

Movies for Mental Health

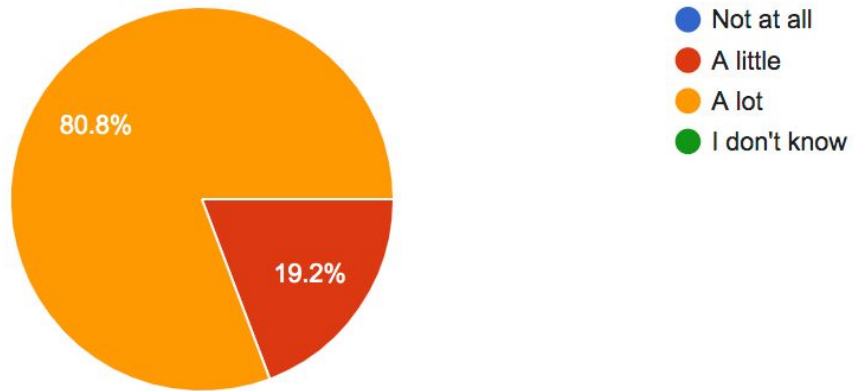
Post-Workshop Evaluations

Red Deer College
January 21, 2020

Number of attendees: 35
Number of evaluations: 27

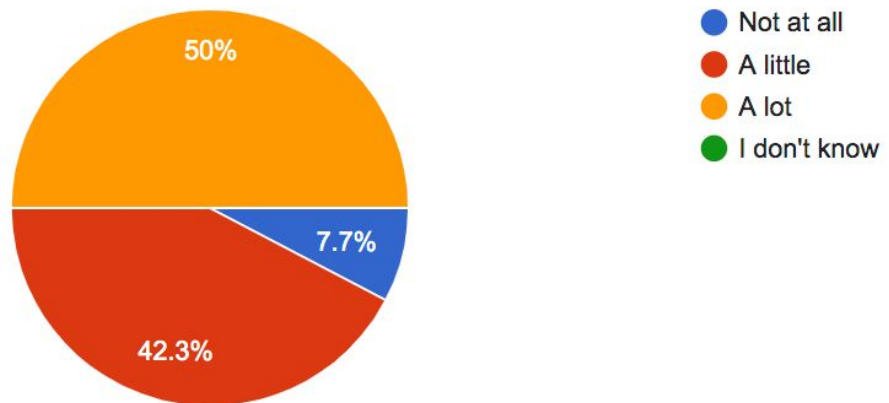
In your opinion, did this event create awareness of mental health issues?

26 responses



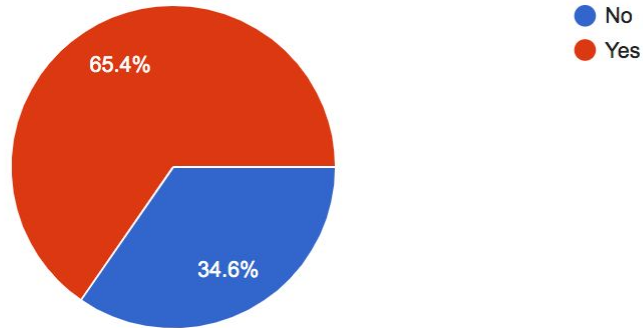
In your opinion, did this event reduce stigma related to mental illness?

26 responses



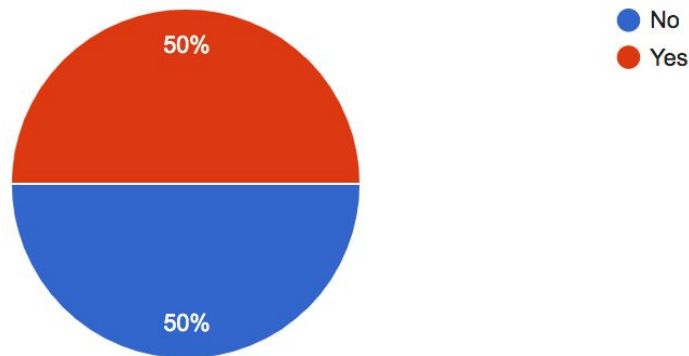
Did you know about your school's counseling services before this event?

26 responses



Did you know about the community resources before this event?

26 responses



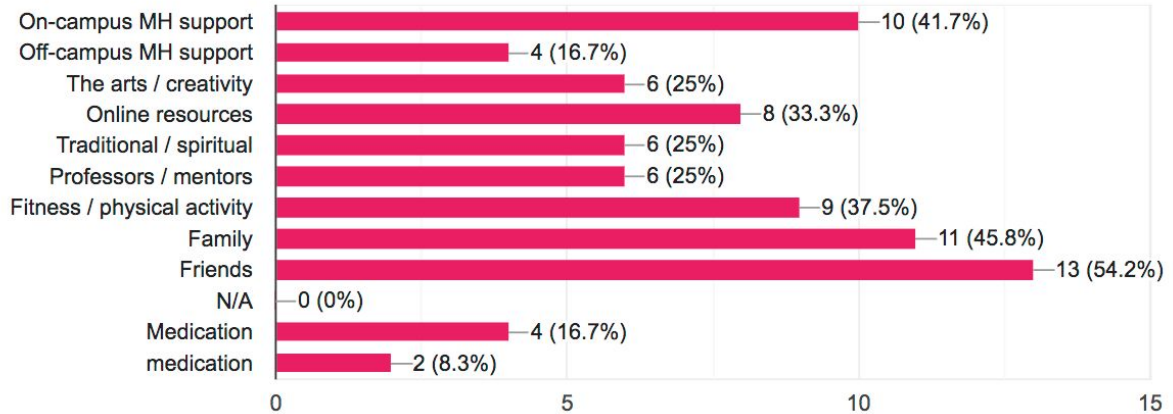
After this event, are you more or less likely to seek support for your mental health?

25 responses



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

24 responses



How did you hear about this event?

Friend	37%
Professor / class	18.5%
RDC / Campus Connections	7.4%
Tables in hall	3.7%
Panel member / through panel member	7.4%
Counsellor	3.7%
Posters / flyers	7.4%
Student Group	11%

What was your main takeaway?

(Highlights: see raw data for full list)

- You're not as hopeless and alone as you think
- You don't have to be alone
- That mental health should be talked about more
- There is something for everyone you just have to find it
- nobody is alone
- Stigma causes many mental health issues
- Loved the student speakers, would like opportunities for more student speakers and group connections
- Everyone has problems and it's ok to get help
- The effect that mental health has on students

- I wish I was there for all of it
- It's ok not to be ok
- The more you talk about your struggles, the more you break the stigma
- 3rd movie
- The movies
- Reducing stigma and taking the time to address
- You're not alone
- how important self care is
- Help is both needed and available, I'm not alone
- Drop in counselling, free massages
- It's okay to not be okay. Everyone struggles
- you are not alone

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

- broad, but good
- Interesting
- Deep and impactful
- Super interesting, there was loads of useful topics
- Awesome
- insightful
- Beneficial
- Touching
- Powerful
- Helpful, worth going to
- It is a good reminder that getting help is nothing to be ashamed of
- Open and inclusive conversation about mental health
- Enlightening
- Support
- Informative, helpful and resourceful to mental health
- Insightful
- A great get together to spread awareness concerning mental health
- Helps to talk about it
- Raw and real - good reminder that everyone has struggles
- People talking about their story, and hopefully help someone else

How might you use what you learned today?
(Highlights: see raw data for full list)

- Maybe find help in a way best for myself
- N/A
- To help friends and family with mental health problems
- Being better at being there for people who might need help
- Specific supports or resources
- to help peers
- Never judge anyone
- Looking/being more aware of connecting with people who may need it
- Empathetic approach to helping myself and others

- Look at how I take care of myself
- I will use it in my everyday life
- Daily basis
- Health support
- Reach out and knowing I'm not alone, self care
- To my advantage
- Inform others
- Continue to normalize mental illness to remove stigma
- Someone's story takeaway could help someone else struggling or help me help someone

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

(Highlights: see raw data for full list)

- Feeling weak and like a loser
- N/A
- Stigma and disclosing information too personal
- Getting over my own self-sabotage
- It being recorded on record and potentially impacting my ability to adopt family
- My problems will never be as bad as others. If my parents found out they would be sad
- Life circumstances out of my control, I know there is help and how I feel is better most days. Not much more help can happen
- Literally myself. Turning off the IQ and dealing with the EQ
- No time, busy with school, or I don't feel strong enough
- Isolation, fear, change, so much
- Costs
- The anxiety surrounding my first admission of needing health
- Revealing; being vulnerable
- Studies
- Thinking it's only a phase and that it'll get better
- Booking an appointment makes it real
- My penchant for getting high and killing myself
- Making an appointment
- MOney / time
- stigma

How can we improve this event in the future?

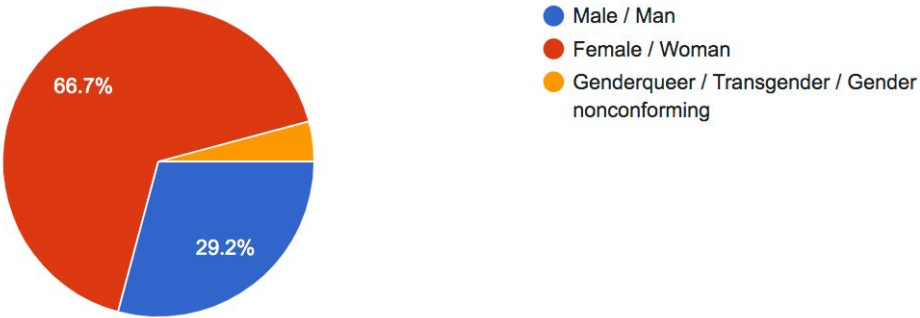
- Maybe make the mood more light sometimes, sometimes it gets really sad (the room) break tension with soft jokes
- Tell us more about the content of the movies even if it's just a disclaimer
- not have the lights so bright
- More speakers
- It's amazing, just needs more people in attendance
- I'm not sure, but it's too bad more people didn't show up!
- Make it a little shorter next time. Please.
- I just wish more people would know about this event and come out to it. I loved the conversations!

- A break
- I think that it does a great job of opening up the discussion of mental health
- Nothing. I really enjoyed the panel at the end
- Tough to say, I thought it was great
- More about depression
- Differentiate on mental health from mental illness
- More advertising (4)

Major			
Animal health tech	1	Justice Studies	1
Bachelor of Ed	2	Nursing	1
BBA	1	Social Work	3
Biochemistry	1	Open Studies	2
Education	2	Pharmacy	1
English	1	Nursing	1
Psychology	5		

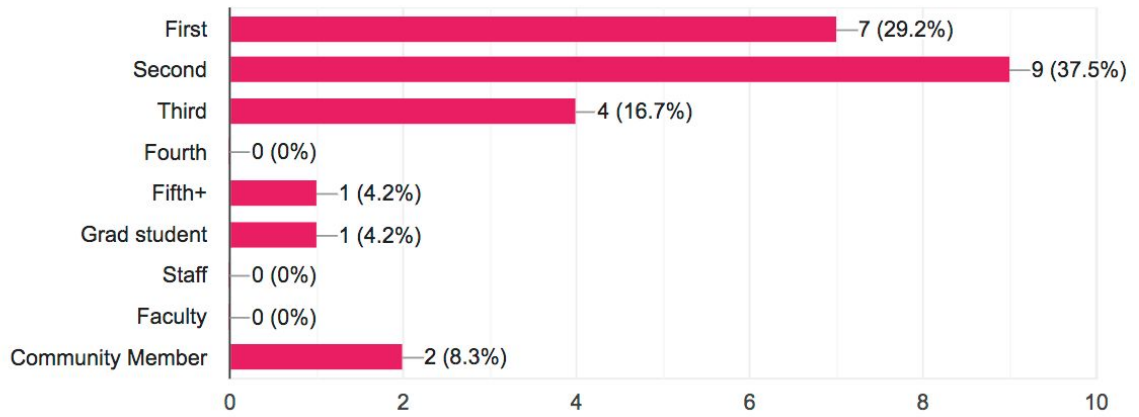
Gender Identity

24 responses



Year

24 responses



Race / Ethnicity		
Asian / Asian-Canadian	2	8.3%
Hispanic / Latinx	1	4.2%
Indigenous / Aboriginal / First Nations	3	12.5%
White / Caucasian	20	83.3%
Other	1	4.2%