

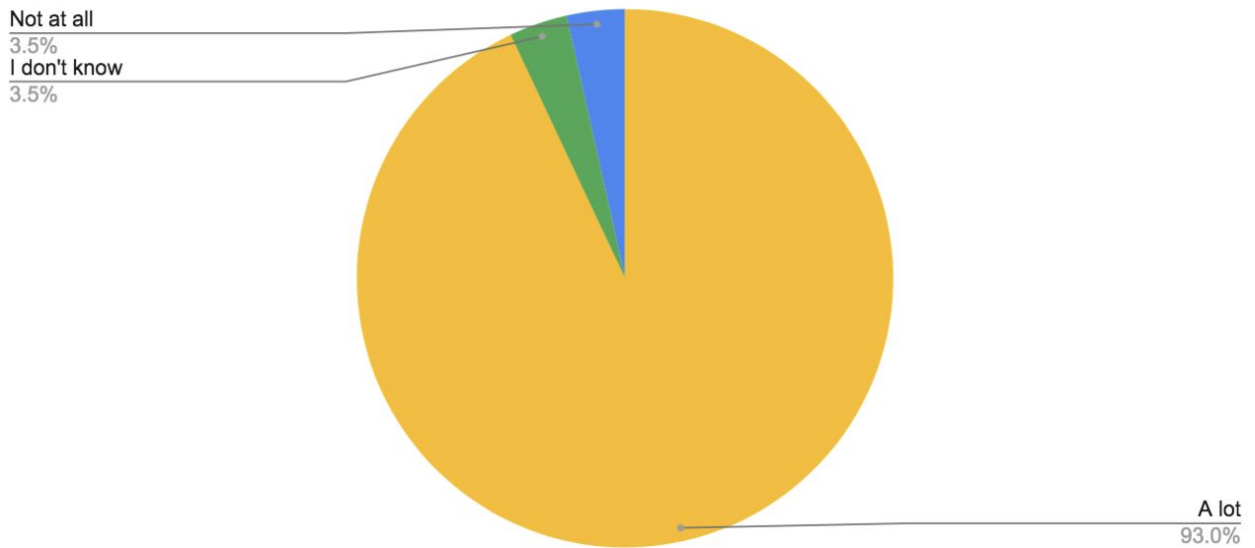
Movies for Mental Health

Post-Workshop Evaluations

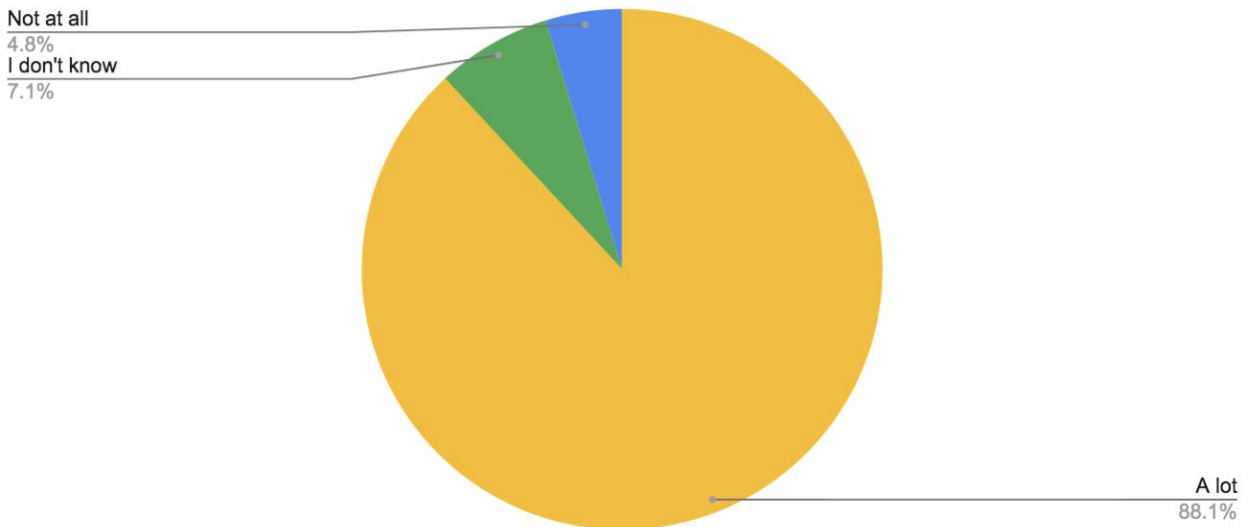
Red River College Notre Dame
October 8, 2019

Number of attendees: 84
Number of evaluations: 71

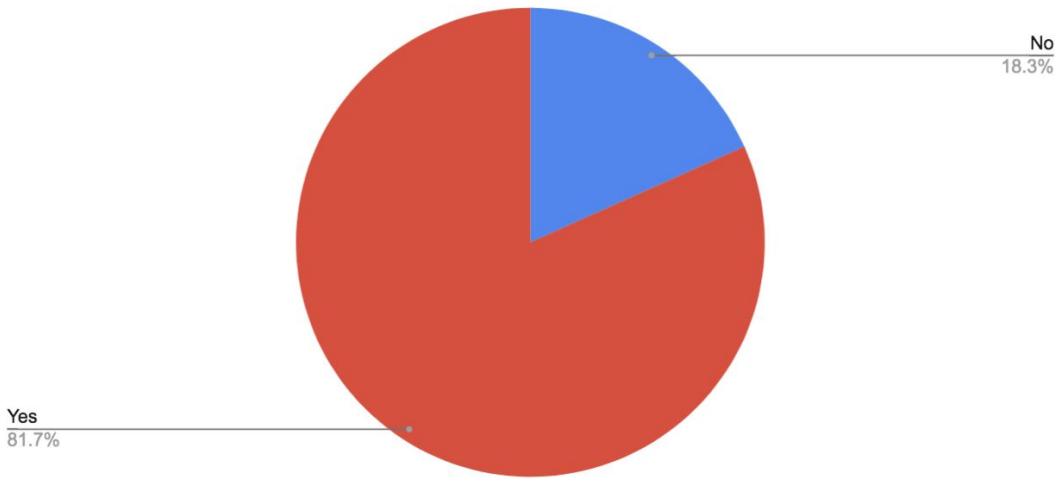
In your opinion, did this event create awareness of mental health issues?



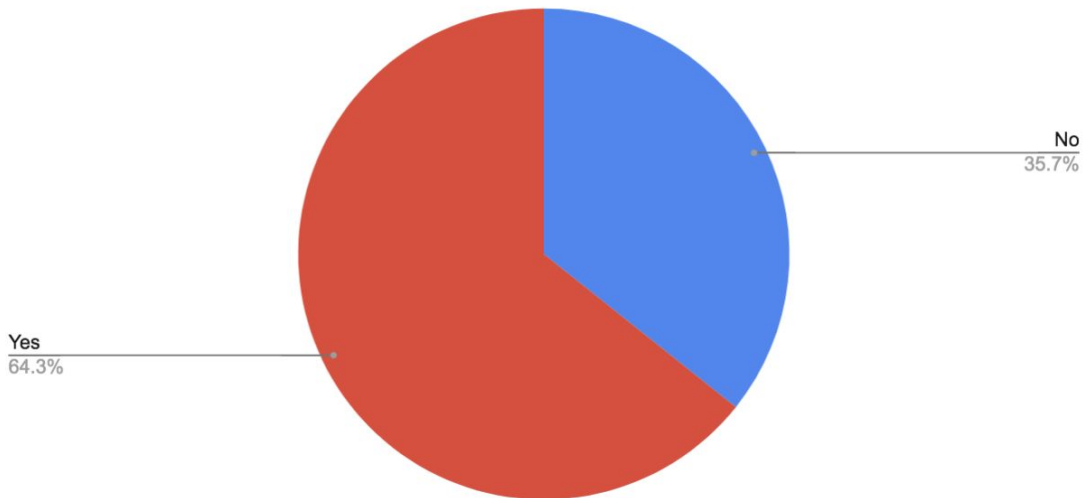
In your opinion, did this event reduce stigma related to mental illness?



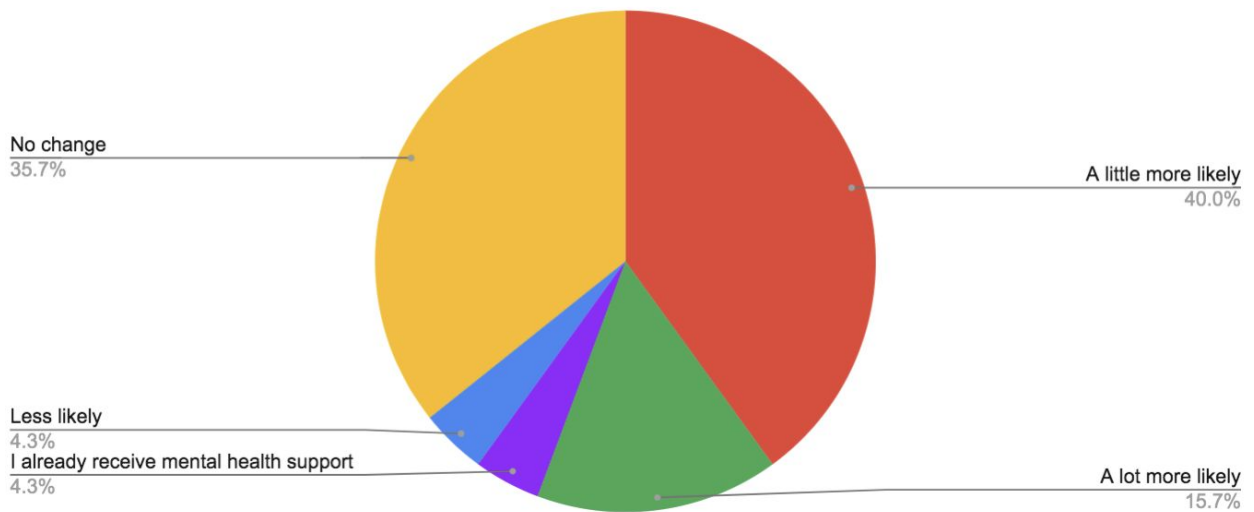
Did you know about your school's counselling services before this event?



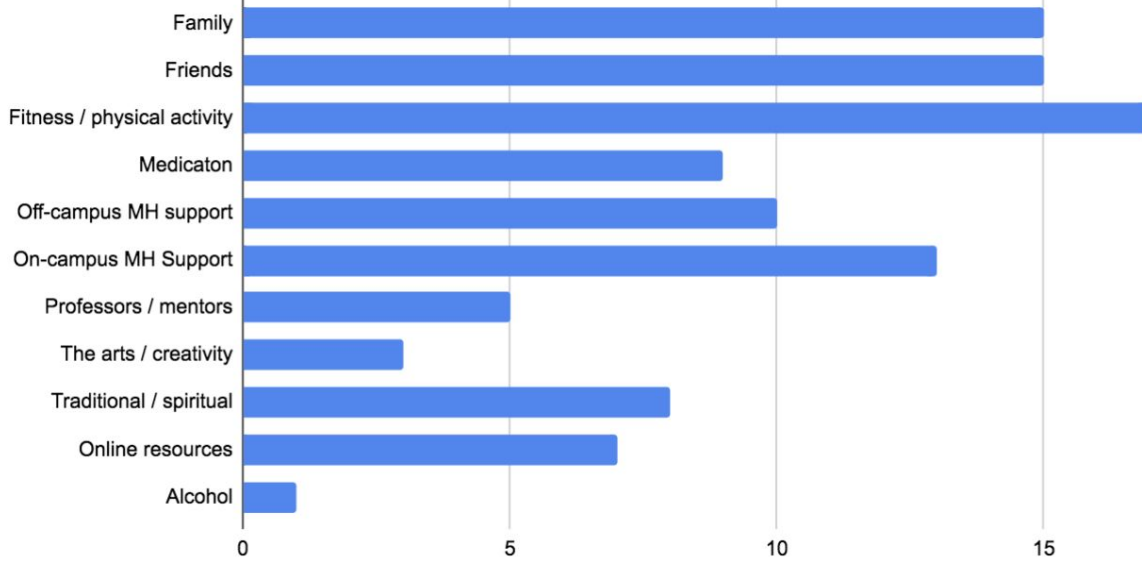
Did you know about the community resources before this event?



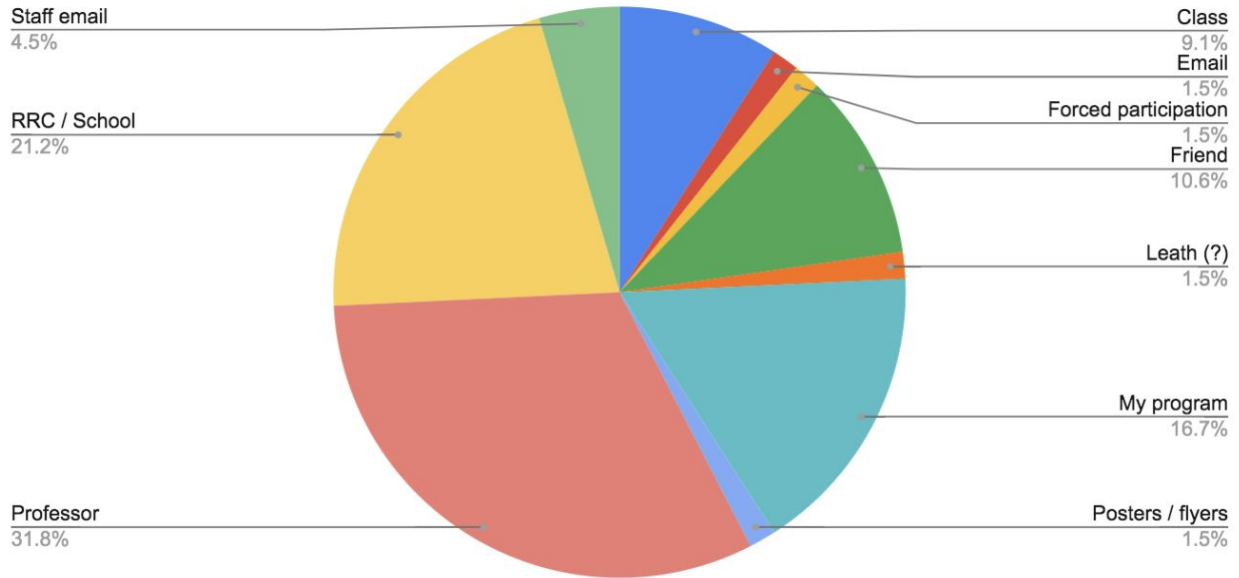
After this event, are you more or less likely to seek support for your mental health?



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



How did you hear about this event?



***59% heard about it through professor / credit participation / program**

What was your main takeaway?

(Highlights: see raw data for full list)

- Always a good reminder to stay open and be aware of your own mental state
- Awareness of culture and ability to be true self
- Awareness of stigma and stereotypes, resources available
- Be more accepting and aware of what stigmas I'm allowing into my mind
- Be more open to others' hidden stressors
- Different perspectives
- Don't judge others
- Everyone can have their own mental health struggles
- Everyone experiences something different
- Everyone goes through trauma and mental illness but you shouldn't be ashamed of it
- Getting help isn't weakness
- Help is always available, you just have to be willing to accept it
- How important it is to be aware and educated about mental health
- Impactful, knowledgeable
- Importance of seeking help
- Indigenous topic
- Info regarding improvement in mental health problems
- It is important to take care of our mental health
- It's ok to not be okay, lots of resources for help
- It's okay to not be okay. you're not alone
- Mental health affects everyone
- Mental health is a reality
- Mental health is complicated
- need to reduce mental health stigma
- Not to be ashamed by the way you feel
- peace is in our own hands
- Reduce stigma (2)
- Reduce the stigma of mental health and improve how we see people
- Support others
- Take help if needed (3)
- There are a lot of different resources (3)
- There's always help (2)
- Think about other people's perspectives
- To support each other (community)
- Variety of forms of mental illness (3)

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

(Highlights: see raw data for full list)

- A good resource
- An open unique way to speak about mental illness
- Awesome
- educational
- Enlightening
- eye opening (3)
- eye opening to the different struggles people go through
- eye opening, a good reminder of what is available

- Eye opening, important
- Fantastic, excellent facilitator
- Fun and easy to relate to
- heavy, real
- Helpful and open
- helpful and welcoming
- helpful, insightful
- Illuminating destigmatizing mental health seminar
- Impactful
- Informative (2)
- Informative and interactive
- insightful, engaging
- Inspiration and information
- Interactive
- Interactive, thought provoking, inclusive
- Interactive, thoughtful, contemporary
- Interesting, educational
- interesting, insightful
- open, safe
- resourceful
- Talking about how people could be affected / deal with mental health
- tbh boring and unhelpful if you're already aware of these things
- useful
- Useful, informative, powerful
- Very eye opening
- very helpful (3)
- Very insightful
- Welcoming

How might you use what you learned today?

(Highlights: see raw data for full list)

- Access clinic resources, build my community
- As an everyday reminder people aren't always what they seem
- ask for help when being a friend of someone with mental illness
- Assist others to learn more
- Be a friend - you never know what someone is going through
- be an active listener
- Be mindful of my own struggles and check in with friends
- be more aware of how I'm interacting with others
- be more mindful (5)
- being mindful and making time for myself to unwind from life
- Communication with others
- coping mechanism
- differences between stigmas and stereotypes
- Don't assume people's mental state based on what you see
- forward this info to those who need it
- Get help and not to be embarrassed about it
- Helping peers, friends, family, etc. more effectively
- I might share it with others
- I will be less judgmental of people and more helpful

- in my career
- My own struggles, supporting students/family
- Openness, reaching out to people who open up
- Reach out to resources more
- Reflect more and think more about what others are going through
- seek help if need it in crisis (3)
- share personal experiences, keep discussing/advocating for mh
- talk to people in need
- talking to friends and family
- To be more reflective
- To help friends, family and myself
- To help me through anxiety while going to school

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

(Highlights: see raw data for full list)

- Accessibility (2)
- Appearing weak
- Asking for help
- Being shy/anxiety
- demanding school schedule
- don't feel the need
- Embarrassment
- feeling weak when I shouldn't
- Financial
- Financial, having time amidst a busy school schedule
- Finding the required time to dedicate
- How it is portrayed
- making the call for a 1st therapy appointment
- Don't want to talk about it sometimes
- motivation
- pride
- School/studies
- Self acceptance
- Social stigma, unwillingness to accept that something is wrong
- Stigma
- The busy school schedule
- thinking it's normal
- Time (7)
- Don't think my issues are big enough to seek help
- Time involved to ask for/implement help
- Time, money, and being overwhelmed
- Time, money, shame, bureaucracy
- Unsupportive family

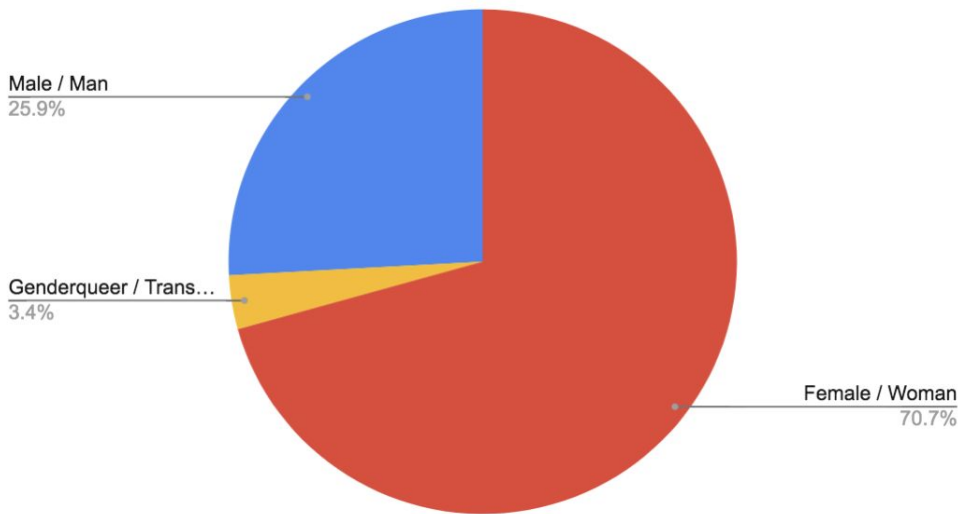
How can we improve this event in the future?

- A+
- every student should get an email regarding this issue
- have more guest speakers tell their stories (2)
- I am unaware on how pronouns work, a brief description would have helped
- Including a video on anxiety, more prominent in students
- It was a perfect job
- it was great! (2)
- It was great. Especially the facilitator :)
- Just do what you are doing! Doing a great job!
- keep the films - good way to learn and breaks up the talking
- more events
- More panelists
- Not much, more videos
- Nothing, it was great :)
- something to drink lol
- speak more to mental illness and issues students deal with i.e. anxiety stress
- Already wonderful
- This was excellent, would definitely attend future events
- When seeking input, do not edit audience ideas
- You can't, it's perfect

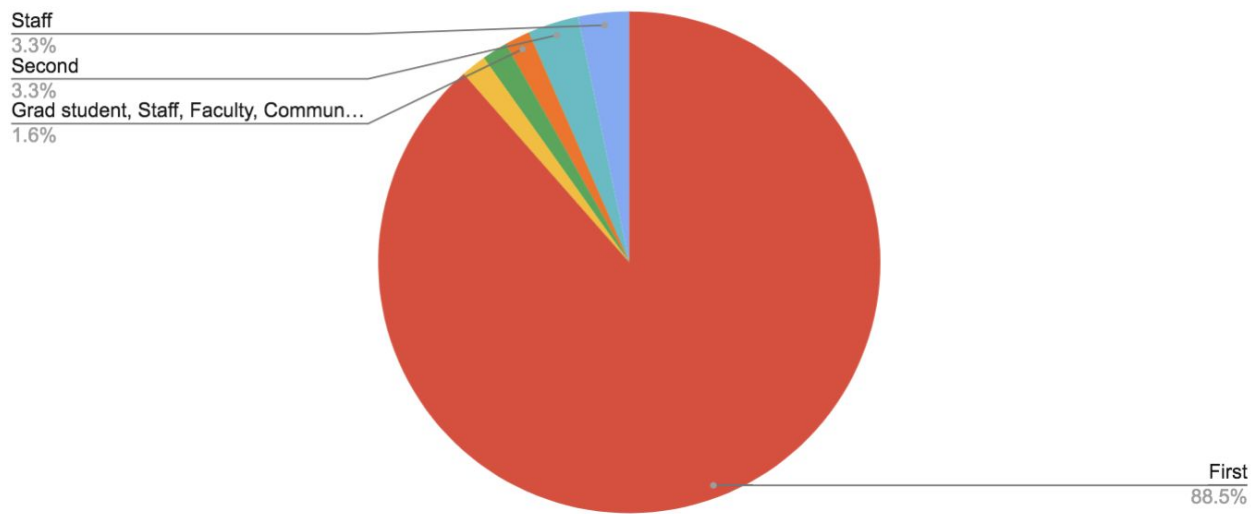
Major

Instructor site	1
MRT	32
Primary care paramedic	15
QAQC	2
Radiation technologist	3
Staff	1
Technology management	2
X-ray	1

Gender Identity



Year



Race / Ethnicity		
Asian / Asian-Canadian	6	10%
Black / African / Canadian	1	2%
Hispanic / Latinx	3	5%
Indian / South Asian	7	11%
Native American / First Nations	2	3%
White / Caucasian	38	62%
Multiracial	4	7%

