

# Movies for Mental Health (Online)

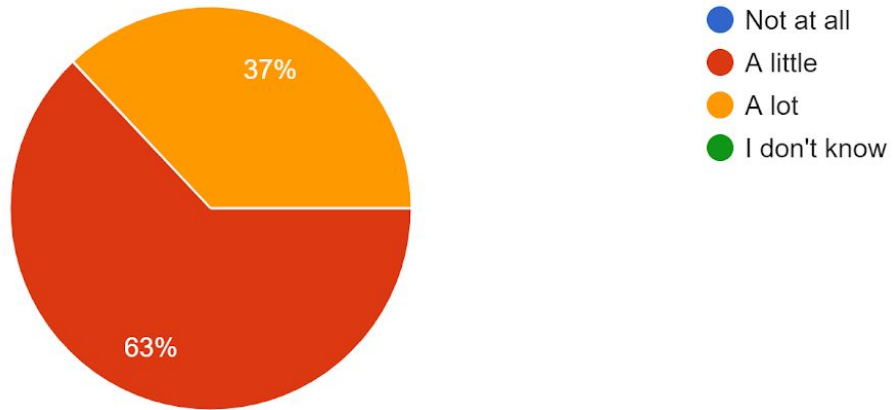
## Post-Workshop Evaluations

Red River College  
Oct 21 2020

Number of attendees: 70  
Number of evaluations: 27

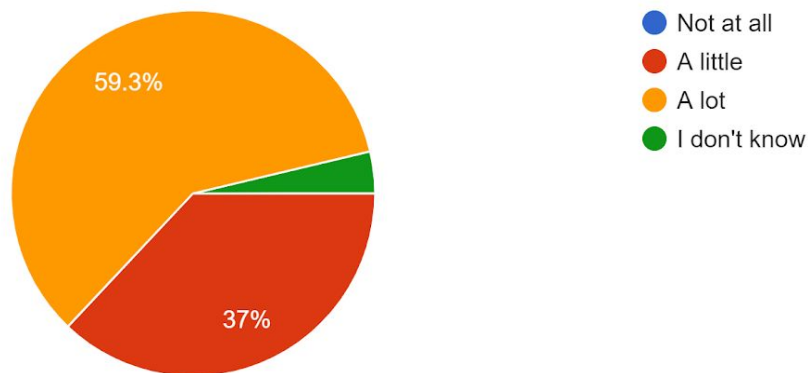
In your opinion, did this workshop increase your awareness of mental health issues?

27 responses

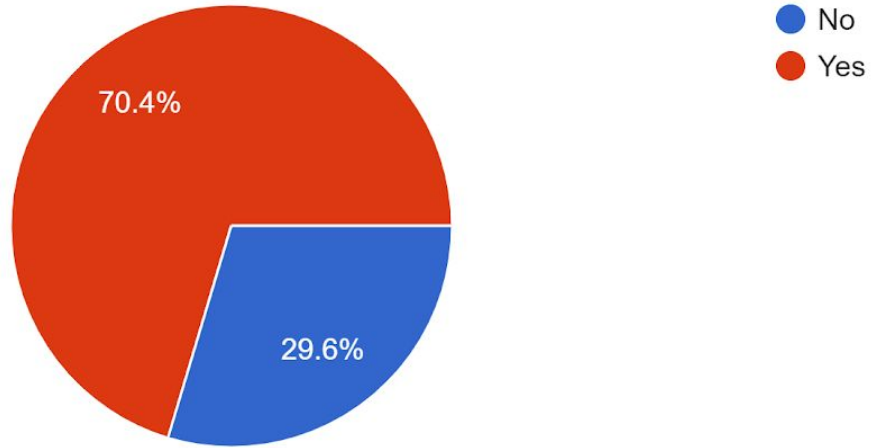


In your opinion, did this workshop help you confront and address stigma related to mental illness?

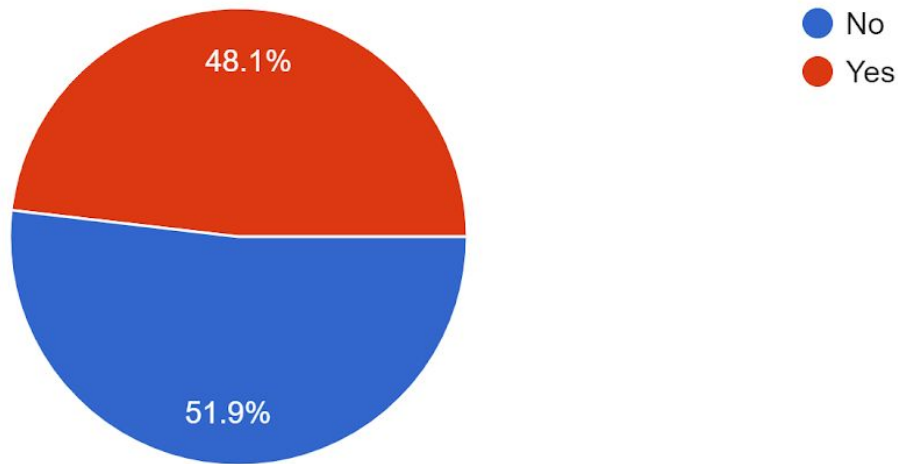
27 responses



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



Did you know about the community resources before this event?  
27 responses



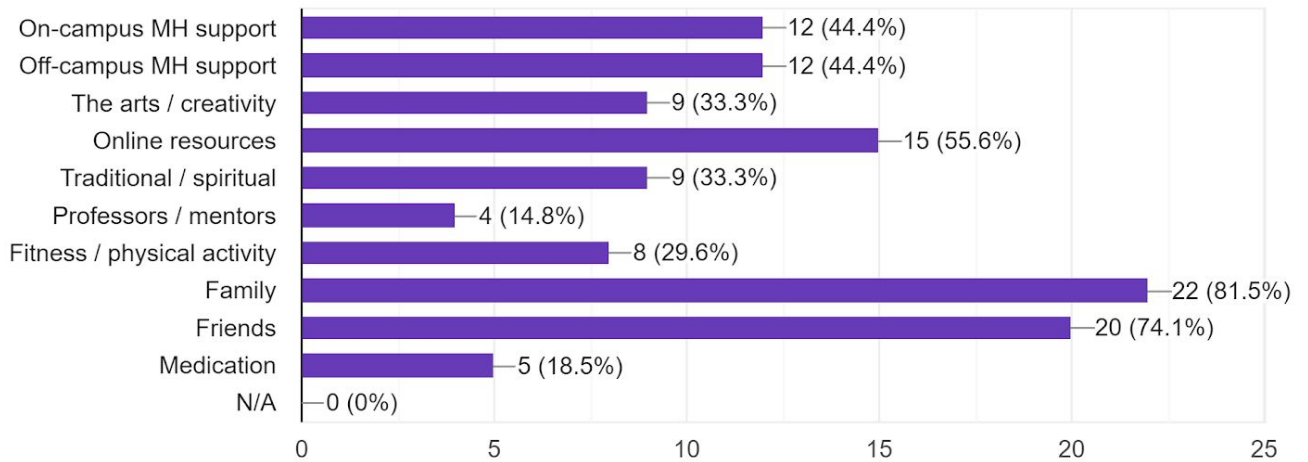
After this event, are you more or less likely to seek support for your mental health?

27 responses



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

27 responses



How'd you hear about this event?	
Professor	14
Email	6
Staff news/Work	3
Counselor / College Notification / Friend / Breanna Sawatzky	(1 in each category)

## What was your main takeaway?

- Ability to share things with each other
- Be aware of mental health, don't wait for crisis.
- Connectedness to supports available in the community
- Conversations about mental health are important
- don't let stigma be a barrier to finding/seeking support
- Each story ended in hope - various forms, but hope nonetheless
- Help for mental health is all around
- How isolating mental illness can be especially right now with Covid
- I am not alone who is facing challenges in my personal and/or academic life.
- I love taking and listening about public issues. So, Knowing different resources was great. Made me realize to seek help of some sort for my own wellness.
- I was amazed to find out there are so many resources and strategies
- It is okay to seek help and share experiences with trustful people or professionals are beneficial to learn positive tools and feel heard.
- Mental illness does not make you less of a person.
- Never be fearful to express whatever is negatively impacting my mental health.
- people are working on this.
- People care, and there are lots of support services available
- resources
- Resources available
- School and insurance support
- Set a specific amount of leisure time aside per day designated as "no screen" time.
- [You are/We are/I am] not alone (x4)

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

(Highlights: see raw data for full list)

- a Collaborative approach to provide information about mental health
- comforting
- Empowering
- Fantastic
- Great session which summed up mental health in a very graceful way. The panel was helpful and encouraging to know different resources.
- Grounding and a lovely way to both engage and connect about mental health
- Helpful. Well facilitated.
- Informative and active
- insightful
- safe and informative
- The most important thing for everyone who is going through mental challenges or who supports someone that is going through mental challenges
- uplifting
- Welcoming

## How might you use what you learned today?

- Apply the information to access community supports if needed
- to spend the help to people who need it
- By observing more keenly the behaviors of others and myself.
- Not much coz I am happy in my life :)
- during difficult days
- Implement some of the tactics that the panelists used to assist them through their hardships.
- I help to facilitate mental health courses - I can use these examples.
- I use counselling service to make my life more balanced.
- I'll incorporate some of this into a mental health course I'm currently teaching.
- Contact RRC counselling services
- Connect people with resources discussed
- Awareness and for my own well being
- in work and self
- The depth of Mental Health stigma or judgement that is formed through opinions in society, and due to cultural or political forms of oppression
- Apply exercises when I experience anxiety, etc.
- try to remember i am not the only one going through this to use as motivation to keep going
- with my staff
- I will apply the tools on my sled and I will help people if they want to find out what they can do to get better or to talk about anything
- Meditation would be one of my gaining
- take more time for myself
- share resources with others
- To help my overall mental health and the individuals who I work with in the future
- seek out counsellor at RRC
- Understand people more

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

- admitting
- As a full time student it is hard to find time to sometimes focus on my own mental well being.
- Asking for help
- Culture and stigma, also stereotypes
- fear of judgment and having to relive the traumatic event
- Financial barriers
- I would say not having enough time and unawareness are the biggest barriers.
- I'm concerned about reliving trauma and putting it on others
- judgement
- Laziness possibly
- not being able to make appointments
- not enough time
- Past experiences when seeking help
- Personal anxiety and fears of judgment
- Pride
- school, no time, no motivation
- Self-isolation is the biggest barrier due to the pandemic
- Shyness

- stigma, embarrassment
- Thinking about what others will think
- time and negative thoughts
- Time for self
- Unprocessed childhood trauma. Vulnerability and trust issues.

### How can we improve this event in the future?

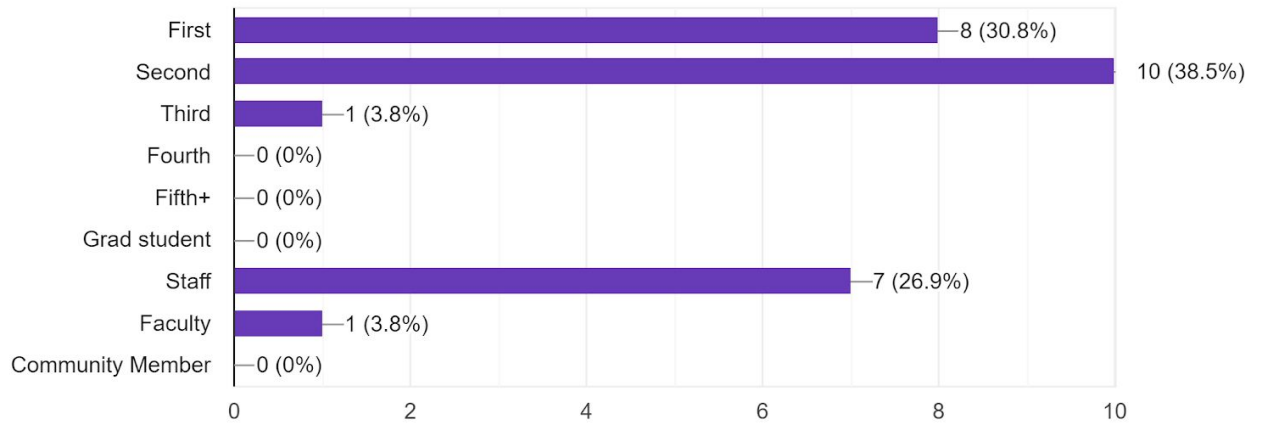
- I need to attend more of these events to answer this question.
- I have no suggestions. However I wished it was in person but I know that's not person right now
- Keep going it and more awareness
- It was great, I think it was well done the way it was
- Everything was well organized.
- tell more support
- I liked the way the event was, felt it went smooth and was engaging, while still informing me
- keep an online option! like livestream it if it goes back to in person
- making it staff vs student focused
- More interaction and audience engagement
- Make it longer.
- I do not have any idea on it.
- having more time to listen to the stories and questions
- maybe some more extensive discussion
- I'm not sure if it was just on my end but the sound was a bit glitchy at some points
- good to talk in person
- Increased discussion for each film
- Well done!
- Let people aware earlier that Google Chrome works better

### Major

Business Information Technology	2
Disability and Community Support	7
Educational Assistant / Information Security	(1 each)
Ojibwe	2
Therapeutic Recreational Facilitator for Older Adults	4

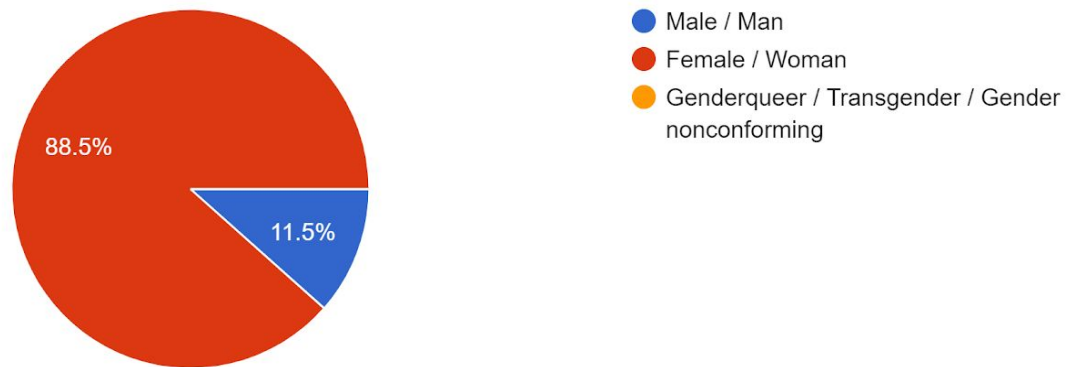
### Year

26 responses



### Gender Identity

26 responses



<b>Race / Ethnicity</b>		
Asian / Asian-American	<b>7</b>	<b>27%</b>
Black / African / African-American	<b>2</b>	<b>8%</b>
Hispanic / Latinx		
Indian / South Asian	<b>1</b>	<b>4%</b>
Middle Eastern		
Native American / First Nations	<b>6</b>	<b>23%</b>
Pacific Islander		
White / Caucasian	<b>12</b>	<b>46%</b>
Multiracial		
Other		