

Movies for Mental Health (Online)

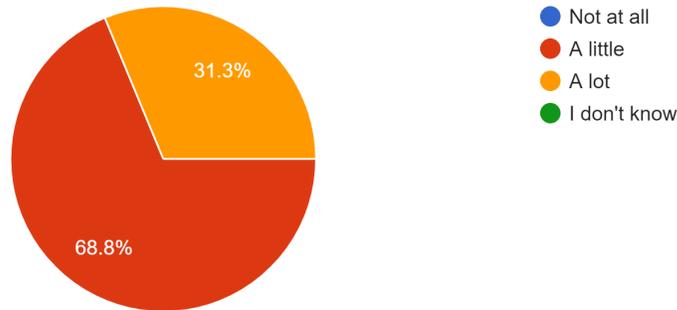
Post-Workshop Evaluations

Red River College
November 3, 2021

Approximate maximum attendance: 23
Number of evaluations: 16

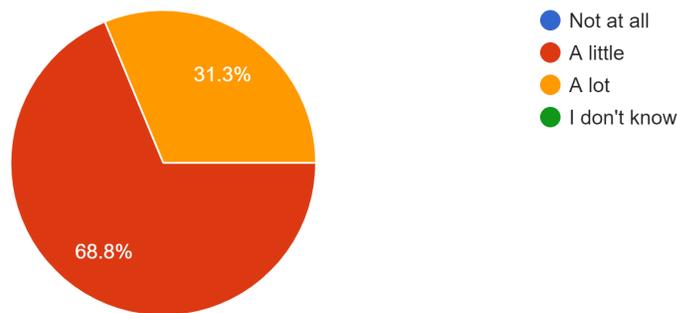
In your opinion, did this workshop increase your awareness of mental health issues?

16 responses



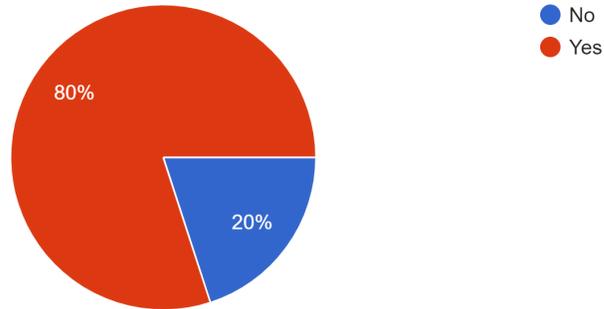
In your opinion, did this workshop help you confront and address stigma related to mental illness?

16 responses



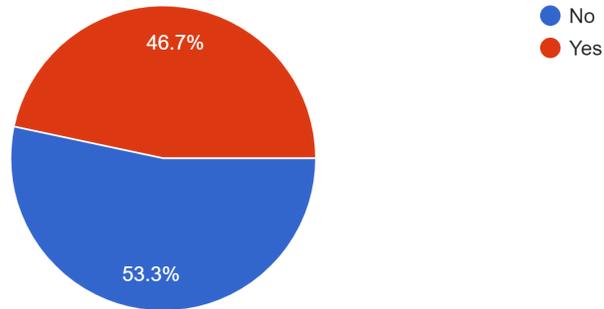
Did you know about your school's counseling services before this event?

15 responses



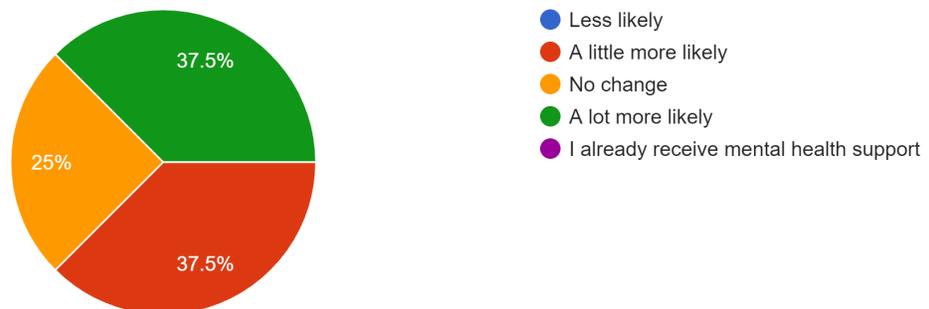
Did you know about the community resources before this event?

15 responses



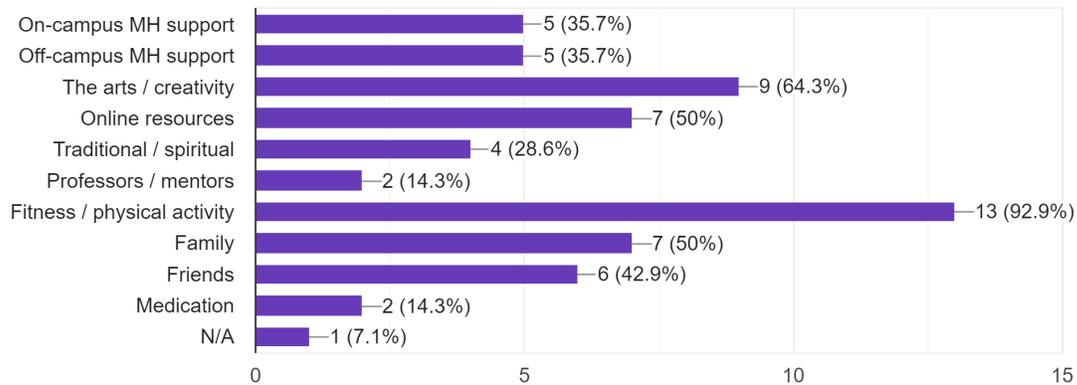
After this event, are you more or less likely to seek support for your mental health?

16 responses



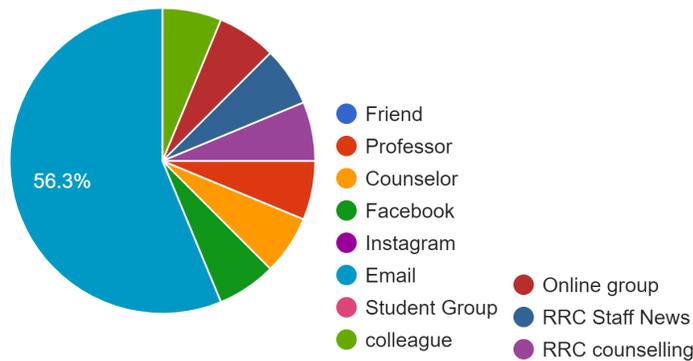
What type of mental health support do you think would be most useful to you?

14 responses



How did you hear about this event?

16 responses



What was your main takeaway?

- I feel more connected; I am so appreciative of those sharing their stories
- It's important to talk about and receive help for our mental health.
- How to be supportive of those struggling with Mental Health
- I need to spread the word about the stigma of mental health issues.
- That mental health can present itself in many different ways
- Mental illness is experienced differently by everyone
- don't be shy to ask for help
- everyone is different and feelings are human
- People are really struggling.
- not alone in this
- The belly breathing instead of shoulder breathing.
- Use of support group

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

- Very informative; a safe space to learn and share
- Beneficial to hear real life stories and discover new resources.
- informative, supportive, thought provoking
- Informative and a safe space.
- Expanding your perception
- Helpful, safe space
- Very positive and helpful
- Interesting
- Eye-opening
- good start or awareness
- Really well put together!
- engaging
- good for people who are already diagnosed.
- mental health

How might you use what you learned today?

- To be more compassionate to people struggling from things I don't yet understand
- Continue to seek education on mental health
- to let people know Winnipeg has great resources
- As a manager, to be more accommodating for my staff.
- Practice body scan and breathing exercise
- Practise better self care, ask for help
- Speaking up when I struggle and some tips on helping students
- I will use what I have learned today in every day work with students and clients, and for myself as well
- Seeking support to others
- resource for students
- it's not my job to fix someone else
- Be more in tune to what others are feeling. I am a nationally certified youth and adult mental health first aider. I have family who suffer with anxiety and depression. I am an advocate for mental health awareness and suicide prevention.
- practice with intent

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

- I think it's what we always talk about, the stigma; we need to get to a place to eliminate it; you seek help for physical issues, mental issues should be no different
- Personal shame
- financial
- judgment and not being believed
- inconsistent mental and physical health issues....some days better than others
- time an inaction
- Cost, fear of judgement
- Time seems so limited: so much to do in so little time

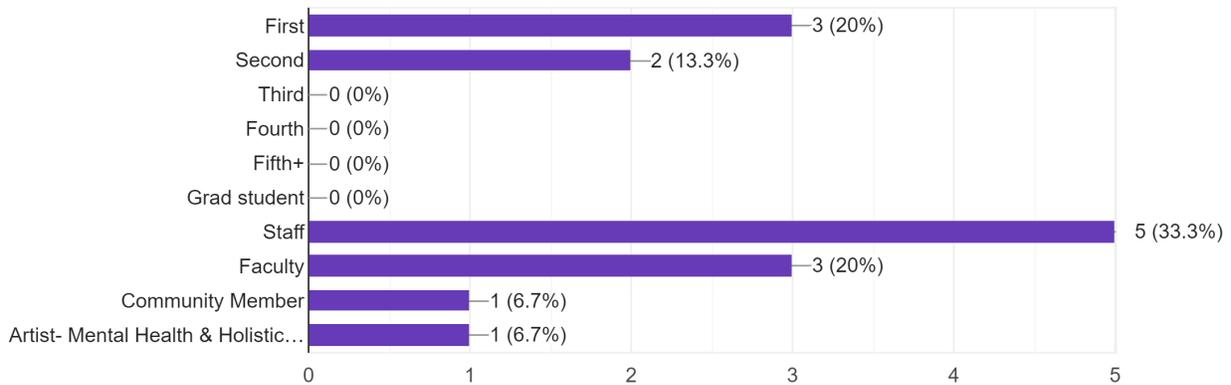
- The wait it takes to get professional help
- The pandemic. I really enjoy in-person conversation and friends.
- Time of counselling services.

How can we improve this event in the future?

- It was very insightful. Make it more well known so others can partake.
- Well done, just little improvements of promoting this event
- More time for Q and A, if possible
- I loved everything about this event - I honestly wish we had more time; I very much look forward to future events
- I think that it was very well done: videos, personal stories and emphasis on resources. Excellent!
- Perhaps a different software to stream events
- To have the event a little bit longer but have it as in-person event.
- always dislike this question....really good workshop

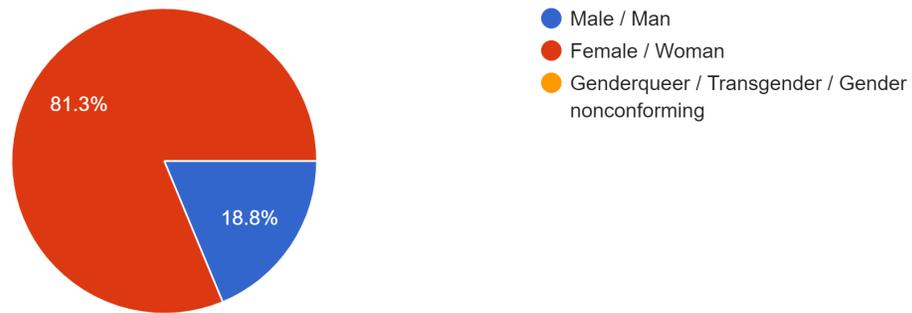
Year

15 responses



Gender Identity

16 responses



Ethnicity

16 responses

