about different MH issues and reduce the stigma around it.
- Awesome way to discuss mental health with like-minded people (2)
- Becoming more aware of mental health
- Excellent
- Eye opening and informative regarding mental health
- Fantastic, needing more attendees. Wonderful and needed.
- Films and discussions with immense impact
- Great awareness and discussion on mental health
- Helpful
- Helpful. Should be done more often; take the time
- Informative
- Insightful
- It was helpful, lots of info
- It was interesting
- It was totally worth it.
- Must see
- Thought provoking
- Touching, good insight
- Uplifting
- Worth going to! Hits home.
- Worth it
- Worthwhile, enlightening
- You need to go

How can we improve this event in the future?

A more creative space; Get-to-know-me's

Allow input from panelists if they prefer to sit or not

Different space (more conducive to small groups, remove chairs from stage to see better) - 3

Have it actually at RDC, during the day (2)

I thought it was very educating and relevant

Incorporate more facts - large emphasis on emotional reactions

It was great!

MORE ADVERTISING! (2)

More community - Not just RDC students!

More about AWI

More time for panelists / more panellists - 3

No films showing self-harm or suicide plans

Really well done. I like it in the theater

Very good way it is.

Major:

Psychology - 7

Psychology Arts - 1

Education - 2

Unit Clerk - 3

Psych - Social Work - 1

Administration - 2

Nursing - 2

BA Science - 1

Open Studies - 2

Kinesiology

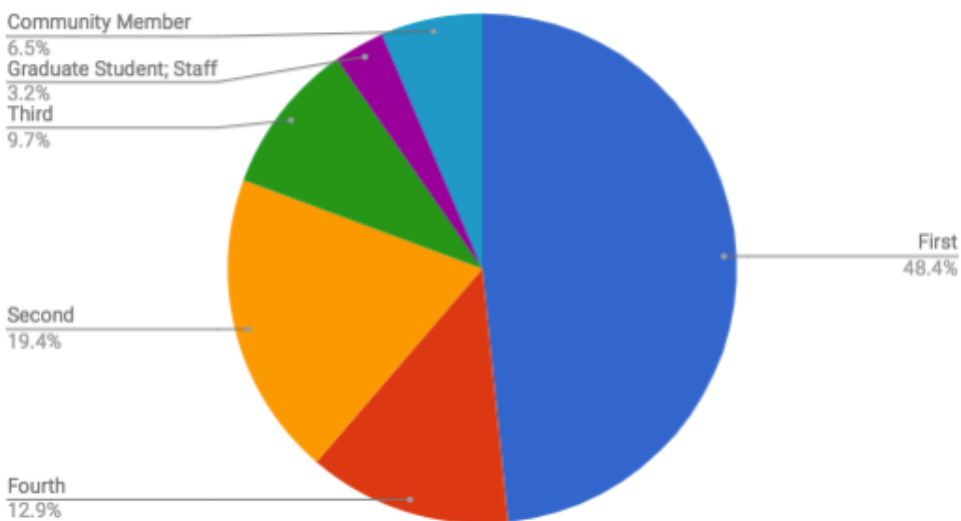
Business - 1

Legal Assistant - 1

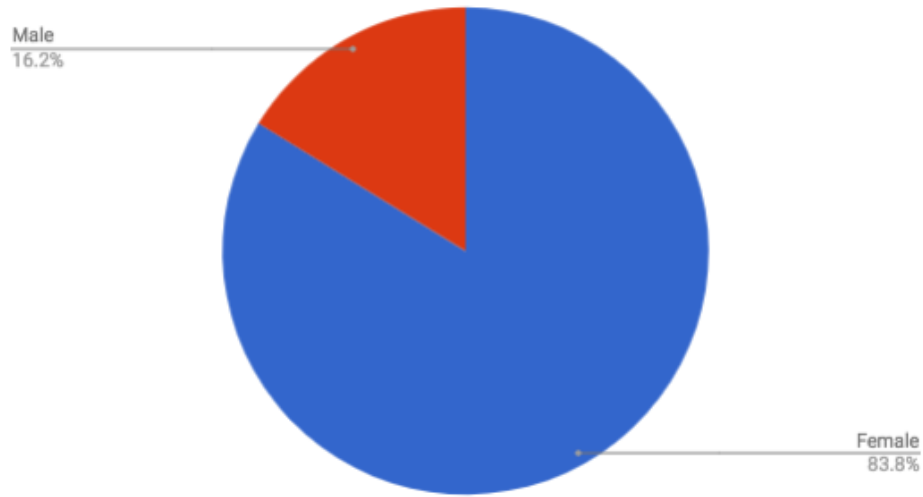
Sociology - 1

Communications - 1

Year



Gender



Ethnicity

