

Movies for Mental Health

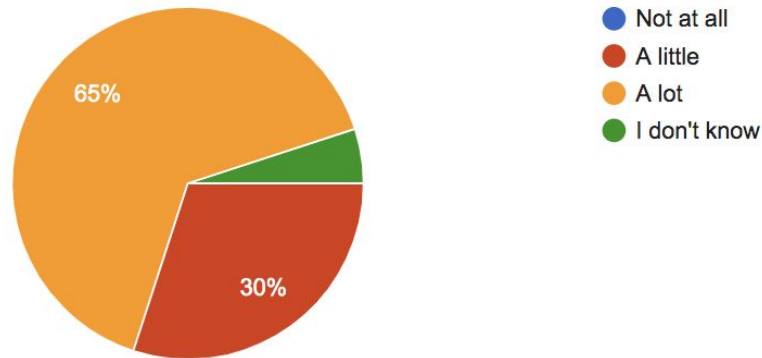
Post-Workshop Evaluations

Red River College Exchange District
October 9, 2019

Number of attendees: 31
Number of evaluations: 20

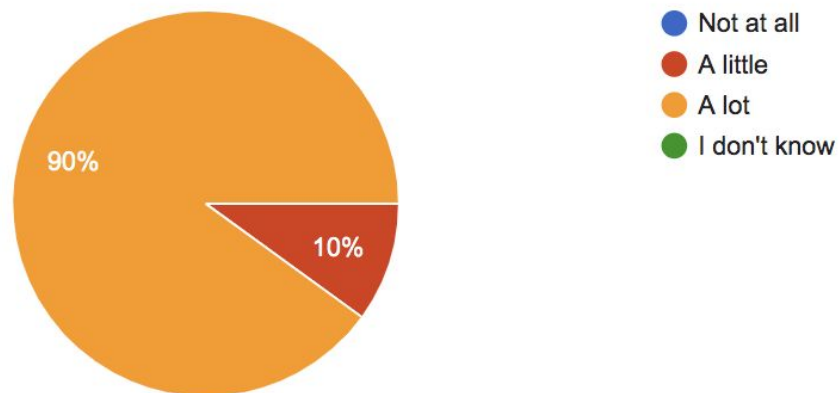
In your opinion, did this event reduce stigma related to mental illness?

20 responses



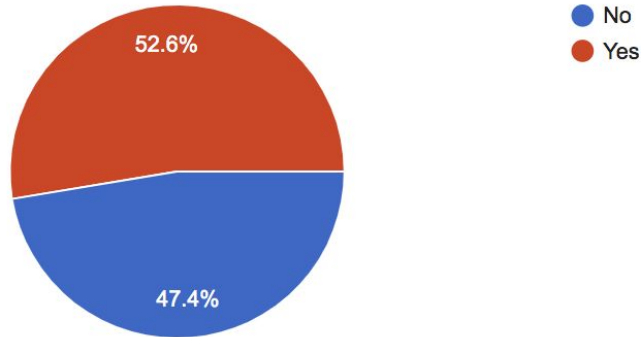
In your opinion, did this event create awareness of mental health issues?

20 responses



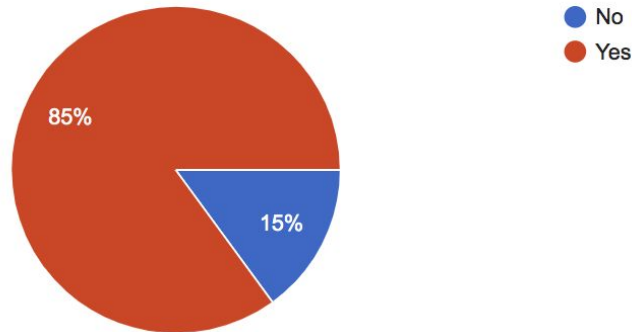
Did you know about the community resources before this event?

19 responses



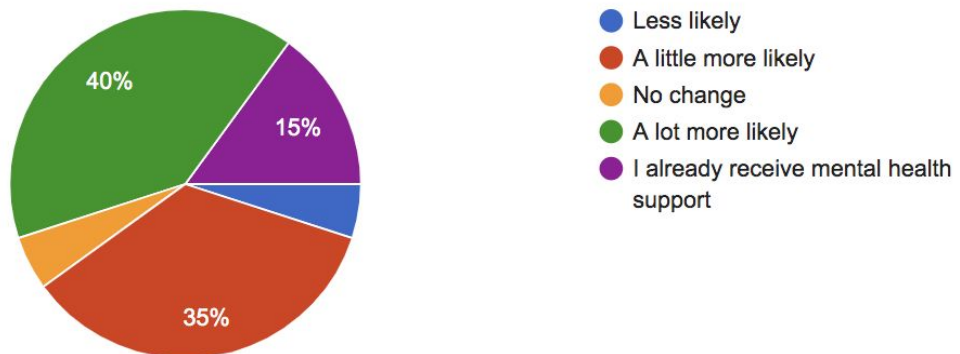
Did you know about your school's counseling services before this event?

20 responses



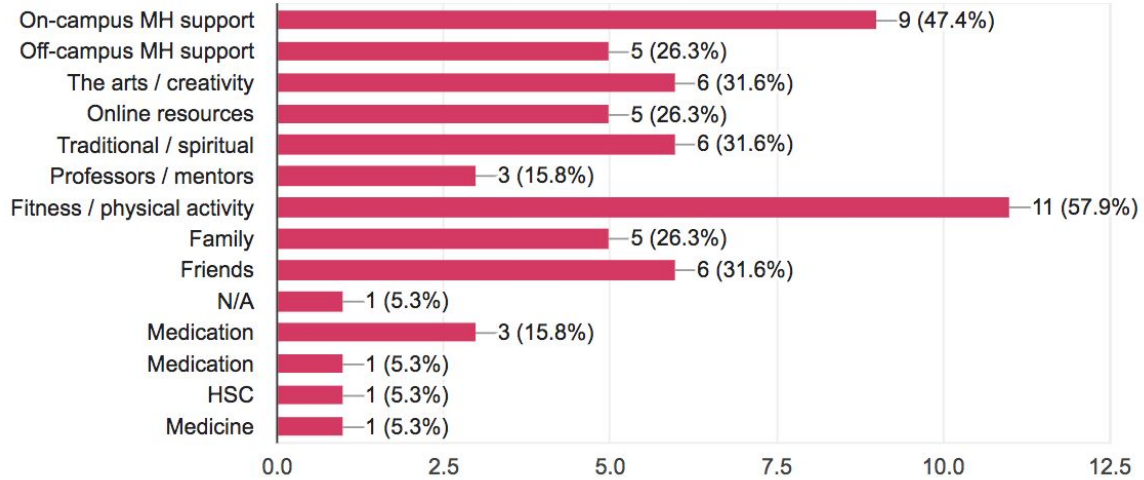
After this event, are you more or less likely to seek support for your mental health?

20 responses



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

19 responses



How did you hear about this event?	
Professor / class	61%
Email	11%
Rec program	11%
Hallway / saw the sign outside	11%
Staff news	6%

What was your main takeaway? (Highlights: see raw data for full list)
<ul style="list-style-type: none"> • The resources available to me (2) • We need to keep spreading awareness *2(• Very helpful • Little Elizabeth • The students want to be talking about mental health • Stigma and that mental health is more natural now • You don't need to go through this alone, you are not your mental health • That its ok to get help with my mental and anxiety • That mental health is not thought of in the non western world • Everything • The videos • It's okay to get help

- Self care

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

(Highlights: see raw data for full list)

- Moving, relatable, informative
- Helpful and helps you understand
- Self acceptance
- Just really deep
- It was good
- Helping, good understanding what people go through
- Very good, safe space, calm environment
- A safe place to share and learn
- Intense and formative, makes you realize how crazy mental health is
- Informative (2)
- Useful
- Heavy, powerful, informative, educational
- Beautiful
- Comforting, emotional
- Knowledge/educational

How might you use what you learned today?

(Highlights: see raw data for full list)

- Spread it to others
- That we are never alone going through hardships
- To not judge people
- Be more aware of the people around me might be facing these problems
- Inform others of resources (2)
- Educate other people
- To help myself and ask questions
- Help in situations like these
- Be aware
- I'm going to seek mental health
- Sharing the resources and knowledge
- Inform my friends/community centre what I know

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

(Highlights: see raw data for full list)

- Judgements
- Thinking my problem or mood I'm feeling is not big enough/not important
- That I feel like nobody understands
- Not wanting to let people
- Anxiety

- Hard to untangle thoughts and verbally portray those thoughts
- Busy life, long process. Getting out the door, or entering a facility
- Myself
- Fear, I'm afraid to get help
- Newcomers usually goes to racism, discrimination, islamophobia, language barriers

How can we improve this event in the future?

- More videos
- Talking about anxiety/depression more
- I liked it all
- Not sitting the whole time
- Ask me to come speak :) 204 226 1189 my name is Breeze
- Nothing I can see, it was eye opening
- It was perfect
- Youth rec worker
- More videos on more topics like depression, BPD, etc
- It was amazing!! Maybe create games that would go with it if most people understand or get interested about things like that more like when the games involve more group work or conversation

Major

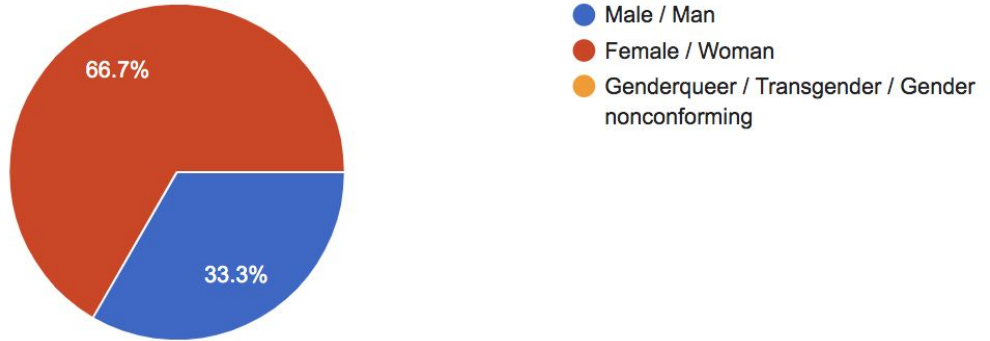
Electrical engineering technology	1
Youth recreation	7
Child and youth care	2
Accounting	2

Year

First	72%
Second	11%
Staff	6%
Community member	11%

Gender Identity

15 responses



Race / Ethnicity		
Asian / Asian-American	2	12%
Black / African / African-American	2	12%
Hispanic / Latinx	1	6%
Native American / First Nations	5	29%
White / Caucasian	9	53%