

Movies for Mental Health

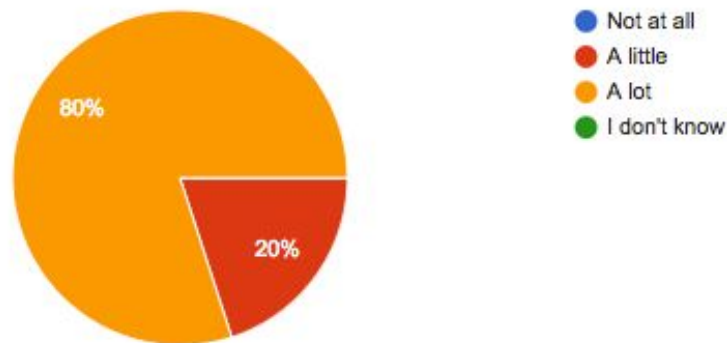
Post-Workshop Evaluations

Red River College
October 3, 2018

Number of attendees: 35
Number of evaluations: 25

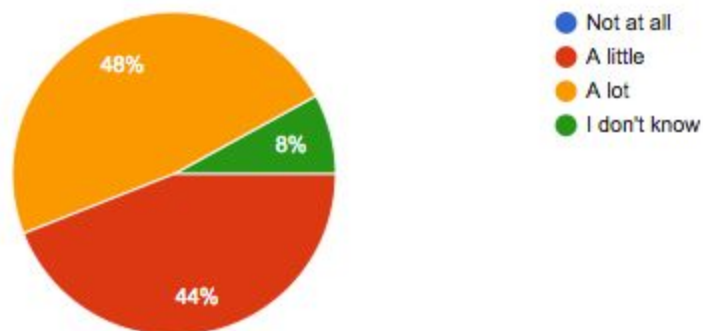
In your opinion, did this event create awareness of mental health issues?

25 responses



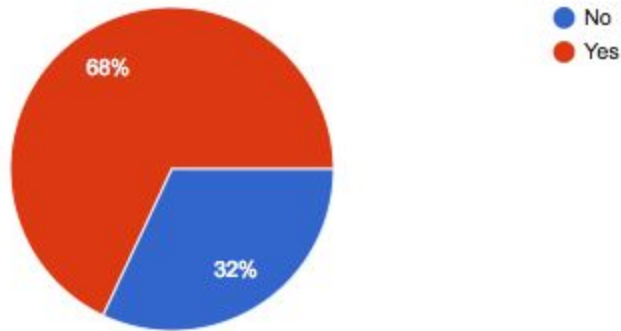
In your opinion, did this event reduce stigma related to mental illness?

25 responses



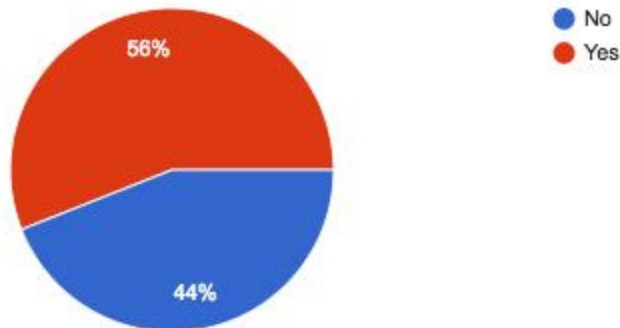
Did you know about your school's counselling services before this event?

25 responses



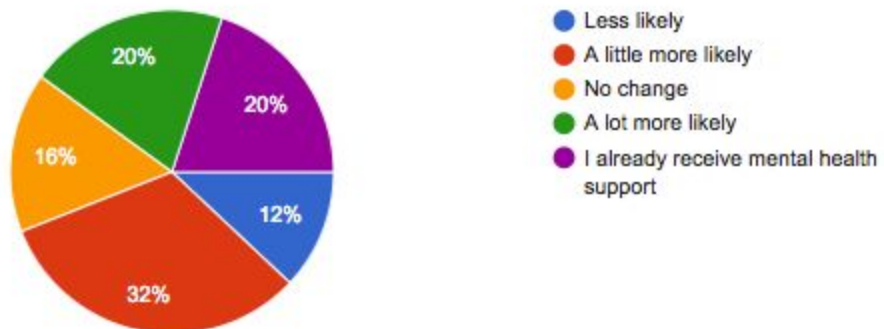
Did you know about community resources before this event?

25 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?

On-campus MH support	12
Off-campus MH support	6
Traditional / spiritual	4
Family	11
Friends	8
Professors / mentors	4
The arts / creativity	3
Fitness / physical activity	10
Online resources	5
N/A	4

How did you hear about this event?

Email	5 / 23%
Lunch / Came into room	4 / 18%
College	2 / 9%
Online / Facebook	3 / 14%
Posters / flyers	5 / 23%
Professor	2 / 9%
Posted in Learn	1 / 5%

What was your main takeaway?

(Highlights: see raw data for full list)

- Awareness about mental health
- Be strong and don't lose patience
- Hard to talk about mental health- addressing stigma
- Help is available / Accessible services (3)

- If you are facing a problem, don't face it alone (2)
- It's okay to talk
- Keep a positive attitude and ask for help when necessary
- Mental health is a real thing, it's not taboo
- Mental illness affects all humans and there are many ways to get help
- Useful info/ stories to relate to
- We need to be open about mental health

If you were telling a friend about this workshop, you would describe it as:

(Highlights: see raw data for full list)

- A moment of reflection about mental health
- A place where mental health is discussed with a friendly audience
- Amazing
- An informational workshop for mental health
- Excellent for all types of mental health issues
- Good Experience
- Helpful and informative (4)
- Helpful for people who need it, I may suggest them
- Helpful release of stress
- Informative
- It's helpful tool to help people to have healthy minds
- Mind opening (2)
- Nice time to discuss mental health and things people deal with everyday
- This workshop is useful to create awareness of mental health issues
- Useful (3)

How might you use what you learned today?

(Highlights: see raw data for full list)

- Being more patient with people with MI
- **By getting help sooner than I probably would of before**
- Don't suffer alone / Get help (3)
- I will find the supports around me to help me in mental illness instead of keeping it
- I will go see a counsellor
- I will use it when self reflecting
- Maybe by spreading Awesomeness amongst people
- Seek out support in community
- Share to those people who are struggling w/ mental illness
- Through movies , thoughts
- To help out others and to keep my mental health stable (2)

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

(Highlights: see raw data for full list)

- Anxiety /shy (3)
- Asking for help
- Being scared of outsider judgment of me
- Culture
- Fear and doubt , shame about sharing what you feel
- Finding it
- I was afraid to talk to someone
- Lack of psychiatrists
- Opening up about situations
- The biggest barriers is I usually feel shy to seek mental health support. So I keep it and think that I can do it by myself.
- Uncertainty and a lack of willpower
- Understanding you need help

How can we improve this event in the future?

- Converting cultural impacts on mental illness in other countries
- Create more activities
- Get more people involved or some individual conversation
- Have more people talk about their experiences
- More events (2)
- More ideas
- More time and more food
- Support and participate
- the event was great and interactive
- Use the lecture hall / different venue (3)

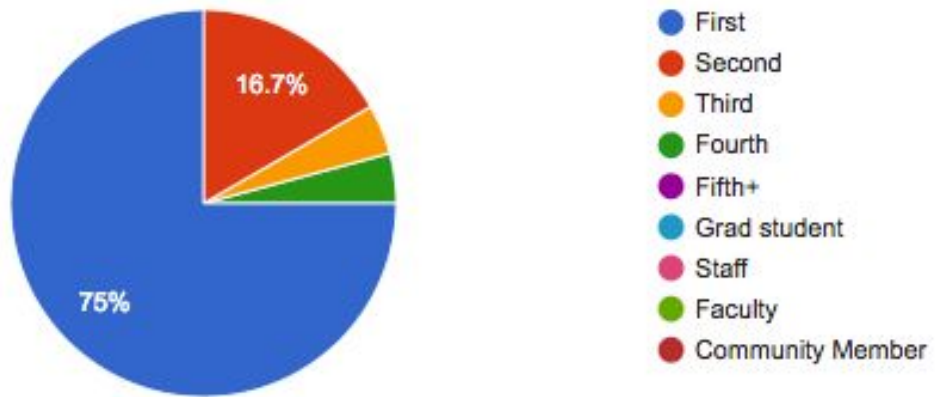
Major

CD / CED	2
Community Development	1
Disability and Community Support	1
ECE	2
EET	1
History	1
Legal Office Assistant	1

Medical	1
Nursing	1
Pharmaceutical Manufacturing	7
Sci Tech Lab	1

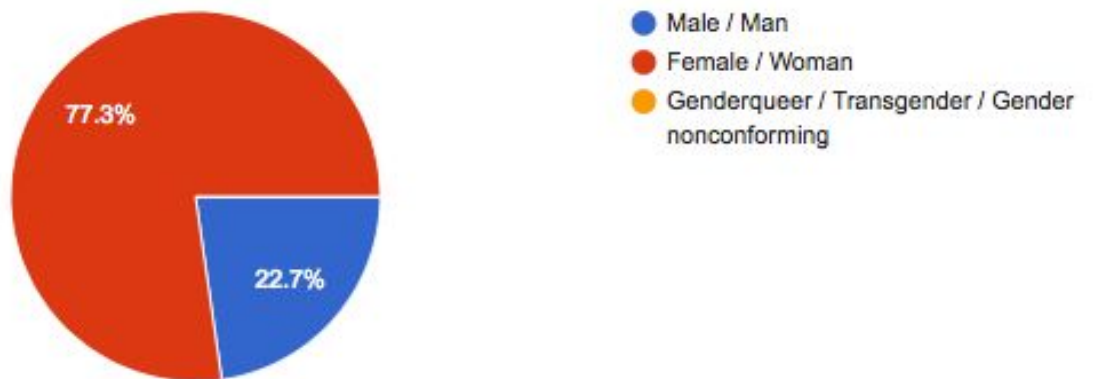
Year

24 responses



Gender Identity

22 responses



Race / Ethnicity		
Asian / Asian-Canadian	7	28%
Black / African / African-Canadian	2	8%
Hispanic / Latinx	2	8%
Indian / South Asian	7	28%
Indigenous / Aboriginal / First Nations	2	8%
White / Caucasian	7	28%